## **YOGA: A PHILOSOPHY-A WAY OF LIFE**

On Tuesday, 21<sup>st</sup> June 2016, the Gamadians celebrated the 2<sup>nd</sup> International Yoga Day. The idea was first proposed by PM Narendra Modi in 2015.

We at Gamadia learn Yoga under the guidance of our P.T. Teacher for the overall and holistic wellbeing on a regular basis.















