Celebration of International Yoga Day 2017

International yoga day was celebrated on 21st June 2017 at AECS, Kaiga. All the students from Classes Prep to Class-XII and teachers actively participated in the event. The programme was scheduled as below.

Classes Prep to Class-V assembled in their respective class rooms. Around 400 students from Classes -VIII to XII assembled in Kaiga Recreation Club and around 300 students from Classes -VI & VII in school auditorium.

The programme was organized with the help of Yoga experts –

1. Shri. Basavaraj Huggi
2. Shri.S A Kanti
3. Smt.Smita Sunil
4. Smt. Usha Nair

The programme started with introductory words on Yoga from the Principal, AECS, Kaiga.

A prayer song marked the commencement of the programme at 8 am. followed by a briefing about yoga and its importance in day-to-day life. Beginning with the demonstration of "Suryanamaskara" the yoga activities were conducted from 8 am to 8.45 am. Following Asana's were performed collectively by all during the 45 minute span of yoga.

1. Tadasana
2. Vrikshasana
3. Vajrasana
4. Sukhasana
5. Pranayama comprising of Anulom-Vilom, Kapalbhati, Bhramari etc..

The children participated with keen interest & great enthusiasm in the Yoga activities, highly benefited and refreshed after the programme.

Light refreshments were provided after the programme.

The programme concluded with a vote of thanks by Principal, AECS, Kaiga.