

# **ELAMKAVU VIDYAMANIDR - MALAKUNNAM**

## **REPORT OF YOGA**

We are very happy for having a nice occasion of the International Yoga Day celebration in which all the staff and students have actively participated at our school auditorium on 21-06-2019. The relevance of Yoga much more enhanced in the modern lives full of confusion and chaos. The unceasing enthusiasm and excitement of students should be appreciated.

The meeting started with prayer at 8.30 am. Parents Teachers Association President Sri Hari K Nair presided over the function. Mrs. Sreevidya T V principal of the school welcomed the gathering. In her welcome speech she pointed out that regular practice of yoga can help maintain good health and prevention of many ailment. School manager Mr.Rajmohan in his speech said that practice of yoga refresh and rejuvenate the respiratory and digestive system. Also he said that our Prime Minister Narendra Modi is a role model in this regard. Former principal and the present administrator of the school in his felicitation spoke about the yogic exercises which can help in curing high blood pressure, hyper tension in digestion and diabetes. English teacher Mr. Vijayakumar also spoke in the occasion. Student representative Praveena Krishnan STD X also made aspeech. Mrs. Bindu O Nair proposed vote of thanks. The meeting conclude with National Anthem