



ST. NORBERT SCHOOL

CBSE Affiliation No: 831041

Chowhalli, Kollegala Main Road, T. Narasipura - 571124, Mysore District

INTERNATIONAL YOGA DAY

JUNE-21, 2023

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

On 21st June 2023, St.Norbert School, celebrated Yoga Day.

