

Yoga Day at St. Joseph's School

To kick off the school eco club activities for the academic year 2017-18, 'Verte' (Eco club) had organized a one-day yoga camp on April 4th, 2017 in the school premises. The camp was attended by respected sisters, teachers and staff members of St. Joseph's School with a great passion.



The camp focused on the breathing techniques for improvement of physical health,



mental concentration along with mind and body harmony. The importance and benefits of yoga was explained by Dr. Padmanbha Shettigar, Naturopathy and Yoga physician. Various yogic exercises and asanaas were demonstrated by Dr. Shettigar. All the participants were enthusiastic and pledged

to continue the yogic asanas and meditation to achieve the objective of wholesome health.

