

"Yoga is not a work-out; it is a work-in."

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"Yoga is not a work-out; it is a work-in." The glamour in yoga has been realized by the masses in true sense during the pandemic. Going by the call of the time for spiritual practice and focus on self, a unique quiz program was conducted for the secondary students for awareness on yoga - "Counteract Unhealthy Lifestyle". The special Webinar for the Secondary students on 21st also targeted the fitness and health of the students through yoga. Principal, Mrs. Seemita Panda emphasized on how yoga helps the students physically, mentally and spiritually. Blossoms also conducted a distinctive event of five days of virtual Yoga Sessions (17th June-21st June) for its staff, students and their parents coinciding with the International Yoga Day. Guided by the P. Ed instructor, Mr. Deepak Yadav, the event was rated quite instrumental towards creating a balance between the mind and body.

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