

LITTLE ANGELS SCHOOL

Sector IX, Ukkunagaram, Visakhapatnam



NCC NEWSLETTER

JUNE 2022

HIGHLIGHTS

**1. INTERNATIONAL
YOGA DAY
CELEBRATIONS**

‘Yoga is a flame

When you light it up

The glow never fades.’

On 21st June ,2022 International Yoga Day was celebrated in our school.

Mrs Sarani Devi, a yoga trainer and enthusiast addressed the students and enumerated the benefits of yoga and demonstrated many asanas.

The girl cadets of 2nd year NCC of 2(A) Girls BN participated in the event and performed various yogasanas.

Our Principal spoke on the importance of staying fit and making yoga a part of our life to stay healthy.

International Yoga Day celebrations in the school.



Mrs Sarani Devi explaining about the importance of Yoga



Cadets performing Natarajasana



Mrs Sarani Devi demonstrating Yogasanas to the cadets.



Cadets performing different Yogasanas



“YOGA IS THE PERFECT OPPORTUNITY TO BE CURIOUS ABOUT WHO YOU ARE”