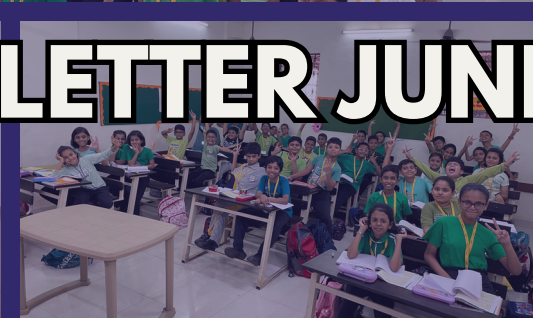




# DAFFODILS HIGH PUBLIC SCHOOL



## NEWSLETTER JUNE 2023



### YOGA DAY

Yoga has emerged as one of the most dependable methods for improving one's physical and mental health. This ancient Indian tradition has given us an invaluable gift. Every year on June 21, the world observes the International Day of Yoga. The day's objective is to inspire newcomers to live a yogic lifestyle and get in touch with their inner chakra.

A certified yoga instructor accompanied the students, instructing them to do various yoga poses and explaining the significance of yoga to the young children. The students partake in the Yoga day celebrations with great enthusiasm. For the parents to fully appreciate the benefits of yoga, a separate session was held.









# ENVIRONMENT DAY

World Environment Day is observed annually on June 5 to spread awareness about the environment, nature preservation, and our planet. In order to plant saplings in our school, students from grade I to IV made donation boxes at home. Students from grades V to VII made paper bags with materials from discarded paper bags. Additionally, they watched a movie related to environment as well. Through the movie's storytelling, the film highlights the importance of preserving our environment, fostering sustainable practices, and respecting the delicate balance between humans and nature.

