

Carme Convent Senior Secondary School

International Yoga Day

Today on ,21st June 2025 ,Carmel Convent senior secondary School , with the special occasion of International Yoga day as directed by Ayush department, Government of India, an Enriching and refreshing Yoga session was conducted.

It really work out fruitfully with the Theme - "Yoga for one Earth  ,one health"..

The above mentioned program was conducted under the precious guidance of our Principal Sister Ramya Vacco and the coordinators.

The session was guided by Ms.Purvi Vijan who is the renowned Yoga therapist working at international level and also is a Major Dhyanchand award winner. The very special guest of the day was Dr Shivangi Tiwari. The program was enthusiastically participated by the students, teachers, office staff and the auxiliary staff of the school. The aim of the program was to spread awareness and co-operate with the Government of India for the common & kind cause of ensuring sustainable good health for our country men.

Thank you

