

Yoga and Meditation Session



Adhering to the COVID -19 guidelines a yoga and meditation session was organised by the Physical Education Teacher Mr. Yogesh Kumar for students of class 10 in the lush green grass fields of the India International School, Sitapura. The warmth of the sun, the fragrance of the wind rejuvenated and energised the youngsters to learn with more enthusiasm and vigour. The school believes in the holistic development of its students.