



## CBSE observes 4<sup>th</sup> International Yoga Day on 21.06.2018

The Central Board of Secondary Education celebrated the 4th International Day of Yoga on 21st June, 2018 with fervor and warmth amid numerous events organized to mark the International Yoga Day across the globe.

Mass Yoga demonstrations were organized between 7-8 am in CBSE Offices all over India, where all CBSE officials participated in different Yoga Performances in tranquil morning hours under guidance of Yoga Experts. The activities sensitized and invigorated the staff members in spreading awareness and also set a platform for their future involvement in Yoga and other health activities.



The Yoga Day Event was marked with motivating speeches by CBSE Chairperson Smt. Anita Karwal and the Secretary CBSE Sh. Anurag Tripathi who shared the benefits of yoga for physical, mental and spiritual well-being and encouraged the entire staff for embracing the same in their daily activities.

