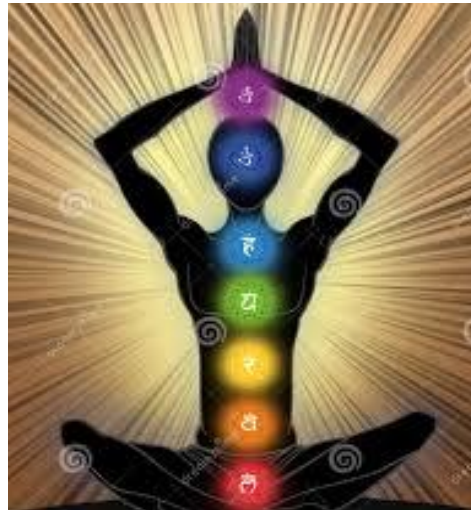


INTERNATIONAL YOGA DAY



We at IES ORION celebrated International Yoga Day on Sunday the 21st of June with full enthusiasm.

All the students, teachers, and parents gathered in the hall and our principal Mrs. Shaibala Shetty inaugurated the occasion by garlanding a portrait of Goddess Saraswati and by lighting the lamp.

Our P.E. team made us perform some of the yoga postures beginning with warm-up exercises followed by various asanas which made our bodies quite flexible and relaxed. All the students, teachers and parents enjoyed the session and got inspired to continue it on a daily basis and benefit by practicing yoga.





