



North Point Senior Secondary Boarding School Celebrates the “International Yoga Day”.

Yoga day was celebrated with much enthusiasm by the students of our school.

The Yoga Enthusiasts called for 2 sessions of Yogic Exercises comprising of Concentration and simple postures to enhance concentration.

The sessions were conducted by our enthusiastic Physical Education teachers namely Mr. Sujit Bose, Mr. Samir Saha and Mr. Ganesh Ghosh. The jubilant students entered the online classes dressed up in appropriate outfits like Tees, shorts and tracksuits meant for comfort of body, mind and soul.

Warm up exercises were performed by the students and teachers and the importance of these were also explained to the audience present online.

The teachers displayed simplistic yet useful yoga postures and explained the benefits of each posture in details. The students ardently followed the instructions and illustrated the asanas perfectly. The ease and flexibility of their postures served to escalate the composure of students which is so required now that they are away from their school and bound by the precincts of their home.

The celebration of International Yoga Day was a remembrance to incorporate yoga in every day routine enabling all to enjoy a happy life and reduce the effects of stress and other physical ailments.

Of the total no. of students, it was complimentary to note 92 participants from the NCC team of the School.

The yoga pledge was led by the NCC team and the pledges were proudly pronounced by all. The Pledge reads as,

“I pledge to make yoga an integral part of my daily life.”



Shiv Agarwal



Manish Ghosh



Ghosh Biltu(102784)

Tiyasa Adhikari 12560



Shiv Agarwal



Ganesh Chandra Ghosh

Shivam karmakar 1...



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Arpon Mondal



Rishita Chakraborty ...

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