

# A JOURNEY TO WELLNESS

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**Patiala Sahodya Schools Complex organized 8th International Yoga Day on June 21, 2022 at Dhruv Pandove Stadium, Patiala.**

As many as 15 students from our school participated in the event. After a short warm up

exercise they performed many asanas like Tadasana, Vrikshasana, Natrajasana, Ardhchakrasna and many more with great ease and flexibility. More than twenty schools from Patiala district participated with great enthusiasm.



