

International Yoga Day

In the words of Shri. M. K. Gandhi, “It is health that is real wealth and not pieces of gold and silver”.

Keeping this thought in mind, Hillwoods Academy, Greater Noida celebrated International Yoga Day in the premises with great zeal and fervor. A special assembly was conducted on the occasion. The amazing fact and the quiz were very informative for the students. A short speech was delivered by Mukul projecting the importance of adopting Yoga in our lifestyle and proudly proclaiming the great contribution of India in leading the world with the invaluable gift of her ancient tradition. The song “Hum Honge Kamyab” was also presented by the school choir.

All the students of the school practiced “Surya Namaskar” as demonstrated by the students of classes VII and VIII. Importance of its various ‘Aasans’ was also explained simultaneously. The ceremony concluded with the national anthem.



