

St. Cecilia's Public School Yoga Day Celebration (12th July 2023)

"Yoga means addition – addition of energy, strength and beauty to body, mind and soul"



International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. A special activity was conducted for the children today. Students of Nursery and Prep came dressed up in colour code which was given to them for yoga performance. The event began with a brief introduction about Yoga. Warm up exercises were taken and all the students practiced the sitting and standing asanas. The benefits of the postures were narrated by the teacher side by side as children performed alongwith the instructions. All the students participated eagerly by following the instructions. Photos were also clicked and a video was also made. Children also get the Yoga day incentive.

Show & Tell on 17th – 27th July 2023

"Tell me and I forget, Show me and I remember, involve me and I understand"





Cecilians were ready to showcase their talent by sharing their confidence through speaking on various topics like – My favourite toy/fruit/vegetable/animal/leader/cartoon. They were dressed up according to their chosen topic. Students looked very energetic and enthusiastic to show what they have learned and how they are dressed up.

Nursery & Prep Activities

Children minds are not built to sit and be taught



To give stage exposure to build confidence to compete among peer group and to know own attributes to excel oneself, school has organized many activities like – Swar activity, shape activity, sounds activity, colour activity etc. which gave motivation to Cecilians to learn through activities.