

NATIONAL YOUTH DAY CELEBRATED

St. Montfort School, Bhopal observed National Youth Day or Yuva Diwas or the birthday of Swami Vivekananda, who personified the eternal energy of the youth and their restless quest for truth, in its School Campus. To mark the birth anniversary of an Indian Hindu monk and a spiritual leader, Government of Madhya Pradesh had initiated to hold Surya Namaskar and Pranayam sessions for the children in the schools, which rightly highlights the theme of National Youth Day -2020: "Channelizing Youth Power for Nation Building".

To rekindle the eternal message of this great patriot and son of India, the school celebrated this day with great enthusiasm along with its students and teachers in the special morning assembly. Students of grades VIII, IX and XI performed mass 'surya namaskar' under the able guidance of Sports Teacher followed by Omkar chanting. Warm up exercises were taken and the students performed sitting and standing asanas and also importance of asanas were explained simultaneously to them. The celebration concluded with synchronized recitation of shlokas and speech by our Principal, Rev. Bro. Monachan K.K. who encouraged students to practice regular yoga to remain fit and improve concentration to help them achieve a better life: physically, mentally and spiritually as well.