

## “Yoga is a Foundation for Youth.”

Gramin Vikas Trust Jhabua celebrated the **International Yoga Day** in Excellence school, Jhabua on 21<sup>st</sup> June 2015 with all administrative Officer's and Students of the school. The theme of the day was “Yoga is the best holistic Workout and body toner, it shorts out Chaotic Mind and calm the body”.

The captioned programme evoked immense response among the participants and motivated them to adopt yoga in their day to day life.



