

Yoga Day celebration

Date : 21st June, 2023

Place : Sir VDT Girls' High School [S. F.]

Our school Sir VDT Girls' High School [S. F.]S celebrated Yoga Day on 21st June, 2023 to bring physical as well as mental flexibility under the campaign of the Cultural Ministry and 94.3 My FM "Har Ghar Healthy".

The entire programme was organized by the team of 94.3 My FM. Different yoga, exercises and activities were done by our school students and teachers.