

Report on International Day of Yoga 21 June 2023

To celebrate the 9th International Day of Yoga-2023, Sadhu Vaswani International School for Girls, New Delhi, had conducted a variety of programs to promote and spread the Yoga culture amongst the Students and Teachers of the school.

| S.No | Date and Day | Classes | Timing | Event |
|------|--|--------------------------------|-----------------|---|
| 1. | 15 th June- 21 st June'2023 | 6-12 | - | Yoga quiz |
| 2. | 19 th June'2023/Monday | 3-5 | 8.00 AM-8.40 AM | Practices to improve memory and focus |
| 3. | 19 th June'2023/Monday | 6-8 | 8.40 AM-9.20 AM | Practices for more energy and enthusiasm |
| 4. | 20 th June'2023/Tuesday | 9-12 | 8.00 AM-8.40 AM | Addressing PCOD/Anxiety/Depression Other ailments for teenager |
| 5. | 20 th June'2023/Tuesday | Teachers | 8.40 AM-9.20 AM | Yoga for better Lifestyle |
| 6. | 20 th June & 21 st June"2023 | Students and Teachers | - | Yoga Pledge, with a resolve to make Yoga an integral part of their daily lives. |
| 7. | 20 th June'2023 | Students | - | Yoga my pride photography contest |
| 8. | 21 st June'2023/Wednesday | Students, Parents and Teachers | 7.00 AM | Follow Common yoga Protocol on DD National |

