



## INTERNATIONAL DAY OF YOGA

DATE : 21<sup>ST</sup> June, 2023  
 NAME OF COMPETITION : International Day of Yoga  
 CONDUCTED BY : Sports Department  
 NAME OF TEACHERS IN-CHARGE : Mr. Rajput

Our school celebrated International Day of Yoga on 21<sup>st</sup> June, 2023. The International Yoga Day has been celebrated across the world annually on June 21<sup>st</sup> since 2015. The primary objective of International Yoga Day is to raise awareness about Yoga as a holistic practice for mental and physical wellbeing. Further more the day encourages the cultivation of a regular meditation practice to foster mental clarity and self awareness essential for thriving in a stress free environment. The theme of International Yoga Day2023 is “Yoga for Vasudhaiva Kutumbakam. On this day a live Yoga session was organized which was taken by our school Yoga teacher Ms. Kavita Kumari. The Yoga session was started by a prayer, warm exercises were done. All the students practiced and performed asanas, pranayama and meditation, importance of doing asanas, pranayama and meditation was explained simultaneously. In the session Yoga Teacher taught the importance of Yoga in their life and how to maintain the harmony between mind and body. The students discussed the importance of Yoga and also exhibit Yoga postures and promised to introduce this activity in their daily life. The session was ended with a prayer.

