



REPORT ON INTERNATIONAL DAY OF YOGA AND WORLD MUSIC DAY

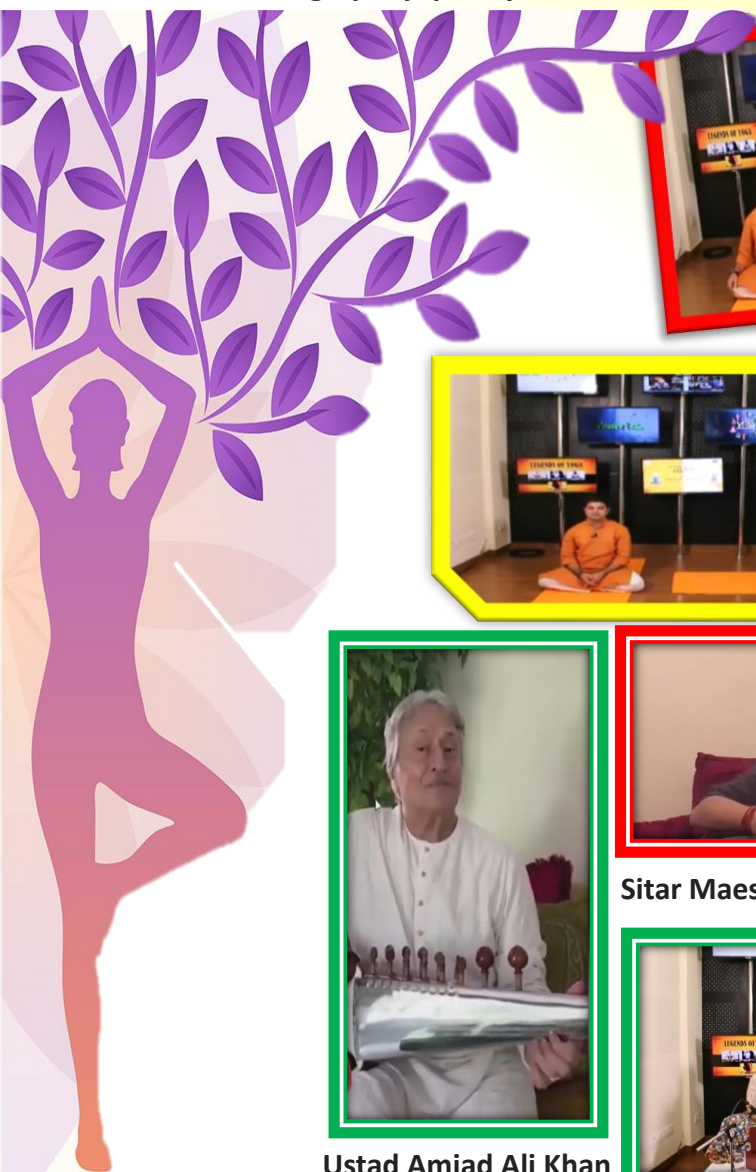
"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita.

The word 'Yog' means to unite. This word stands true to its meaning as the practice of it unites the body, mind and soul. Yoga is practiced and celebrated in the whole world. It is said that regular practice of asanas makes the body fit and calms the mind.

Understanding the importance of Yoga, our honourable Prime Minister Shri Narendra Modi proposed to observe International Day of Yoga in the United Nation General Assembly on 27 September, 2014. The proposal got accepted and the International Day of Yoga is celebrated on 21st June annually since 2015.

This year, on the sixth International Day of Yoga, our school selected a programme, hosted by an illustrious NGO Routes to Roots in collaboration with CCRT and Ministry of Culture, for our children and teachers to practice Yoga. Taking the pandemic situation in consideration, the theme of this year was – "Yoga for Health -Yoga at home". The link to the above programme was shared with the children to participate in the event that took place virtually from 8 am to 9 am. To honour this day, all the children and teachers actively participated and performed different asanas.

Likewise, music session was attended by the school faculty and children. It was hosted by some of the eminent singers who told us about the importance of music and its role in keeping us calm. Both the sessions were thoroughly enjoyed by the children.



Flex your muscles to make them strong



Ustad Amjad Ali Khan



Sitar Maestro Shubendra Rao



**Dr. Hemlata S Mohan,
Chairperson, CCRT**



The sweet melody of traditional music