



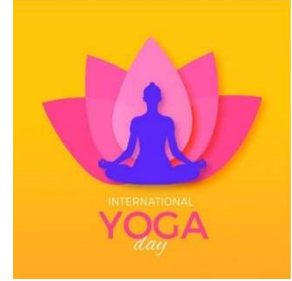
8th INTERNATIONAL DAY OF YOGA - 2022



Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day.

— Narendra Modi, UN General Assembly

International Day of Yoga (IDY) is celebrated globally on 21st June. The aim and objective to celebrate Yoga globally is to achieve global health and wellness. India believes in "**Vasudhaiva Kutumbakam**" means the world is one family and "Sarve Bhavantu Sukhinah Sarve Santu Niramaya" means "may all be at peace, may no one suffer from illness".



To mark the day, the School will be hosting various events online through **Google Meet** Live. The Class Teachers will be generating and sharing Links for their respective classes on 21.06.2022.

The details of the Programme are mentioned below:

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIMING	CLASSES
1	ENLIGHTEN WITHIN (OM Chanting)	Ms Sumona Ms Vibha Khurana	08.30 AM	PS- XII
2	उठो सवेरा हुआ - Yoga Song	Mr P Pallavi Mr Yuvraj Panwar Ms Payal Chauhan	08.32 AM	PS- XII
3	PRINCIPAL'S ADDRESS	--	08.40 AM	PS-XII
4	SURYA NAMASKAR - Presentation	Ms Rani Negi Mr Niladri S Das	08.50 AM	VI -VIII
5	THE FACIAL WORKOUT - Face & Eye Yoga	Ms Kavita Pandey Mr P Pallavi Ms Yasha Sharma	09.10 AM	XII
6	THE AWAKENING - Rhythmic Yoga	Mr Swapan M Ms Nisha R	9.00 A.M.	IX-XII
7	COMMON YOGA PROTOCOL	Mr D Bist Mr Vardhan S Ms Vidhi O Mr Yuvraj Panwar	09.15 AM	All Staff Members
8	NATIONAL ANTHEM	Ms P Pallavi Ms Sumona S	09.50AM	PS- XII

IT IS A MUST FOR ALL STUDENTS TO JOIN THE EVENT ALONG WITH THEIR TEACHERS. ATTENDANCE WILL BE MARKED BY THE RESPECTIVE CLASS TEACHERS. **WE ALSO INVITE THE PARENTS TO BE A PART OF THE EVENT.**



योग का नियमित अभ्यास कराये, जीवन को खुशहाल और स्वस्थ बनाये

Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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