

11TH INTERNATIONAL DAY OF YOGA 2024

Yoga does not just change the way we see things, it transforms the person who sees



International Yoga Day is an occasion that unites yoga enthusiasts worldwide in promoting the physical, mental, and spiritual benefits of yoga practice. It is a day when individuals and communities come together to embrace the art of holistic well-being and mindfulness.

The theme for International Yoga Day 2024 is "Yoga for Women Empowerment" The purpose of Yog Mahotsav 2024 is to spread yoga as a global movement, with a focus on improving women health and well being.

The details of the program to be followed on 21 June 2024 are as mentioned below:

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIME
1	Display Of Branding Poster	Ms Meenakshi Gulati	08.00 AM
2	Enlighten Within (Om Chanting)	Ms Sumana	08.10 AM
3	उठो सवेरा हुआ - Yoga Song	Mr P Pallavi	08.13 AM
4	Principal's Address	--	08.15 AM
5	The Awakening – Yoga Protocol	Mr. Dinesh Bisht	08.30 AM
6	National Anthem	Ms P Pallavi, Ms Sumona S	09.30 AM
7	Emcee for the Day	Ms Sona Rawat Ms Neti Verma (Ex Student)	08-09.30 AM
8	Photography & Videography	Mr Niladri Das	--
9	Report Writing and Press Release	Ms Sona Rawat, Ms Mamta M	--

ANCILLARY ACTIVITIES

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	CEASE ACTION
1	Creating a Branding Poster	Ms Suruchi Gandhi, PPL, DW Unit	30.05.2024
2	Mandala for Unity and Peace	Mr Faiz	28.05.2024
3	Surya Namaskar Video (Time Duration : 2 Min)	Ms Rani Negi, Mr Swapan M	--
4	The Awakening – Yoga PROTOCOL Profile of yogacharya & Invitation letter	Mr Dinesh Bisht	02.06.2024
5	VIDEO of staff performing Yog for unity and peace	MS Meenakshi Gulati Ms Pooja Kapoor	--
6	VIDEO of students and staff # Namastae for humanity	Ms Pooja Kapoor Ms Smriti	31.05.2024
7	Webinar – Unifying Essence of Yoga (International Partner school)	Ms Sabari Maitra	28.05.2024
8	Report Writing and Press Release	Ms Sona Rawat, Ms Mamta M	21.06.2024

"Sarve Bhavantu Sukhinah Sarve Santu Niramaya" means "may all be at peace, may no one suffer from illness".

The active participation of students, Staff and parents will contribute immensely to the success of the event and help us inspire more individuals to embrace the practice of yoga.

Dress code to be followed is comfortable kurta and trousers/track pants.



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

Asha Prabhakar

Asha Prabhakar
(Principal)

Kindness, Resilience, Respect



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