



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	Mr Rajkumar	08.15 AM
2	Enlighten Within (Om Chanting)	Ms Rani Negi	08.30 AM
3	उठो सवेरा हुआ - Yoga Song	Mr P Pallavi	08.33 AM
4	Suryanamaskar Display	Ms Rani Negi along with students	08.40 AM
5	The Awakening – Yoga Protocol	Mr. Dinesh Bisht & Invited Yog Expert	08.55 AM
6	National Anthem	Ms P Pallavi	09.30 AM
FUNCTIONARIES			
7	Emcee for the Day	Ms Deepti T, Ms Deepa C Ms Neti Verma (Ex Student)	08.15-09.30 AM
8	Photography & Videography	Mr Faiz A	--
9	Report Writing and Press Release	Ms Nishi S	--
10	Display of Art Work	Mr Yuvraj P	08.00 AM

VENUE FOR THE PROGRAMME : SCHOOL AUDITORIUM

"Sarve Bhavantu Sukhinah Sarve Santu Niramay" 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. All the staff members in town must attend the programme.

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

स्वयं को बदलो तो यह जग बदलेगा योग से सुखमय हर ददन दनकलेगा
योग है स्वास्थ्य के दलए लाभकारी योग रोगमुक्त जीवन के दलए गुणकारी



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

Asha Prabhakar

Asha Prabhakar
(Principal)

Kindness, Resilience, Respect



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