

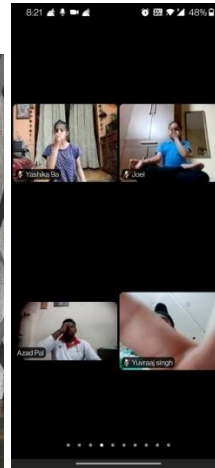
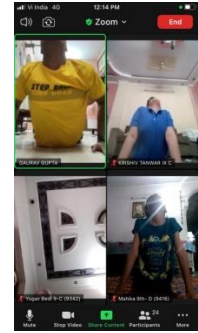
N.C. Jindal Public School, Punjabi Bagh, New Delhi

## **International Yoga Day 2021 Celebration**

### A Report

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as the International Day of Yoga all over the world. This idea was proposed by our Hon'ble Prime Minister, **Mr. Narendra Modi** to propagate “**YOGA FOR WELLNESS**”. He said, “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 you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing.”

The 7<sup>th</sup> International Day of Yoga (IDY) was celebrated by N.C. Jindal Public School, Punjabi Bagh, New Delhi from 7 June to 21 June 2021 as directed by CBSE vide Circular no. Acad-35/2021 dated 27/05/21 and circular no. ACAD-45/2021 dated 18/05/21. The students of all classes from the Primary and Senior Wing participated in the programme with great enthusiasm. Due to the ongoing pandemic, the 15-day Yoga Training Program was organised for the parents, teachers and students through the virtual mode for promotion of health and well-being . The programme was scheduled in such a way that it culminated on 21 June 2021. Warm up exercises such as Sookshma Vyayam were taken up and all the students learned and performed various techniques of Pranayama like Anulom-Vilom, Bhamri, Bhastrika, Kapalbhata, etc., the importance of these were explained simultaneously. The students also demonstrated various standing, sitting and lying asanas like Tadasana, Bhujangasana, Halasana etc., followed by Omkar chanting and meditation techniques. An online QUIZ competition was also organised wherein approximately 700 students from classes IV to XII participated with unabated spirit. The celebration concluded with synchronized yogic asanas performed by the Sports Dept. on 21 June 2021 , providing encouragement to students to practice yoga regularly to remain fit and improve their concentration. A few glimpses of the activities are as follows:-



Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well. It is rightly said,

“Yog swyam ki swyam ke madhyam se, swyam ki yatra hai.”

Vihswa Yog Diwas ki shubhkamnaayein!!