

International Yoga Day Celebration 2022

A Report

Since its inception in the year 2015, June 21st 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 8th International Day of Yoga (IDY) was celebrated by N.C. Jindal Public School, Punjabi Bagh, New Delhi on 21 June 2022 as directed by CBSE vide Circular no. Acad-52/2022 dated 05/05/22 and Circular no. ACAD-68/2022 dated 18/06/22. The students of all classes from the Primary and Senior Wing alongwith NCC Cadets of our school participated and performed enthusiastically in the IDY 2022, following the yoga protocol as directed by the Ministry of Ayush. Post pandemic, the Yoga Training Program was organised for the parents, teachers and students in the school ground near the iconic statue of Sh. Netram Jindal & Smt. Chandrawali Jindal, for promotion of health and well-being under the theme, “YOGA FOR HUMANITY”. Warm up exercises such as Neck Rotation, Shoulder and Arms movement, Trunk twisting, Knee movement etc. were taken up. All the students performed various asanas like, Tadasana, Vrksasana, Padahastasana, Ardha-chakrasana, Trikonasana, Bhadrasana, Vajrasana, Ardha-Ustrasana, Sasakasana, Uttana Mandukasana, Vakrasana, Makrasana, Bhujangasana, Salabhasana, Setubandhasana, Pawanmuktasana, Savasana etc., and learned about the importance of these asanas. The students also learned various kriyas like Kapalabhati, Nadisodhana Pranayama, Sitali Pranayama, Anulom-Vilom and other pranayamas followed by Omkar chanting and prayers. Mass Suryanamaskar display was organised wherein approximately 100 students from Classes IV to XII participated with unabated spirit. Other activities like talks on Awareness of Yoga asanas, Yoga Logo Making activity, Paper Bag Making and Clay Moulding of Favourite Yoga Pose were also organised in the school. The celebration concluded with synchronized yogic asanas performed by the Physical Education & Sports Dept., providing encouragement to students to practice yoga regularly to remain fit and improve their concentration.



