



DELHI PUBLIC SCHOOL, GURGAON

REPORT - INTERNATIONAL YOGA DAY

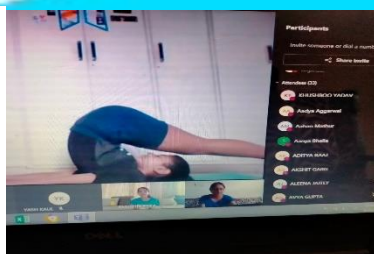
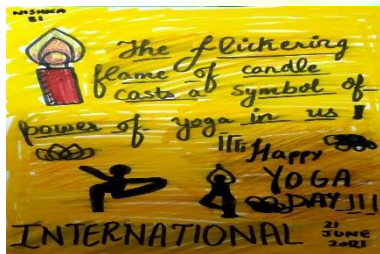
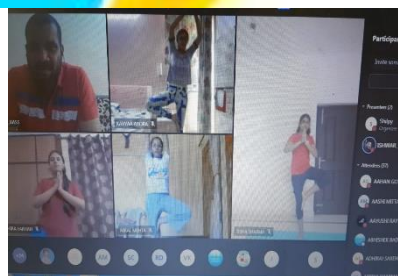
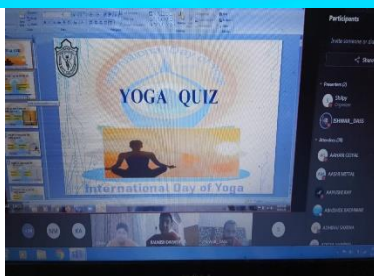
21st June, 2021

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system. During the COVID-19 pandemic, when working remotely has become the new normal, yoga encourages people to remain active and have a balanced state of mind.

We at Delhi Public School Gurgaon celebrated International Yoga Day with great enthusiasm. A special assembly on the theme 'HEALTH AND FITNESS' was conducted for the students of classes VI -VIII, wherein the 'INTERNATIONAL YOGA DAY' was celebrated zestfully. The students discussed the importance of yoga and also exhibited yoga postures. They later presented beautifully designed e-posters depicting the benefits of yoga and promised to introduce this activity in their daily lives.

A quiz on yoga was conducted for the children in their respective classes. Pranayama and different asanas were also practiced during the online classes. Children also made videos and posters on different aspects of yoga. They found these classes and quiz very informative.

Physical Education Department organized a special workshop for the teachers to promote yoga in their daily life.



International Day of Yoga