



G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR

7TH INTERNATIONAL YOGA DAY

THEME: 7th International Yoga Day
REPORT: International Yoga Day 2021
DATE: June 15-21, 2021
CONDUCTED BY: G.D. Goenka Public School, Sarita Vihar
ATTENDED BY: Students of Classes 1 to XII, teachers, school staff and parents

EVENT REPORT

“Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.”

Yogacharya B.K.S Iyengar

The 7th International Day of Yoga with the theme “Feel the power of yoga with Family” is marked at a time when COVID-19 pandemic continues to upend lives and livelihoods of people globally. Recognizing the significant role of Yoga, G.D. Goenka Public School Sarita Vihar on this occasion conducted various series of virtual events for staff, teachers, parents and students to address their physical and mental well-being.

- ❖ The celebrations in the school kicked off to a grand start with an extensive 15 day Yoga Training Program to teach simple yoga practices for the promotion of holistic health of the participants.
- ❖ Kalpana Singh of class IV-C and Natasha Sharma of class VII-A were awarded second position in the Inter School Yoga Competition organized by Hubs of learning on June 15, 2021.

- ❖ In a life changing and phenomenal session on “Yoga for Immunity” by Isha Foundation on June 18, 2021, Sadguru advocated to adopt a sensible responsible conscious behaviour to battle the present situation. The Goenkan fraternity experienced soothing effect of ‘Simha Kriya’ for their psycho-social health.
- ❖ The passionate yoga enthusiasts from classes III – VIII presented ‘Surya Namaskar’ and displayed their strength, steadiness, and flexibility through yoga asanas at ‘Yog Darpan - a live Inter House Yoga Competition on June 19, 2021. Yoga experts Ms. Meenakshi Dhiman, Ms. Tushima Shali, Ms. Rinku Sinha and Ms. Jyoti Mor were delighted to comprehend the aptitude and spirits of contestants towards Yoga. The winners were awarded online merit certificates.
- ❖ The fitness fanatics of classes IX – XII brushed up their knowledge of Yoga in an Online Yoga Quiz.
- ❖ The elements of ‘Dance & Yoga’ beautifully magnified and defined each other in an inter-twinned dance execution by students.
- ❖ On June 21, 2021 the students and the staff joined the virtual program and followed the common yoga protocol organized under the auspices of Ministry of AYUSH, Govt of India.
- ❖ In an interactive webinar, renowned Yoga Guru Abodh Srivastava addressed the queries of the students from class I – XII regarding yogic lifestyle and the school yoga teacher gratified their inquisitiveness by demonstrating easy to do yogic asanas while staying indoors or at one’s workplace.
- ❖ Angelic Goenkans exhibited the positive effect that music resonates in our life through a melodious song.

The participants appreciated the efforts put forth by the school for hosting magnificent events to mark the grand day as the building block towards the holistic development process of students.


