



REPORT ON 9TH INTERNATIONAL DAY OF YOGA CELEBRATION 2023



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 practice which plays an important role in relaxing the mind and body and boosting people's immune system.

"Yoga for Vasudhaiva Kutumbakam," which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future," is the theme for International Day of Yoga 2023.

Summer Fields School, Kailash Colony celebrated the 9th International Yoga Day on Wednesday, 21 June 2023. Warm up exercises such as Sookshma Vyayam were taken up and all the teachers learned and performed various techniques of Pranayama like Anulom-Vilom, Bhamri, Bhastrika, Kapalabhati etc., the importance of these were explained simultaneously. The teachers also demonstrated various standing, sitting and lying asanas like Tadasana, Bhujangasana,

Halasana, Tadasana, Surya Asana, Vajrasana, Shavasana, Makarasana, Shalabhasana, Pawanmuktasana etc., followed by Omkar chanting and meditation techniques. The celebration concluded with synchronised yogic asanas performed by Miss Pooja from the Sports Dept. on 21 June 2021, providing encouragement to the teachers to practice yoga regularly to remain fit and improve their concentration.

The Principal, Mrs. Geeta Karunakaran, in her inaugural address opined, "Yoga, an ancient Art and Science of health and harmony have vast potential for physical, mental, emotional, social and spiritual health of every human being. The schools being convergent centres can play a path breaking role in the growth and development of the nation. Realizing this, the school, has already included yoga in its curriculum for all classes and the students have been encouraged to do asanas every day. The school once again witnessed unprecedented support from the teachers for this event too. The day came to conclusion with the recitation of Shantimantra and the teachers carrying home the message that,

"Yoga is not for only one – it's for everyone, Yoga is not for a day- it's for every day."

The glimpses of the Yoga session are as follows:-



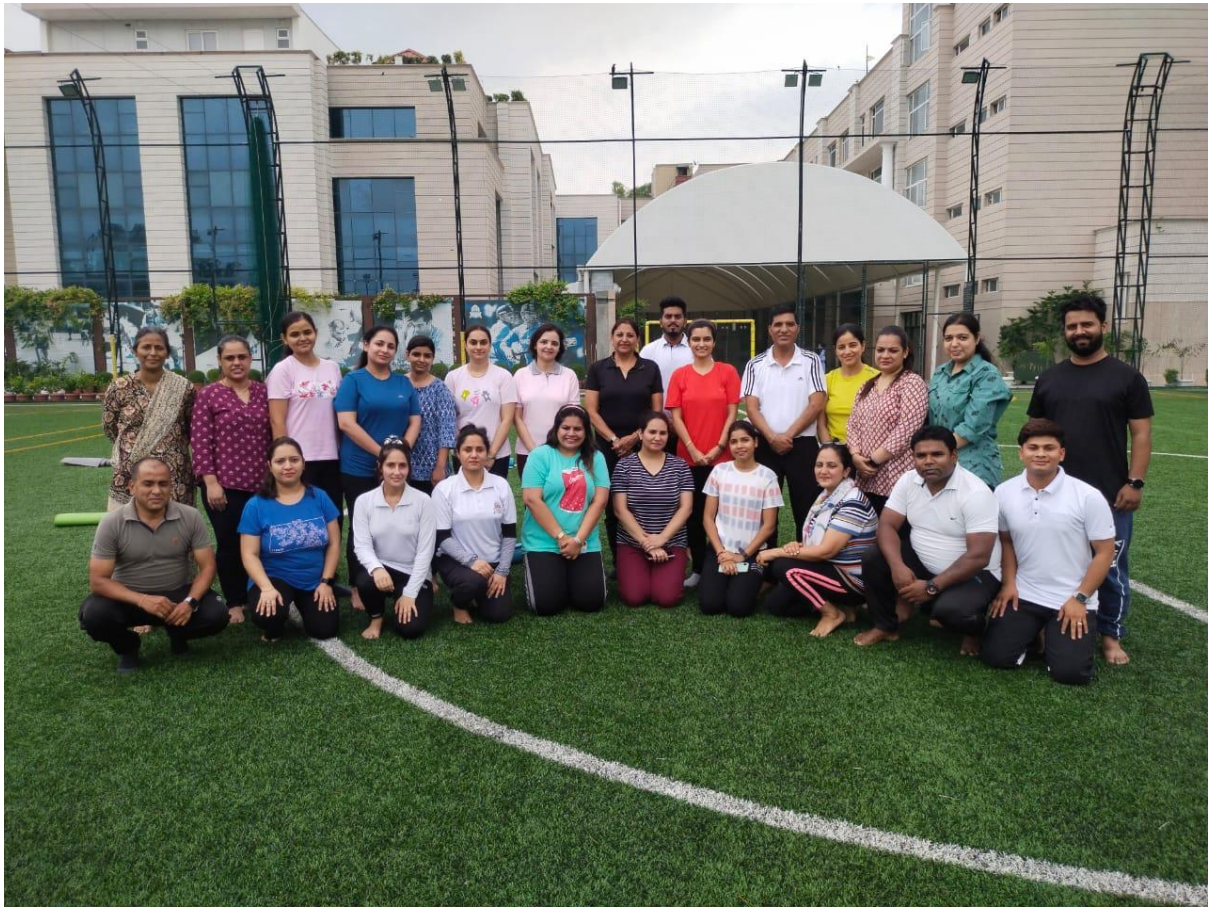












PRINCIPAL