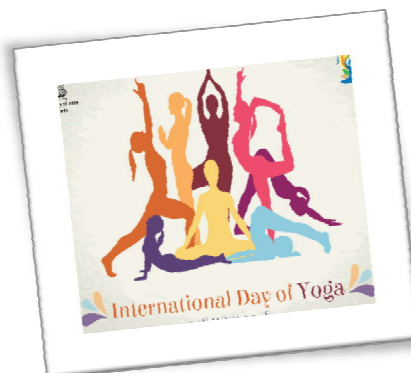
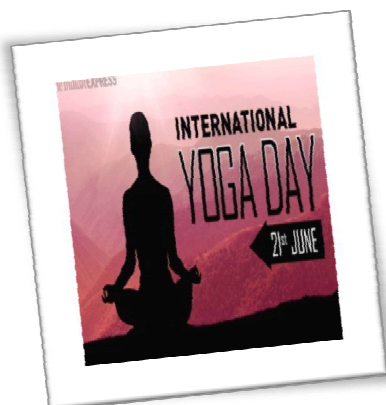


SANT NIRANKARI PUBLIC SCHOOL, MALVIYA NAGAR

INTERNATIONAL YOGA DAY 2020



Yoga is an invaluable gift of India's ancient traditions. It is not about exercise but to discover the sense of oneness with yourself, the world and nature.

-- Mr. Narendra Modi

Theme for the year 2020 is – 'YOGA AT HOME AND YOGA WITH FAMILY'.

International Yoga Day is celebrated on June 21st every year after Prime Minister Mr. Narendra Modi his UNGA speech proposed it. The Prime Minister in his speech said that "yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and wellbeing".

To commemorate the International Yoga Day and create awareness among children regarding the importance of yoga in our lives , the following activities will be conducted :

- ❖ **Online session for classes Nursery to 1st on 21st June, 2020 at 9:00 a.m.**
 - Prayer and Simran
 - Om chanting
 - Introduction and benefits of yoga
 - Laughter Yoga , few Asanas and exercises
 - Yoga se laabh
 - Slogans by children
 - Poster sharing
- ❖ **Online session for classes 2nd to 4th on 21st June, 2020 at 9:00 a.m.**
 - Introduction Session
 - Benefits of yoga
 - Yoga
 - Poster sharing
 - Photos of Students doing Yoga
- ❖ **Online session for classes 5th to 8th on 21st June, 2020 at 8:00 a.m.**
 - Introduction Session
 - Benefits of yoga
 - Karein Yog , Rahein Nirog
 - Yogic Asanas
 - Slogan/Poster Exhibiting and Explanation
 - Yoga for health, fitness and mindfulness