

# ONGC PUBLIC SCHOOL, NERAVY – KARAIKAL

## Report of International Yoga Day Celebration- 21.6.2022.

International Yoga Day was celebrated with full spirit and joy in ONGC public school, Neravy, Karaikal.



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.



A formal programme was conducted during school hours at 10.00 am. Sri.Edwin Samuel, Vice Principal delivered the welcome address. Academic director Sri. Ponramji, presided over the event and delivered his address on significance of IDY 2022. Sri.K.Rajavel, Principal, rendered his address on Yoga for wellness.



A sum of 40 students comprising of both boys and girl students of class IX, staff member of the school demonstrated stretching exercise, various asanas of Yoga and relaxation technique showing the strength of Yoga and the flexibility attained on doing it.

The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance!

