

ONGC PUBLIC SCHOOL,NERAVY,KARAIKAL.

Report of International Yoga Day Celebration- 21.6.2021.

With the introduction of the Yoga Day in 2014- December 11, on the appeal of our **Prime Minister Narendra Modi**, it has become a widespread practice throughout the world. It has now rooted in most parts of the world and schools and colleges encouraging students for the same. People almost of all the religions including Hinduism, Jainism and Buddhism consider “Yoga” a form of meditation.

On 21st June ONGC Public School, Neravy – Karaikal observed the **International Yoga Day** with zealous spirit. Of course it is the need of the hour to take care of our health. The teaching and non-teaching staff showed their consciousness towards the importance on Yoga practice.



Along with the word of **Shri. Kannan- the Correspondent** of our school, the Principal took all the initiative and motivated the faculty of Physical Education to observe the day in all the best possible ways. Sir sent an **invocation song** in What’sApp to be rendered at the Yoga Day celebration session. The song – “sanga sathvam samvadhathvam samno; manamsi janadham deva bagam yadha poorve; sansanana ubasadhho ll” (May you move in harmony; may you speak in unison; let our mind be equanimous like in the beginning; let the divinity manifest in your sacred endeavours). Moreover, there were so many videos of children doing ‘**Asanas**’sent in the School whatsapp group.



The session commenced at 3pm in the afternoon in front of our Primary Block. All the staff of the school participated following social distance. They began with prayer song and the song sent by our Correspondent. Vice- Principal delivered the welcome address and teachers of physical education took up charge to give **awareness on doing Yoga**. All the staff participated and availed the opportunity of doing different Asanas. Mr. Dass and Mrs. Nandini chanted Shanthi Manthra. Mrs. Mala – the Physical Education teacher proposed Vote of thanks; then the session lasted for an hour and came to end with National Anthem at 4pm.

Thus the day created a complete awareness on doing “Yoga” in spite of this pandemic situation. Thank you!