

REPORT ON INTERNATIONAL YOGA DAY 2024 AT ONGC PUBLIC SCHOOL

Date: June 20, 2024

International Yoga Day 2024 was celebrated with great enthusiasm at ONGC Public School. The event witnessed an overwhelming participation of more than 1000 students from grades VI to XII and 78 teachers. The objective of the event was to promote yoga among students and teachers, highlighting its numerous benefits for physical, mental, and emotional well-being.

Participation: Over 1000 students and 78 teachers actively took part in the International Yoga Day celebrations, showcasing their dedication towards yoga and its principles. **Yoga Demonstration:** The event began with a prayer, setting a serene and harmonious ambiance.

Following the prayer, students and teachers demonstrated various relaxation exercises, Surya Namaskar (Sun Salutation), and different asanas (yoga postures). The participants displayed their flexibility, strength, and discipline through their synchronized movements.

Yoga Day Pledge: As a symbol of their commitment to the practice of yoga, all the students and teachers took the Yoga Day pledge. This pledge reiterated their dedication to incorporating yoga into their daily routines and spreading awareness about its significance.





