

## **Report on International Yoga Day 2023 at ONGC Public School**

**Date: June 21, 2023**

International Yoga Day 2023 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.

**Talk on the Importance of Yoga:** Sri. Ponraman, the academic director of the school, delivered an insightful talk on the importance of yoga and the significance of International Yoga Day. He emphasized the need for regular practice and highlighted the positive impact it can have on one's physical health, mental clarity, and overall well-being.

The International Yoga Day celebration at ONGC Public School was a resounding success, creating an atmosphere of unity, mindfulness, and holistic well-being. The active participation of students and teachers showcased the school's commitment to promoting a healthy lifestyle and the integration of yoga into the daily routine of the school community. Through the yoga demonstration, the participants displayed their discipline, flexibility, and strength. Sri. Ponraman's talk further reinforced the importance of yoga and motivated everyone present to continue practicing it regularly. The event served as a reminder of the transformative power of yoga and its ability to foster a balanced and harmonious life.

















