

ATOMIC ENERGY CENTRAL SCHOOL, INDORE

22nd June 2016

REPORT ON INTERNATIONAL DAY OF YOGA

The international day of yoga was celebrated in Atomic Energy Central School, Indore on 21st June 2016 in the basket ball court. Students of classes VI to XII assembled along with teachers of Secondary and Senior Secondary sections at 7.30 am. They attended the programme with red T-shirt and track suit. After a short prayer, Principal informed the students about the importance of yoga and its observance in our day to day life to lead a healthy and tension free life.

Mrs.Pallavi Garge, TGT(PET) and Mr.Sanjeev Sharma, TGT(PET) instructed the students and teachers the various asanas. In the beginning, students and teachers performed Taadaasan, Vrikshaasan and Trikonasana which consists of 3 rounds of each asanas.

Later, Vajrasana, Shashankansan and Marichyaasana was performed by all. There was a melodious music played on the backround to give peace and tranquility to everyone at the time of performing various asanas.

Further, the PETs demonstrated Makarasana, Bhujangaasana, Shalabhaasana, Utthanapaadaasana, Ardha Halasana, Shavaasana, Kapaalabhati and Pranayams. The students and staff members followed them with full sincerity. After performance of all asanas, all observed Dhyana, Sankalpa and Shanti Paatha.

At the end, refreshment was arranged for the students and teachers who involved in yoga programme. They were offered bananas, butter milk and a biscuit packet after observance of 90 minutes yoga activities. The programme came to an end at 9.00 am.

Students and teachers expressed happiness about the yoga programme and they felt that the programme was very useful that can be a part of regular morning school assembly activities.

Principal