G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR

8ᵀᴴ INTERNATIONAL DAY OF YOGA (IDY)

THEME:	**Beyond the Routine**
REPORT:	**8ᵗʰ International Day of Yoga (IDY)**
DATE:	**May 10- 31, 2022**
CONDUCTED BY:	**GD Goenka Public School, Sarita Vihar**
ATTENDED BY:	**Students of Class II - XII**

REPORT

GD Goenka Public School, Sarita Vihar has adopted the celebration of International Day of Yoga as one of its indigenous programs to advocate this renowned physical, mental and spiritual practice to foster sense of compassion, unity, and build resilience among the Goenkan generation with holistic approach.

Focusing on "***Yoga for Humanity***", the theme for 8ᵗʰ International Day of Yoga in 2022, a schedule of special programs kick started in the school campus with Yoga Logo Designing. The symbolic representation of Yoga Chakras through painting was beautifully accomplished. The art of rolling and molding the clay to form various yoga poses by Class II yoga enthusiasts deserves a special mention for their passion.

As an antidote to striving for success in all that students do, they were enabled to make positive lifestyle changes grounded in self-awareness for health and more important happiness through video watching. They were enlightened that lavishing oneself in a systematic self-care routine with yoga is a good way to acknowledge gratitude for one's body.

Students expressed and experienced the correlation between movement and emotions by performing Rhythmic Yoga and creating dance moves using yoga postures. In the honor of 75th year of Independence, students learnt 'Azadi ka Amrit Mahotsava' song that envisioned the India of tomorrow merging the best of tradition with the most modern outlook.

A mass demonstration of healing and energizing Surya Namaskar in the school playground propagated the message of joy, health and peace. Teachers, staff and management participated in the exhilarating session organized in the school auditorium.

The activities enthralled the Goenkan fraternity and successfully reared the theme of the event for this year appropriately.

HIGHLIGHTS OF THE EVENT

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