

# INTERNATIONAL YOGA DAY

yogah karmasu kaushalam in Sanskrit



21<sup>st</sup> June 2021

Vana Vani Matriculation Higher Secondary School celebrated 7<sup>th</sup> International Yoga Day on a virtual platform with great enthusiasm on the 21<sup>st</sup> June 2021 and the same was telecasted live on YouTube. The theme for this year's celebration was '**Yoga for well-being**' a motto aligned to the current pre-occupations.

Dr. P. Baskaran who is one of the leading Physical Education and Yoga Trainers in Chennai graciously consented to be the Chief Guest of the day.

The event commenced with the Welcome address which was followed by a Prayer song to invoke the blessings of the Almighty for the success of the program. The entire program was beautifully led by M. Swati and K. Netra of Class 9C. They briefed on the importance of Yoga and the numerous benefits it offers.

The following students from the primary, middle and high school performed various Asanas like Pranayama, Surya Namaskar, Linga Mudra, etc. which was indeed a visual treat:

Jiya L.W. of Class 9A demonstrated some useful eye exercises which are need of the hour, while the benefits of the same were also explained in detail.

The video testimonials of some of our students who have been practicing Yoga and experiencing its benefits were truly inspiring and motivating.

Dr. P. Baskaran shared his wisdom about one of the ancient practices, Yoga, which was very informative and beneficial. He also enthralled the viewers by demonstrating some Asanas which truly inspired the young minds to stay fit and healthy. There was a discussion session in which Dr. P. Baskaran clarified the questions posed by our students.

The initiative taken by our school management and the teachers to celebrate Yoga day virtually was worthwhile as we are in a situation where being healthy is our priority and this program was truly an eye opener for many to lead a healthy lifestyle by practicing Yoga.

All's well that ends well. The program was concluded by a closing prayer which was followed by the National Anthem.

Indeed, Yoga Day was a memorable event and a huge success!