

Report On International Day of Yoga 2022

Under **International Day of Yoga, 21st June 2022**, Shiv Jyoti Public School organised various Activities during the span of one and a half month. Students and Staff members participated in the event with their full zeal and enthusiasm.

Surya Namaskar was performed by the students as a regular feature of their daily routine.



Rhythmic Yoga was performed by the students under the guidance of Mrs. Rajni Sharma on the eve of Prize Distribution Function. All students under the guidance of their teacher Mrs. Zenith were awarded about the benefits of Yoga through **Yoga Wall Painting** and explained them the eight aspects of Yoga.

Students even participated in **Inter School Yoga Competition** held at DAV School Bilga, under the ageis of Jalandhar Sahodaya. **Mass Yoga session** was also conducted and videos on Yoga were shown to the students.



On the Foundation Day of the School, students presented a song item of Yoga based on the theme **Azadi ka Amrit Mahotsav** and also made **Human Pyramids** through various Yoga postures.



Class 8 students performed **Paper Bag Making Activity** based on Yoga theme.



The Sports faculty of the school, Mr. Parminder, Mr. Nirmaljit Singh, Mr. Nirmal Singh and Mrs. Zenith shouldered the responsibility to conduct the activities smoothly under the supervision of Activity Incharge Mrs. Bhavna Sabharwal.

Our worthy Patron, Mrs. Krishna Jyoti ji, Dr. Vidur Jyoti, Chairman Trust, Dr. Suvikram Jyoti, Manager, Managing Committee & General Secretary, Trust, Principal Mrs. Neeru Nayyar and Vice Principal Mrs. Parveen Saili acknowledged the efforts of all the faculty members. Principal Mrs. Neeru Nayyar on the IDY encouraged the students, teachers and parents to adopt Yoga as an integral part of their daily routine.