

## **ATOMIC ENERGY CENTRAL SCHOOL – 2, KALPAKKAM**

### **INTERNATIONAL YOGA DAY – 21-06-2024**

International Yoga Day was observed and celebrated with the usual fervour in our school.

The theme of International Yoga Day 2024 is 'Yoga for Self and Society' which prioritizes the physical and mental well-being of the community. And, it is being propagated to bring Yoga to every household at the grassroots level.

Taking this goal to the students, various activities were conducted between 19.06.2024 and 21.06.2024 (3 days).

On 19.06.2024, during the morning assembly , a special speech was delivered by Mr.D.Baskar (PET) highlighting the importance of Yoga for the society in general and students in particular. Some basic Asanas were taught and the students enjoyed doing it and got to know the benefits of each yoga practised.

On 20.06.2024, Dr. K. Vijaya (TGT/PET), explained the special features and uses of Yoga and the correct way to practice Asanas. Demonstration of some important Asanas was carried out to train the students .

On 21.06.2024, two yoga personalities from Zenkar, Chennai participated as special guests. Mrs.DeepaRavindran, Master of Yoga and Integrated Martial Arts presented a lecture on Yoga whereas Miss.K.Nirmala, Yoga Trainer demonstrated a few Asanas.

Several teams of trained students were demonstrating the Yoga Asanas to all the participants as per the International Yoga Day Protocol. All the students eagerly participated in the Yoga session. And the members of staff encouraged them by doing Yogasanas alongside the students.

To highlight the importance of the day effectively, Vice Principal Mr. P.Narasimman spoke on the various aspects of Yoga in general and its uses for the students in particular.

At the end of the session, students were served refreshments.

Enclosure: Photographs of the event.

Dr.K.Vijaya,  
TGT/PET(SG)



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