

Report on International Yoga Day

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United National General Assembly in 2014. Every years the IYD is celebrated across the world promoting Yoga for Health and Mental well-being. This year the theme of International Yoga Day is **‘Yoga for Vasudhaiva Kutumbakam’** which represents our shared desire for “One Earth, One Family, One Future”.

Vasavi Public school, Himayatnagar celebrated International Yoga Day with great enthusiasm under the guidance of Principal Ms. Jaishree Rao. The function began with a brief introduction of Yoga Day. The special guest Mr.Srisailam Amme, Yoga trainer, Yoga Therapist, Psychotherapist who is a registered yoga teacher from Traditional yoga which is affiliated with Yoga Alliance – USA, spoke about 'The Positive Framework of Meditation' and also conducted a meditation session for students, teachers and parents. He highlighted the importance of meditation in one's life and balance ones personality

The following activities were taken up in the school:

- Mass Yoga demonstration by class VI to X students
- To promote the tagline ‘Har Aangan Yog’ teachers and parents were encouraged to take part in performing Yog Asnas.
- On 22nd June 2023 Inter House Yog Asanas competition was conducted and students showed exemplary, synchrony and balance in performing the 10 Asanas.
- Students took part in YOGA QUIZ and YOGA PLEDGE on MyGov platform and received certificates.