

INTERNATIONAL YOGA DAY

(21 June 2020)

On the occasion of International Yoga Day the VDJS family displayed great enthusiasm and participated in several events conducted on various organisations.

Nishtha Jain, Manasavi Garg, Gracy Jindal, Hrishita Agarwal, Anushka Singh, Harshita Ramraika, Praveena.S, Laxmi Kumari and Jahnvi participated in the **Parampara Utsav** organized by NPSC in partnership with the Spic Macay wherein the children were addressed by the Honourable Vice President of India. The platform provided an opportunity to the children of different schools to share their views about Yoga.

The Ministry of Ayush, Government of India, organised the campaign - **My life My yoga** to encourage the practice of Yoga with the family members to boost the immunity of people in the trying times of COVID 19. Nishtha Jain, Manasavi, Harshita Ramraika, Praveena.S, Hargun Kaur, Jahnvi, and Gracy Jindal took part in the campaign, wherein they posted their videos and photos on social media to promote the benefits of Yoga.

Nishtha Jain, Nikita, and Damini Bishnoi participated in **Bliss Yoga** organised by BPS School, Pilani under the aegis of Round Square. They also attended a live session through Microsoft Teams. The children were given a brief about Yoga and they performed some warm-up exercises, Asanas and Pranayamas.

The NCC cadets Shivanshi, Simran, and Ume Kulsum along with Ms. Vijay Luxmi, Ms Sharbani Khayal, Mrs Suman Arora and Mr. Chandra Mohan also participated in the event.

Click to see the activities of the day.

https://drive.google.com/file/d/1n8hGhTj4_N4q87b6PJqsHNBSbs2GL0L8/view?usp=sharing