

VIDYA DEVI JINDAL SCHOOL,HISAR

Report on International Yoga Day Celebration- 2025

Our school celebrated International Yoga Day on 21st June 2025 with great enthusiasm and active participation from students, teachers, and support staff. This year's theme was "Yoga for One Earth, One Health", highlighting the importance of yoga in promoting global health and harmony.

The celebration began early in the morning with a special yoga session conducted by our yoga teacher for the support staff. They were taught various Asanas and Pranayama techniques that help in improving physical fitness, reducing stress, and enhancing overall well-being. All support staff members took part in the session with great interest and dedication.

Our students also actively participated in the celebration. They performed various yoga asanas such as Tadasana, Vrikshasana, Trikonasana, Bhujangasana and Paschimottanasana. These activities helped them understand the importance of yoga in daily life and its benefits for both body and mind.

As part of the CBSE guidelines, our students and teachers also took part in a Yoga Quiz. This quiz tested their knowledge of yoga's history, philosophy, and health benefits. Participants who performed well received certificates of appreciation, which motivated others to learn more about yoga.

In addition, students wrote articles on the theme of "Yoga for One Earth, One Health". Their writings reflected the idea that yoga not only brings personal health benefits but also promotes harmony between humans and nature.

The celebration of International Yoga Day in our school was a great success. It inspired everyone to adopt yoga as a regular practice for a healthy and balanced life.





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CERTIFICATE

OF PARTICIPATION

Ministry of AYUSH & MyGov congratulate

Vijayluxmi

for participating in
International Day of Yoga 2025 Quiz

We acknowledge your efforts. Keep participating!

Shri Raghavendra Rao

Director, Central Council for Research in Yoga and Naturopathy,
Ministry of AYUSH



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CERTIFICATE

OF PARTICIPATION

Ministry of AYUSH & MyGov congratulate

Khanakjain

for participating in
International Day of Yoga 2025 Quiz

We acknowledge your efforts. Keep participating!

Shri Raghavendra Rao

Director, Central Council for Research in Yoga and Naturopathy,
Ministry of AYUSH



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CERTIFICATE — OF PARTICIPATION —

Ministry of AYUSH & MyGov congratulate

Mahi Agrawal

for participating in
International Day of Yoga 2025 Quiz

We acknowledge your efforts. Keep participating!

Shri Raghavendra Rao
Director, Central Council for Research in Yoga and Naturopathy,
Ministry of AYUSH



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Certificate of Participation

Ministry of Defence and MyGov Congratulate

Sana Aggarwal

for successfully participating in the
Quiz on Role of Women in Shaping the New India.
We acknowledge your efforts. Keep participating.


VIKASH KUMAR
DEPUTY SECRETARY (CEREMONIALS),
MINISTRY OF DEFENCE

