

## **APS JAMMU CANTT CELEBRATED INTERNATIONAL YOGA DAY 2023**

On 21<sup>st</sup> June 2023, in accordance with the guidelines provided by the Army Welfare Society (AWES) our school celebrated 9<sup>th</sup> International Yoga Day with great enthusiasm and participation. The aim of this event was to promote physical and mental well-being amongst students, teachers and parents.

During the morning session from 8:30-10:00 am, all the students, teachers and parents actively participated in the yoga session. The session focused on various yoga asanas and breathing exercises led by experienced yoga instructors of the school Ms Ranjana Sharma, Mr Rashav Singh and Mr Rakesh Vaishnavi. The students wholeheartedly embraced the session and demonstrated their dedication to the practice of yoga.

The students and the teachers who were not physically present, also actively participated in the Yoga day celebration. They participated digitally from their respective locations and shared their participation pictures with the school. Following the yoga session, students were encouraged to record a 2-3 minutes video of their yoga practice. These videos were then shared in their respective class groups. This allowed the students to showcase their commitment towards fitness and inspire others to engage in yoga.

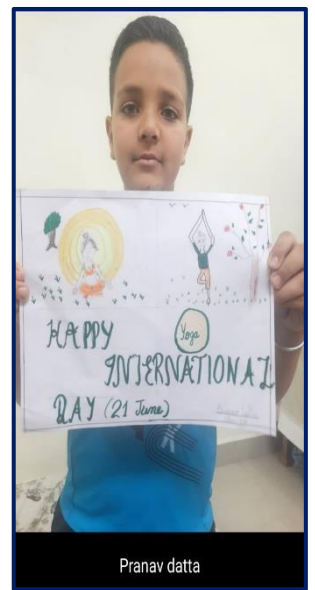
Class teachers scheduled an online meeting to conduct “Poster Making Activity” on different yoga asanas. Students utilized their creativity and artistic skills to create informative posters, highlighting the benefits and importance of various asanas.

Principal Ms Puneet Kaur extended her heartfelt gratitude to the students, teachers and parents who made this International Yoga Day Celebration, a remarkable success. She added that their presence and active participation contributed to the event’s meaningfulness and fostered a sense of well-being in our students. Amalgamation of Yoga in our daily routine will not only contribute to our physical well-being but also instil discipline and mindfulness in our lives.

Later refreshments were also distributed to all the participants.







Pranav datta