

NAVODAYA VIDYALAYA PALAKKAD

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Ministry of Human Resource

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Date: 21-6-2017

## Report on “INTERNATIONAL YOGA DAY”

### Celebration at JNV Palakkad.

(Dated 21<sup>st</sup> June 2017).

The Vidyalaya celebrated the International Yoga Day in a befitting manner . All the members of the Staff and students actively participated in the programme. Prior to the celebration the selected students were given sufficient training for three days by the Yoga Instructors Dr.Dhanalakshmi & Dr.Jayalakshmi , apart from the PET's Mr. K .M Pius and Mrs. Sunitha Kumari.G.

On 21<sup>st</sup> June all the staff members and students are assembled in the hall at 7.00am. After the prayer, the Chief Guest along with other dignitaries lightened the traditional lamp and inaugurated the celebration. Mrs.Bindhu.K, Vice Principal welcomed the gathering and gave an introduction about yoga celebration , which was followed by the presidential address by the Principal, Mr.V.N.Balakrishnan. He stressed on the need of yoga training in school level . He called up on the students to utilize the yoga facilities in the vidyalaya and become a master over it in the coming years.

Sri..Mohankumar.V.N, (Retd from Mahatma Gandhi University, Kottayam) was the Chief Guest of the day. He gave an elaborate lecture on yoga, its principles, history, and the public view on the esteemed institution Navodaya Vidyalayas. He praised the contribution of Jawahar Navodaya Vidyalayas for the development of the Nation. He also mentioned about some asanaas , which are useful to cure diseases. After the inaugural address, Master Harikesh of X class gave a speech on yoga. The same was followed by the mass yoga display by the students . The students performed the Asanaas as per the direction given to them.

. The following Aasanas were demonstrated in the vidyalaya during the celebration.

1. *Ardhakadichakrasana.*
2. *Trigonasanam*
3. *Ardhavajrasana.*
4. *Parshyakonasana.*
5. *Padhahasthasana.*
6. *Ardhamatsyendrasana.*

7. *Vakraasana.*
8. *Paschimathanasana.*
9. *Vajrasana.*
10. *Ushtrasana,.*
11. *Shashankaasana.*
12. *Dhanuraasana.*
13. *Padmaasana.*
14. *Makaraasana.*
15. *Pavanamukthaasana.*
16. *Halaasana.*
17. *Chakraasana.*
18. *Bhujangaasana.*
19. *Shalabhaasana.*

All the students were highly motivated in performing Yogasanas.The programme came to an end by Vote of thanks proposed by Mr.Sivadasan Arath(P.G.T Hindi).

Encl:- Selected photos.