

CARMEL CONVENT SR. SEC. SCHOOL: BHEL: BHOPAL

10th International Day of Yoga

Report

On the occasion of 10th International Day of Yoga 21/06/2024, under the guidance of Rev. Principal Sister Ann Joicy Department of Physical Education and Sports Science organized yogic practices based on yoga protocol and quiz to spread awareness yoga and its practices among students.

Yogic practices based on yoga protocol was organized for class 6th in the school auditorium. More than 350 students actively participated in various yogic practices. Yogic practices based on yoga protocol started with prayer and invocation. Yogic suksahm vyayam was practiced as preparatory movements for higher yogic practices asanas including standing, sitting, supination and pronation. Asan session ended with yognidra. After practice of asans various pranayama were practiced. Session was windup with the practice of dhyan and shanti path.

Class 8th participated in Yoga quiz which was based on basic questions relating to Yoga in general and Ashtang Yoga specifically. Questions were also emphasized on the importance and commencement of International day of Yoga. More than 330 students participated in the quiz and secured 1st, 2nd & 3rd position based on the marks scored. Highest mark scored was 30 out of 30.

