

परमाणु ऊर्जा केंद्रीय विद्यालय क्रमांक 2, तारापुर
ATOMIC ENERGY CENTRAL SCHOOL NO.2, TARAPUR

INTERNATIONAL YOGA DAY -2023

"Yoga is the journey of the self, through the self, to the self."- The Bhagavad Gita

The 9th International Yoga Day was celebrated with immense enthusiasm and Vigour on 21st June 2023 in the school. This year the theme of Yoga Day is '**Yoga For Vasudhaiva Kutumbakam**' i.e. Yoga for the welfare of all in the form of 'One World-One Family'. It emphasises the spirit of Yoga, which unites and takes everyone along. Students of Balvatika to class 10th participated actively. The celebration venue was split into four different areas considering the availability of spaces. Students of Bal Vatika were taught the basic yoga exercises in the Stilted Area, students of class 1 to 5 were taught the yoga asanas in the sports ground and classes 6 to 10 were taught by the yoga gurus in the morning assembly. Similarly, class X girls attended an online yoga session with Nehru Science Centre in SIT lab.



The programme in the assembly area began with the regular morning assembly in which Quiz on yoga was conducted. Dr. Anand Kumar, Principal, enlightened the students and staff and welcomed the yoga experts Shri. D.K. Mahajan, Shri Pravin Lohare and Shri Tushar V Sakpal. The Yoga Experts skillfully displayed some yoga asanas like Tadasana, Vajrasana, Bhujangasana, Trikonasana etc. and they performed some breathing exercises, explaining the benefits of each exercise.



An Online Live Session of Yoga was attended by the girl students of Class X in SIT Lab which was organised by Nehru Science Centre, Mumbai in collaboration with Art of Living from 7.30 am to 8.30 am.



The event helped everyone feel confident and content physically, mentally and spiritually. Dr. Kapil Gajbhiye, Vice Principal, proposed the vote of thanks which was not enough to express the gratitude for the Yoga Gurus who helped the students understand the significance of Yoga in daily life. At the end of the session students enjoyed the refreshment.

ADDITIONAL PHOTOGRAPHS:



