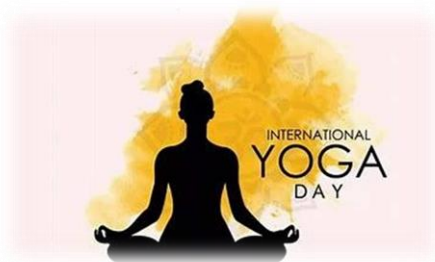


NAVY CHILDREN SCHOOL,KOCHI
INTERNATIONAL YOGA DAY CELEBRATION 2023-2024



Yoga is a light, which once lit, will never dim, the better your practice, the brighter the flame.

Celebrated on June 21, International Yoga Day reveals the physical and spiritual prowess that yoga has brought to the world stage. The celebrations around International Yoga Day aim to spread awareness about the holistic nature of yoga and promote it as a regular regime throughout the world for better health. This year we celebrate International Yoga Day on the theme “Humanity”.

NCS,Kochi organized a week’s celebrations to embark the importance of Yoga and its benefits on our mind and body. To instill the spirit of yoga and to educate the children on the significance of yoga in life, the school conducted various events and competitions. Students of NCS,Kochi participated in all the events with utmost vim and vigor under the guidance and supervision of Dr, Debala Devi,the yoga trainer of the school. Every year NCS(K) tries to bring forth novelty in all the events, that lit lights in the holistic development of the children. Yoga Day celebrations give rise to an eternal aura and enlighten the young blood with the soul of spiritual and mental flame.

ACTION PLAN

SL. NO	EVENT	DATE	DURATION	VENUE	CLASS	TEACHER INCHARGE
1	YOGA ART COMPETITION	09-06-2023	8.30am-9.40am	MP HALL	CLASSES III,IV,VI	Ms.MEENU,Ms.ANUPAMA
2	YOGA ASANA COMPETITION	12-06-2023	8am to 9.40am	MP HALL	CLASSES V,VI,VII-VIII	Dr.DEBALA, Mr.VIBIN
3	YOGA QUIZ	14-06-2023	8.30 TO 9.30AM	MP HALL	CLASSES IX-X	Mr.DEEPU, Mr.SREEHARI

YOGA ART COMPETITION

The school organized a painting competition on 9th June 2023 for the classes III,IV and VI in connection with Yoga Day Celebrations. Prodigies of NCS(K) participated with zealous and enthusiasm. They tinted the canvas with mindful of myriad colors to exhibit the theme and significance of Yoga Day. The tiny totes of the school were guided by Ms,Meeno O, PRT(Art) and Ms Anupam Kumari,PRT. The paintings were undeniably an authentic portrayal of incorporating the soul of Yoga into the arena of Art.



YOGA ASANA COMPETITION

The next event, Yoga Asana competition was organized on 12th June 2023 for the classes V,VI,VII and VIII. Yoga asanas will always render a serene and placid routine to latch on to a heedful and healthy life. Under the guidance of Dr Debala Devi(Yoga trainer) the children posed the asanas to retain the peace within. They could feel the rhythm of the body, the melody of the mind and the harmony of the soul which create the symphony of life. At the outset the asanas reiterated their mindfulness and concentration.





YOGA QUIZ COMPETITION

The Yoga Quiz in connection with Yoga day was conducted on 14th June 2023 for the classes IX and X. The students competed with much fervor and gusto. It was extremely an exploration of the new ideas and thoughts of Yoga and its contemplations to lead a composed life. Quick responses made them to ponder intensely to exhilarate and revitalize themselves to accomplish their goal. Undoubtedly, the quiz brings forth a wide information to the children on Yoga and enlightened them with the immense prospects of practicing Yoga in our life.

The following children are the winners of the quiz competition;

SI No	Name of the student	Position	Class and Section
1	Meera P	First	IX A
2	Priya	Second	X B
3	Vaishnav Singh	Third	IX B



Yoga is the ultimate practice. It simultaneously stimulates our inner light and quiets our overactive minds. It is both energy and rest. The events made the children to know the prominence of yoga in our life and how to integrate the same in our education to have a happy and peaceful life.

“Yoga is not a work-out; it is a work-in. And this is the point of spiritual practice, to make us teachable, to open up our hearts, and focus our awareness so that we can know what we already know and be who we already are.” — Rolf Gates
