

KENDRIYA VIDYALAYA RAIGARH

REPORT ON INTERNATIONAL YOGA DAY

On 21st June 2021 International Yoga Day was celebrated in K V Raigarh virtually at 9 o' clock. The virtual program streamed on YouTube channel of Kendriya Vidyalaya Raigarh. IYD theme of this year is 'Yoga for Well Being', will be celebrated only on digital platforms in view of the coronavirus pandemic. All the students of standard I to XII had participated with a lot of eagerness and joy. All the students were excited and energetic for the event. Total 447 people participated including staff families, students and parents in this event.

Our honorable Principal Mr. Harilal Padhan, addressed the lead event on the 7th International Yoga Day Monday morning. "When the entire world is fighting against the Covid-19 pandemic, yoga has become a ray of hope" said in his address and threw the light on the importance and need of Yoga to be fit and healthy and gave us his valuable guidance to all the staffs and students. Mr. Kamlendu Mishra, TGT Hindi talked about the Benefits of Yoga in our day-to-day life.

One of our bright student Ms.Astha Pradhan,XI had given speech about the significance of yoga in one's life. Ms. Isha Yadav, Alumni had given her wonderful performance on Rhythmic Yoga in this occasion. Ms. Aparna Yadav XII had demonstrated various Asanas.Ms. Shivangi Sahu XII had gracefully performed yoga on the music in the event.

As per the Notification given by KVS(HQ) for the Virtual celebration of the 7th International Yoga Day had been commenced from 15th June to 21st June. The link for the virtual program had been shared with all the staff members and students. Students eagerly waiting for the link every day, so they can practice the same for their wellbeing. Each day children share their photos and videos through whatsapp group. Everyone had participated energetically and enthusiastically.

Various activities had been conducted for the celebration like Yoga Quiz and drawing competition. Maximum students had taken part very joyfully and made it a grand success.

Our students have shown their interest towards yoga digital showcase and be the part of the session starting from first session of the programme. The light has been thrown on different aspects and forms of yoga. The programme was very informative and useful for the students as well as Teacher/Coach. The photographs of students are enclosed.

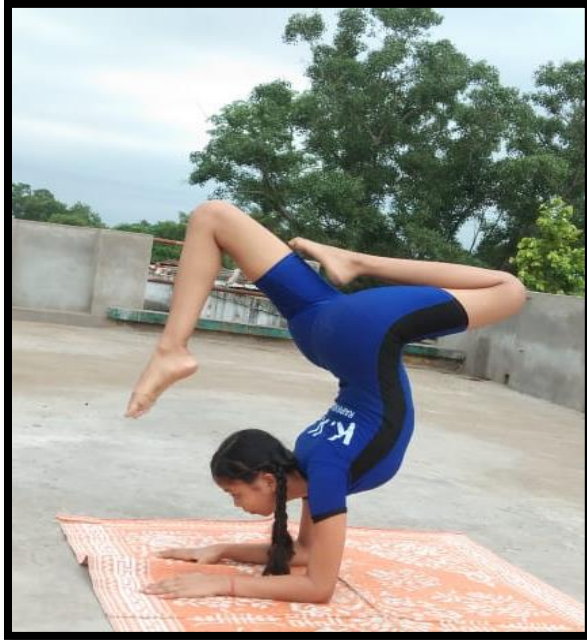
We are very thankful to KVS, RO- Raipur, who have given this opportunity to express our views, experience and wonderful programme.

All the Activities Photos are given Below: -

Virtual Celebration of Yoga -[Click here](#) (YouTube Video)

GLIMPSES

1. Astha Padhan Class XI



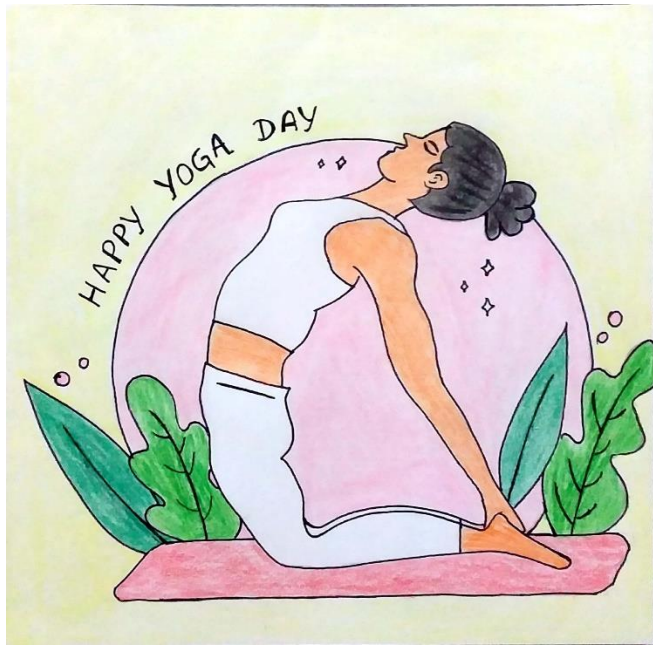
2. Shivangi Sahu Class XIIA



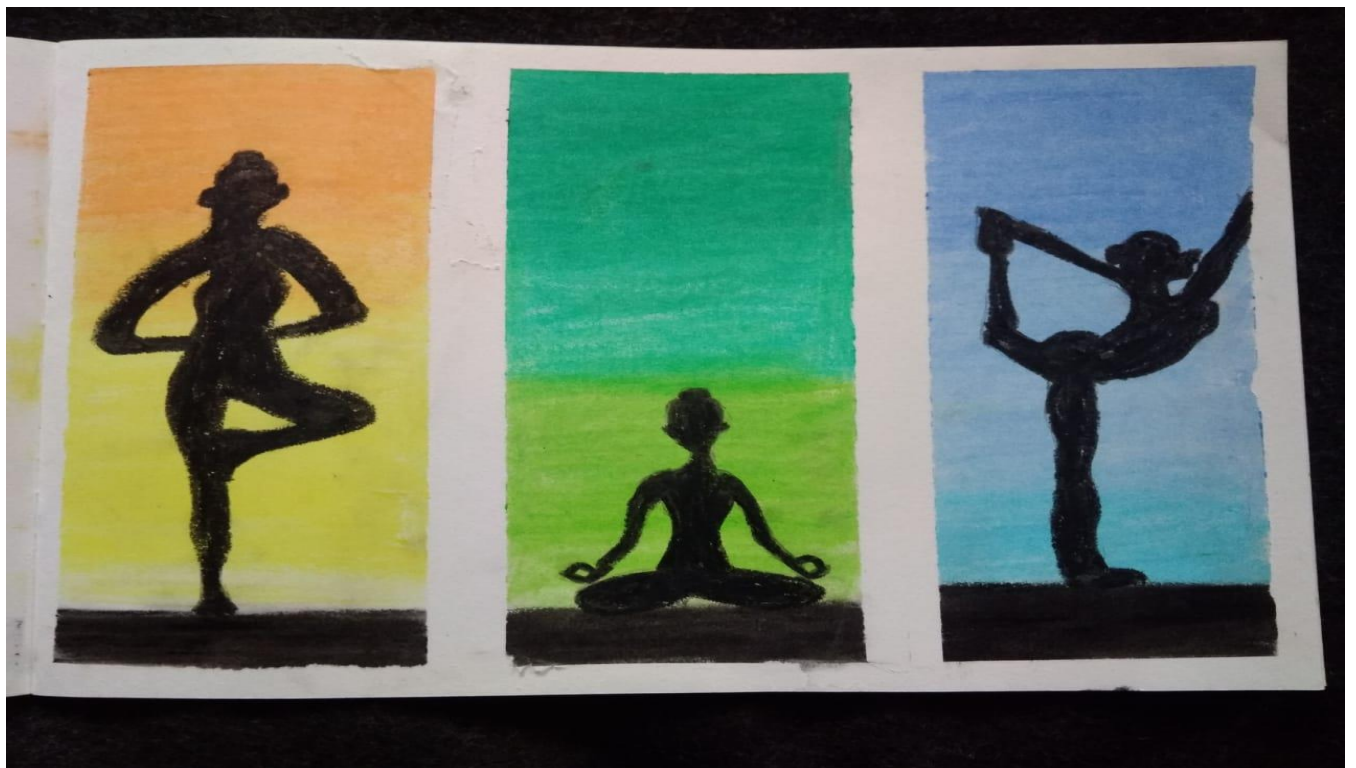


Drawing Competition

-> Aklaya VIII A



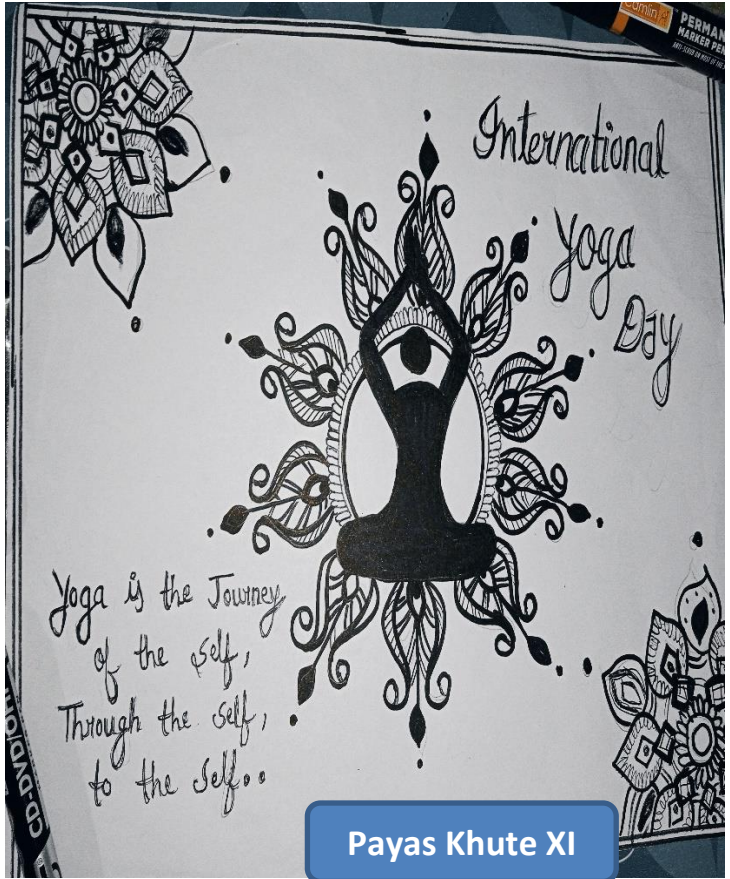
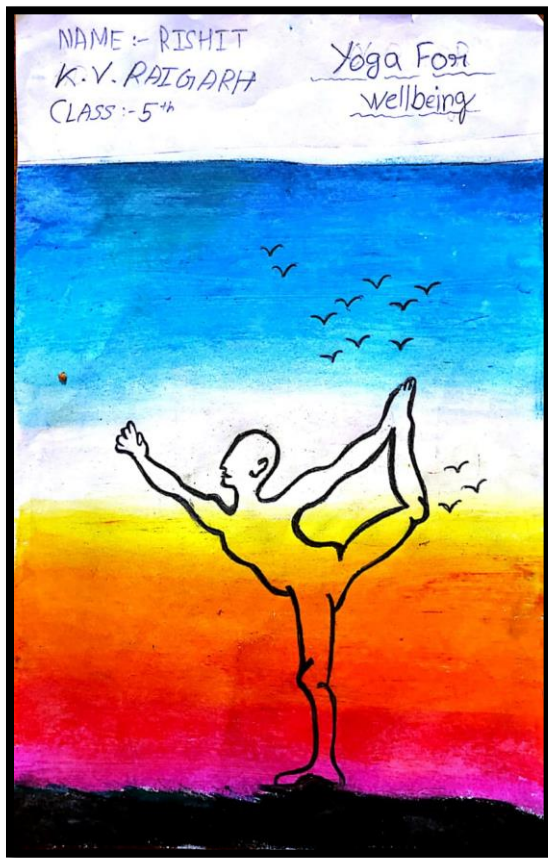
-> Purva Asutkar VIII A



NAMRATRA NETAM VIB



Minakshi Netam XI



Payas Khute XI

Staff Family Doing Yoga



VIRTUAL CELEBRATION OF 7TH INTERNATIONAL YOGA DAY 2021

INTERNATIONAL YOGA DAY 2021
Theme-
"Be with Yoga, Be at Home"
KENDRIYA VIDYALAYA RAIGARH

Virtual Celebration of the 7th International Yoga Day 2021
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7th IYD

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VIRTUALLY CELEBRATING YOGA

