



Ref. No. F.1497

/ KVL/2018 - 19/

Date: 21.06.2018

Report on 4th "International Yoga Day" at KV Lokra.

The 4th edition of "International Yoga Day" has been celebrated in KV Lokra on 21.06.18 with great enthusiasm and zeal by all the students, teachers and staff. It is a day when each and everyone in the vidyalaya gets a chance to attach themselves to the rich heritage and culture of our nation. The 1 (one) hour programme was started at sharp 08.15 AM just after the conclusion of Morning Assembly with the beautiful Yoga Song performed by Miss Shristi Kumari of Class-VI(B). The welcome speech was given by Dr. Uma Kant Mishra, TGT (Maths) of KV Lokra who soulfully explained the history of International Yoga Day and its importance in our today's society.

After the Welcome Speech, Sh. Naresh Kumar Singh, Principal of KV Lokra delivered a short but fruitful speech on how important it is to do the "Asanas" in correct form and its positive influences for a healthy mind as well as body. After the speech given by the Principal, KV Lokra, Sh. Dipesh Ch. Dey, Yoga Instructor of KV Lokra has delivered a short speech on this occasion and demonstrated few easy but very effective "Asanas" for a healthy mind and body. All the students, teachers and staff followed and practiced all the Asanas demonstrated by the Yoga Instructor in the Assembly ground which includes - Tadasana, Vrikshana, Ardha-Chandrasana Utkatasana, Katichakrasana, Padahasthasana, Skanda Mudra etc. and finally ended with Pranayam.

Later, a series of various yoga asanas performed by a group of 18 students from Class-V to Class-IX which was a delight to the eyes of the spectators. After this stunning performance by the students, the programme has concluded with a brief note of Vote of Thanks given by Dr. Uma Kant Mishra, TGT (Maths) of KV Lokra.

This is for your kind perusal.

With esteemed regards,

Sincerely Yours'

(N. K. Singh Shelot)

Principal

Enclosure:

1. Photographs of the event.

केन्द्रीय विद्यालय लोकरा

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पो० आ० लोकरा, जिला: शोणितपुर (असम)
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