



DELHI PUBLIC SCHOOL ONGC, NAZIRA

(Under the aegis of the DPS Society, New Delhi)

School No. 35121

Report on the Observance of International Yoga Day by the students of DPS ONGC, Nazira on 21st June, 2023

“Yoga is the journey of the self, through the self, to the self.” — The Bhagavad Gita.

International Yoga Day, a day dedicated to the ancient practice that has transcended time and borders to bring harmony and well-being to millions around the world. It is a day when people from all walks of life come together to embrace the transformative power of yoga. The Yogic Ideal and the theme Vasudhaiva Kutumbakam – The World is one family promotes the spiritual unity of all beings and “Har Aangan Yog” being propagated to bring Yoga to every house hold at the grassroot level. As we celebrate the 9th International Yoga Day..... series of activities were conducted for different classes at DPS ONGC, Nazira.

The glimpses of the activities conducted.



Yoga during the morning assembly



Yoga by the Tiny Tots



Yoga session of the NCC Cadets



Slogan writing on Yoga



Session by the Yoga trainers



Special Yoga session at the Officers' Club ONGC, Nazira