

## **INTERNATIONAL YOGA DAY AND WORLD MUSIC DAY**

On 21<sup>ST</sup> June, 2024, the students of DDMS P. Obul Reddy Public School, celebrated “International Yoga Day” and “World Music Day” with great vigour and enthusiasm with the theme “Yoga for self and society” effectively encapsulating our collective aspiration for ‘one Earth, one family and one future’.

The Chief Guest, Ms. Renuka Bansal, a Certified Yoga Instructor and Nutritionist was welcomed by the Principal, Ms.K.Vinitha with a sapling and the students of class Primary to XII pledged to practice Yoga for harmony of body and mind. The principal, in her inaugural address opined, “Yoga, an ancient Art and Science of health and harmony have vast potential for physical, mental, emotional, social and spiritual health of every human being.

The session included various asanas, pranayama and a brief meditation which was beautifully blended with music. The main attraction of the day was Surya namaskar which was performed with the recitation of Surya namaskar mantra.

With the able guidance from the PE Department and Music Department the celebration of “International Yoga Day” and “World Music Day” was a resounding success. The Chief Guest, Ms. Renuka Bansal appreciated the enthusiastic participation of the students.

The Vice Principal rendered the Vote of Thanks, followed by the National Anthem.



## **INTERNATIONAL YOGA AND MUSIC DAY (SPECIAL ASSEMBLY)**

**‘Yoga is the rhythm of the body, the melody of the mind, the harmony of the soul, and the symphony of life.’**

The International Yoga Day and World Music Day were celebrated together with great enthusiasm by our Pre-Primary students on June 21st, 2024. The aim was to promote physical fitness, mental well-being, and an appreciation for music among the young learners.

Under the guidance of Mrs. Vijaya Durga, Head Mistress of the Pre-Primary section, the day began with a morning assembly that commenced with a prayer. The students and teachers then participated in simple yoga asanas, poses, and breathing exercises led by Mrs. Swetha Pulijala, an International Yoga Instructor. The importance of yoga in daily life was also explained to the children during this session.

Following the yoga session, Mrs. Padmini Ramanuja P. treated everyone to melodious songs, underscoring the significance of music in maintaining inner calm. The children showcased their talents by singing simple ragas, adding to the musical celebration.

A few parents were invited to witness the event, and both sessions—the yoga practice and the musical performances—were thoroughly enjoyed by all participants, especially the children.

This combined celebration of International Yoga Day and World Music Day was a testament to our commitment to holistic development and the nurturing of young minds through physical activity and artistic expression.





