



Message

7th International Day of Yoga-2021



Yoga is an ancient practice that works on a holistic approach towards health and well-being of people. It represents unity of mind and body, thought and action and is much more than physical exercises. It broadly combines physical postures (Asanas), breathing exercises (Pranayama) and meditation (Dhyan) for mental as well as physical well-being of an individual.

It was in the 69th session of United Nations General Assembly (UNGA) on September 27th, 2014, the Hon'ble Prime Minister, Shri Narendra Modi urged the world community to adopt an International Day of Yoga. On December 11th, 2014, the 193-member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries, a resolution to observe 21st June as 'International Day of Yoga' (IDY). In its resolution, the UNGA recognized that "Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population". On 21st June 2015, first IDY was observed around the world.

Fit mind and body are integral part of KVS education system. The observation of International Day of Yoga in the past years have been marked with mass displays, Yoga demonstrations and many such interesting activities which saw enthusiastic participation of students' staff and parents all across the country. Due to current global health emergency because of COVID-19, the focus for this year is to encourage people to perform Yoga in their respective homes along with their family. Yoga is found to be especially relevant in the pandemic situation, since its practice leads to both physical and mental well-being, and increases the individual's ability to fight diseases.

KVS has planned a week-long virtual Yoga activity programme across the system from 15th June onwards. I appeal to all my students, staff, parents to make Yoga as part of their daily routine for a healthy body and mind. Let us join together in the creation of happy, healthy and peaceful world.

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभागभवेत्।

*May all sentient beings be at peace,
may no one suffer from illness,
May all see what is auspicious,
may no one suffer.*

(Nidhi Pandey)
Commissioner, KVS