



केन्द्रीय विद्यालय संगठन गुवाहाटी संभाग KENDRIYA VIDYALAYA SANGATHAN GUWAHATI REGION

On 21st June , 2021 Kendriya Vidyalaya Sangathan Guwahati Region celebrated the grand event of the 7th International Day of Yoga in a grand manner. More than thirty-one thousand students, parents , teachers took part in the event. This year KVS planned to celebrate the event in a larger manner where the 7th IDY was not limited only to 21st June but a whole week from 15th to 21st June was used to honour the festival of yoga.

Activities

Virtual Yoga Sessions from 15 June to 21 June: KVS bestowed the duty to different regions to plan the virtual sessions for each day. Topics like History of Yoga, Stages of Suryanamskar, Pranayama & Breathing Exercise, Yoga for disable students, Yoga with music & Mass Displays were allotted to different regions. Each day a link was shared by the allotted region to all the other regions of KVS & the same was shared with all its schools which created a huge chain that included all students , teachers & parents to be a part of this event.

Newsletter on Yoga: Guwahati Region planned to create a newsletter on this occasion to ameliorate the understanding of students about Yoga in a simple manner. Deatails about Yoga , its limbs , types of yoga, benefits, logo etc. were discussed in the newsletter.

Regional Level Quiz on Yoga: A Regional Level Quiz was also organized to make the event more productive. In order to make sure that the newsletter was read scrupulously and understood, it was announced that the Regional Level Quiz on the IDY would have the questions from the Newsletter itself. More than 17000 participants including students, parents & teachers took part in the quiz & received an e-certificate from the RO.

Efforts made by the Physical Education Teacher: No show can deliver the goods without the proactive participation of all the members related to it. From receiving the links from the RO to forwarding them to all the students & motivating them to participate in full spirit & then collecting the data of all these activities was not a simple task. But the Physical Education Teachers of the Guwahati Region leave no stones unturned & successfully completed each task related to the 7th IDY.

GLIMPSES



Shri K. P. Babu
Principal, KV Kokrajhar



Smt. Dolly Das
Principal, KV IOC Noonmati



Shri. M. Muthu Kumar
Principal, KV Misa Cantt.



Shri. A. Binoy Singh
TGT-P&HE , KV CCI Bokajan



Ms. Alpana Das
PRT, KV Amerigog



Ms. Hemu Kirar
PRT, KV ONGC Nazira



Shri. Charanjeet Singh
TGT-Hindi, KV CU Tezpur



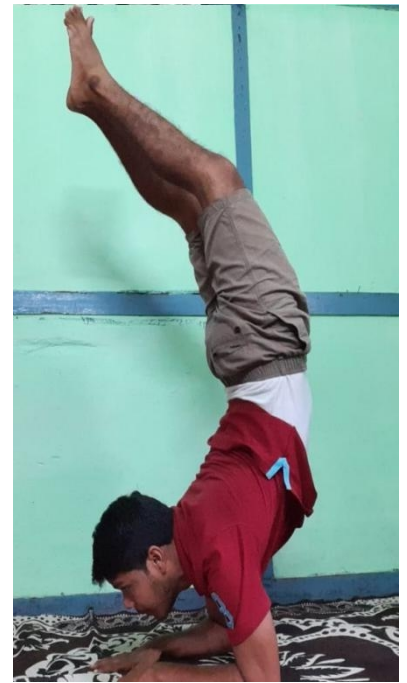
Shri. N. R. Verma
KV Golaghat, TGT- A.E.



Shri. Bhargab Borah
TGT-P&HE
KV AFS Tezpur



Ms. Pinki
PRT
KV New Bongaigaon



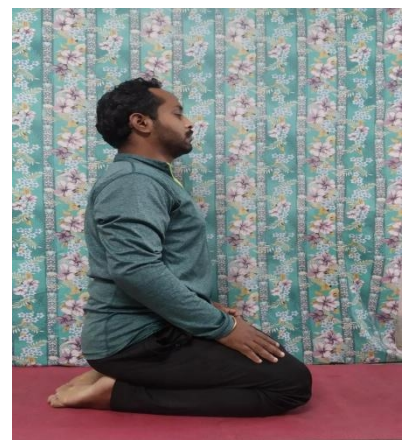
Shri. Deepak Arya
TGT-Sanskrit
KV ARC Doom Dooma



Shri. Vimlesh Kumar
TGT-AE, KV Misa Cantt.



Shri. Syed Tafikul Islam
TGT-P&HE, KV Rangia



Shri. Chandrapratap Singh
TGT-P&HE
KV NHPC Gerukamukh

Parents & Students in Action

