

**REPORT ON THE CELEBRATION OF 5TH INTERNATIONAL DAY OF YOGA ON 21ST
JUNE 2019 BY LAJPAT RAI PUBLIC SCHOOL, GANDARPUR, CUTTACK-03**

The celebration started at 7.00AM with the lighting of lamp by revered Principal Sri Niranjan Swain. He addressed to the students and staff members about the importance of yoga and advised everyone to make the yoga practice a family routine. The exciting and lively programme went on till 8.30AM.

All the students from Std-I to Std-XII and staff members under the guidance of the yoga instructor Mr. Sameer Kumar Mohanty performed various Ashanas, Pranayams, Dhyana and yoga activities like standing posture, Sitting posture, Prone posture, Supine postures etc. He threw light on the relationship between body, mind and soul.

Students also performed santi path and sankalp under the guidance of the yoga teacher.

Skilled yoga students of the school performed excellent yoga postures which were praiseworthy. Due to space constraint, this Mega event was conducted phase wise involving more than 2700 students.

On the eve of the 5th International Yoga Day celebration students participated in the English essay writing competition on the topic “IMPORTANCE AND MYRIAD BENEFITS OF INTERNATIONAL YOGA DAY”.

Our school had observed 5th International Yoga Day successfully.
