



केन्द्रीय विद्यालय क्रमांक 2, वायु सेना स्थल, पुणे KENDRIYA VIDYALAYA NO.2, AFS, PUNE



आयुष मंत्रालय
Ministry of
AYUSH



सातवाँ अन्तर्राष्ट्रीय योग दिवस २१ जून २०२१
7TH INTERNATIONAL DAY OF YOGA 21 JUNE 2021¹



सात दिवसीय डिजिटल योग अभियान / महोत्सव

7 DAYS DIGITAL YOGA ABHIYAN / MAHOTSAV



CO-ORDINATOR

MR. DINESH KUMAR (SECONDARY)

MRS. ALKA HEMBADE (PRIMARY)



YOGA ACTIVITIES AT VIDYALAYA LEVEL



- 1. ALL THE STUDENTS, PARENTS & TEACHERS ARE PARTICIPATING IN VARIOUS YOGA RELATED ACTIVITIES.**
- 2. EVERY MORNING FROM 07:00 AM TO 08:00 AM, ALL THE STUDENTS, PARENTS & TEACHERS ARE PARTICIPATING IN LIVE YOGA PROGRAMME / SESSIONS CONDUCTED BY VARIOUS KVS REGIONS.**
- 3. EVERY MORNING FROM 08:00 AM TO 09:00 AM ALL THE STUDENTS, PARENTS & TEACHERS ARE PARTICIPATING IN LIVE YOGA PROGRAMME CONDUCTED BY VARIOUS KVS RO MUMBAI.**
- 4. ONLINE YOGA QUIZ IS GOING TO CONDUCT FOR CLASS 4th TO CLASS 10th STUDENTS ON 18 JUNE 2021.**
- 5. ONLINE YOGA QUIZ IS GOING TO CONDUCT FOR TEACHERS / PARENTS / STAFF ON 21 JUNE 2021.**

SCHEDULE FOR THE LIVE YOGA PROGRAMME

DATE AND TIMING	ACTIVITY/PROGRAMME	NAME OF GUEST SPEAKER
15.06.2021 (8AM TO 9AM)	YOGA- HISTORY, IMPORTANCE & BASIC ASANA	MS. PURVA BHANDAKKAR & NARESH C BHANDAKKAR
16.06.2021 (8AM TO 9AM)	PRANAYAMA AND BREATHING EXERCISE	MR. NARESH C BHANDAKKAR- YOGA TEACHER AJNI NAGPUR
17.06.2021 (8AM TO 9AM)	SURYA NAMASKAR AND VARIOUS STAGES IMPORTANCE OF SURYA NAMASKAR IN DAILY LIFE	YOGA CHARYA MRS RITIKA DESHWAL.(MSC YOGA) & MR. NARESH C BHANDAKKAR
18.06.2021 (8AM TO 9AM)	TALKS ON IMPORTANCE OF YOGA	DR MANMAT GAROTE –DIRECTOR LONAVALA YOGA INSTITUTE
18.06.2021 (9.30AM TO 6.00PM)	YOGA QUIZ FOR 4TH TO 10TH CLASS STUDENTS	REGIONAL SPORTS CELL
19.06.2021 (8AM TO 9AM)	YOGA FOR STRESS RELIEF	YOGA CHARYA MR. ANANT ZAMBARE-PUNE
20.06.2021 (8AM TO 9AM)	DEMONSTRATION AND INSPIRATIONAL TALKS BY YOGA ACHARYA'S	DR NAMDEV PHATANGARE, VIIT COLLEGE PUNE. & SHRI S.KALAMBE
21.06.2021 (8AM TO 8.30AM)	SESSION-YOGA HEALTHY LIFE STYLE	SWAMI SHRIKANTHANAND PRESIDENT, SHRI RAMAKRISHNA AROGYA SANSTHAN, TRIMBAKESHWAR.
21.06.2021 (8.30AM TO 9.00AM)	YOGA PROTOCOL	MR. NARESH C BHANDAKKAR- YOGA TEACHER AJNI NAGPUR
21.06.2021 (9.30AM TO 6.00PM)	YOGA QUIZ FOR STAFF OF KV'S & STAFF OF REGIONAL OFFICE MUMBAI	REGIONAL SPORTS CELL

YOGA – ASANAS PRACTICE BY PRINCIPAL, PET (TGT), HM AND STUDENTS



WORKSHOPS AND ACTIVITIES



Belt Graduation
At **SPORT AKADEMY**

Date :- 24th July 2021 (Sunday)

Last Date Of Entry 10th July 2021

Best Player Rewarded With Trophy

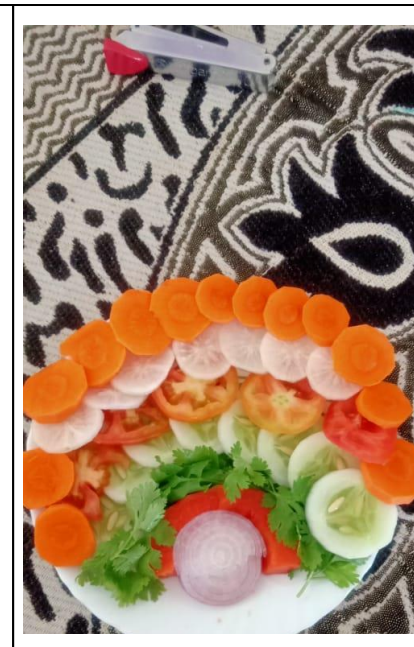
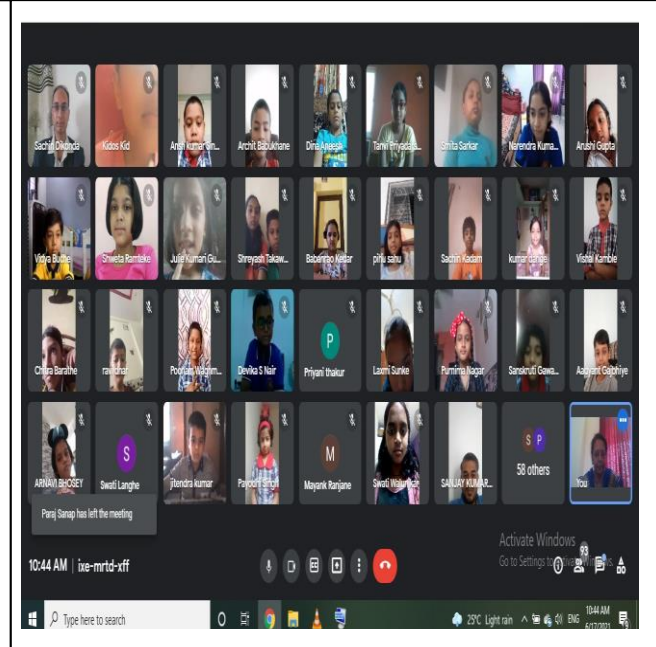
लोहगावच्या केंद्रीय विद्यालयात उन्हाळी शिबिराचे आयोजन

शाळेचे प्राचार्य गुरप्रीतसिंग यांच्या मार्गदर्शनाखाली शाळेचे मुख्याध्यापक संजय कुमार पाटील यांनी त्यांच्या मुलांना या महामारीमध्ये व्यस्त ठेवण्यासाठी अथक आणि प्रामाणिक प्रयत्न केले आहेत.

उन्हाळी शिबिरातील काही सर्वोत्कृष्ट सहभागी खालीलप्रमाणे प्राची, मानसी सोनवाल, जेहान मोरेन जोश, सारा मोहाशी, हेमानी त्रिपाठी, आवा कुमारी, संघर्ष माली, मोहम्मद आसिफ,स्वानिका, जान्हवी डिकोडा, नन्दी प्रियदर्शिनी, सौद शेख विद्यार्थिनी विशेष कामगिरी केली. यामध्ये माधुरी सुर्यवंशी, जया टकावणे, मीनू डिकोडा यांनी सहकार्य केले. कोनोमुळे घरात लॉकडाऊन झालेल्या विद्यार्थ्यांमध्ये या शिबिरामुळे उत्साह संचाला.

भाजप युवा मोर्चाच्यावतीने अन्न धान्यवाटप

लोकमत न्यूज नेटवर्क चिरंयुट : पंतप्रधान नरेंद्र मोदी यां आपल्या पंतप्रधानपदाची सलग स वर्षे पूर्ण केल्याबद्दल मुळ तालुक्यामध्ये भाजप युवा मोर्चा वतीने सेवाकार्य दिन म्हणून साज करण्यात आला. यानिमित्त गरीब गरजेना अन्नधान्य तसेच सरका कि



Yoga and its benefits

Yoga is an ideal exercise for body and mind. It makes a healthy body and a clear mind. It increases focus and concentration. It has its significance in ancient times and it is a way that yoga has helped many people to have a body that strong, supple and desirable.

HUM FIT TO INDIA

STAY FIT WITH YOGA

CARROT, MANGO
CUCUMBER
ROASTED GROUND NUTS
SALT, PEPPER POWDER
BASIL LEAVES
OLIVE OIL

CUCUMBER
KOTHIMEER
PEPPER POWDER
SALT, LEMON JUICE

JOHANN AARON JOSE
5A



योग करें और स्वस्थ रहें



E-MAGAZINE COMPILATION

SHRI SANJAY K PATIL (HM)

SMT. SUNITA J KRISHNA (PRT)

**शारीरिक शिक्षा, खेल और योग विभाग
केंद्रीय विद्यालय क्रमांक 2, वायु सेना स्थल, पुणे
PHYSICAL EDUCATION, SPORTS AND YOGA DEPARTMENT
KENDRIYA VIDYALAYA NO.2, AFS, PUNE**