



केन्द्रीय विद्यालय संगठन, क्षेत्रीय कार्यालय, एरणकुलम

KENDRIYA VIDYALAYA SANGATHAN REGIONAL OFFICE, ERNAKULAM
(An Autonomous Body Under MHRD, Govt. of India)

कडवन्त्रा पी.ओ. कोच्ची - २०

Kadavanthra P.O, Kochi - 20

Phone No.0484- 2205111(DC), 2203091(Fax) 2203116(AC), 2203066 (Admn& Accts)

E -mail: dcernakulamregion@gmail.com

Date: 21.06.2016

Sub: International Yoga day celebration

Students and staff of all the KVs of Ernakulam Region celebrated the International Yoga day with the traditional zeal and enthusiasm associated with the Kendriya Vidyalaya Sangathan.

A Common Regional Yoga Pogramme had been chalked out for the 40 KVs under Ernakulam Region well in advance. Approximately 52,000 students and 2,000 staff from Principals to sub-staff of all the KVs participated in the programme from 09.00 am to 10.00 am. Anticipating inclement weather all the classrooms, auditorium, corridors and all available places were utilized to give sufficient space to each child. Students of the primary section were also given age appropriate yogic exercises for a shorter duration.

The Deputy Commissioner Dr. Uma Sivaraman and all staff of the KVS Regional Office, Ernakulam joined the staff and students of KV Ernakulam, for the yoga programme. Defence personnel, Members of Vidyalaya Management Committee & PTA and Parents also joined the students in various KVs. Volunteers from Art of Living, Brahmakumaris and State Yoga Associations also helped coordinate the mass yoga programme. Debates, quiz, poster making and various other programmes on the subject of yoga were also organized in all the KVs to mark the International day of Yoga.

Uma S
21/06/16

(Dr. Uma Sivaraman)

Deputy Commissioner