

निधि पाण्डे, भा.सू.से.
आयुक्त
Nidhi Pandey, I.I.S.
Commissioner



केन्द्रीय विद्यालय संगठन
KENDRIYA VIDYALAYA SANGATHAN
18, संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110016
दूरभाष : 91-11-26512579, फैक्स : 91-11-26852680
18, Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016 (India)
Tel. : 91-11-26512579, Fax : 91-11-26852680
E-mail : kvs.commissioner@gmail.com, Website : www.kvsangathan.nic.in

Message

Dear Students, Teachers, Parents, and Fellows,

Warm greetings to all of you on the occasion of International Day of Yoga-2023! As we already know, this special day, celebrated on the 21st of June each year, holds immense significance in promoting holistic well-being and harmony. And this year, we come together to embrace the theme of "Yoga for Vasudhaiv Kutumbkam".

On this auspicious occasion, let us unite in celebrating the immense benefits that yoga gives us, promoting unity and a balanced way of life. Come together to build a healthier, happier world for all.

As described in this Sanskrit Verse:

योगाङ्गानुष्ठानादशुद्धिक्षये ज्ञानदीप्तिराविवेकख्याते:

The message of the shloka is- "from the devoted practice of the limbs of yoga, upon the destruction of impurities, a light of knowledge shines. That brings the realization of discernment."

To make our minds, soul, and health happier, we should do yoga daily. By dedicating ourselves to the practice of yoga, we not only prepare a healthy lifestyle but also contribute to encouraging global unity and goodness.

Therefore, once again I urge all the students, parents and teachers of the KVS family to adopt yoga in their daily lives.

Wishing you all a joyful International Yoga Day!

(Nidhi Pandey)

21st June, 2023