

(Encl to SS Bijapur Letter SSBJ/237EBSB/Trg
dt 23 July 2020)

**REPORT ON THE ACTIVITIES CONDUCTED ON CELEBRATION OF
YOGA MAHOTSAVA BY UTTAR PRADESH TOURISM**

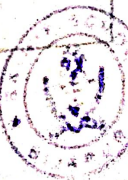
Name of the Ministry / Department : Sainik Schools Society, Ministry of Defence

S. No	Nature of activities	Place/ Institution	Date	Number of Participants	Remarks, if any
1.	(a) The 6 th IDY was celebrated online with great fever by Sainik School fraternity. Not only Cadets and their families but also the staff members participated in the event based on the theme. Yoga @Home and Yoga with family organized online by the school due to the pandemic COVID-19 which has reiterated on the importance of immunity and healthy living.	SS Bijapur	21 June 2020	80	
	(b) Painting Competition.				
2.	(a) On 21 June 2020, the 6 th IDY was celebrated online with great fever by Sainik School fraternity. Not only Cadets and their families but also the staff members participated in the event based on the theme. Yoga @Home and Yoga with family organized online by the school due to the pandemic COVID-19 which has reiterated on the importance of immunity and healthy living.	SS Chittorgarh	21 Jun 2020	VII to XII	
	(b) Online Yoga competition was conducted for Classes from VII to XII. The Cadets were divided into two categories with theme "Yoga with family" :- (i) Group I – Class VII to VIII. (ii) Group II – Class IX to XII.				
3.	(a) Class wise online Yoga session.	SS Goalpara	21 June 21 Jul 2020	-	
	(b) Class wise activity/ discussion on importance of Yoga during regular online classes				
	(c) Online lecture cum presentation on 'Benefits of Yoga'				
	(d) Class wise online Painting competition				



Encl contd

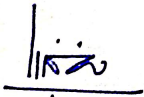
S. No	Nature of activities	Place/ Institution	Date	Number of Participants	Remarks, if any
4.	(a) An online painting competition on the theme "Ek Bharat Shreshtha Bharat" was organized.	SS Gopalganj	26 Jun 2020	19	
	(b) A slogan writing competition was conducted.		27 Jun 2020	VII to XI	
5.	(a) Painting Competition on the theme of "Ek Bharat Shreshtha Bharat".	SS Kapurthala	25 Jun – 02 Jul 2020	32	
	(b) Quiz / Essay / Slogan Writing Competition			43	
6.	(a) Painting competition on the theme 'The Cultural Heritage of West Bengal.	SS Kodagu	27 Jun 2020	70	
	(b) Slogan writing on theme 'Rich Legacy of West Bengal'.		30 Jun 2020	72	
	(c) EBSB Quiz Competition on West Bengal.		03 July 2020	123	
7.	(a) On the occasion of 6 th IDY celebrations, officers, staff, cadets and families practiced Yoga at their respective places due to COVID-19 lockdown.	SS Korukonda	21 Jun 2020	450	Cadets – 400 Staff – 50
	(b) Yog Video contest & Online Painting Competition		06-11 Jul 2020	20	
8.	(a) Yoga Mahotsav online Yoga sessions were conducted by PEM of School, for the cadets. Lecture cum demo session with importance of asanas in daily life of the cadets. Main seven asanas were demonstrated and taught i.e., Taadasana, Vrikshasana, Pada-Hastasana, Ardha-chakrasana, Trikonasana, Ardhausturasana, Bhujangasana.	SS Kunjipura	21 Jun 2020	-	
	(b) Painting Competition		04 & 06 Jul 2020	-	
	(c) Inter House Quiz- on State of Bihar		12 Jul 2020	-	
9.	(a) Painting Competition	SS Jhunjhunu	24 Jun 2020	68	
	(b) Slogan Writing Competition		27 Jun 2020	112	



Encl contd

S. No	Nature of activities	Place/ Institution	Date	Number of Participants	Remarks, if any
10.	(a) Painting competition (portrait of freedom fighters/ war heroes).	SS Nalanda	28 Jun 2020	25	
	(b) Essay writing competition on importance of "Puskar Mela".		05 Jun 2020	73	
11.	(a) Yog video content.	SS Nagrota	04 Jul 2020	22	
	(b) Online Article Writing Competition on 'Write on Yoga'		17 Jul 2020	20	
12.	Towards showcasing vivid culture of Karnataka, the online drawing competition and cultural heritage of Karnataka were organized for classes VI to VIII.	SS Purulia	20 Jun 2020	80	Best drawings and paintings were awarded
13.	On the occasion of 6 th IDY, online Yoga Competition was organized.	SS Rewa	21 Jun 2020	250	
14.	Cadets attended online yoga classes and practiced various yoga postures while staying home. Teachers also participated yogasanas.	SS Sujanpura Tira	21 Jun to 21 July 2020	-	
15.	Shared the website Id amongst the cadets through Whats app group and encouraged to participate in the Yoga Mahotsav.	SS Tilaiya	04 July 2020	-	




 (Signature of Nodal Officer)
 Principal,
 Sainik School, Bijapur.