

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



केन्द्रीय विद्यालय संगठन
18, संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110016
Kendriya Vidyalaya Sangathan
18, Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016

Dear Fellow KVians,

21-06-2024

As we celebrate the International Day of Yoga today, I am delighted to join millions around the world in commemorating this ancient practice that unites mind, body, and spirit. Yoga is not merely a form of exercise but a holistic approach to well-being that promotes harmony within ourselves and with the world around us.

At KVS, we recognize the profound benefits of yoga in nurturing physical health, enhancing mental clarity, and fostering emotional resilience. Through our initiatives in schools across the country, we have witnessed how yoga empowers our students and educators alike, guiding them towards a balanced and enriched life.

Let us embrace yoga as a pathway to rejuvenation and healing, reaffirming our commitment to a healthier future for all. I encourage each of you to incorporate yoga into your daily routine, and discover its transformative power.

On this special occasion, let us renew our dedication to spreading awareness about yoga's myriad benefits and its role in achieving a harmonious society. Together, let us celebrate International Day of Yoga with enthusiasm and mindfulness, fostering a culture of well-being and inner peace.

Wishing you all a rejuvenating and enlightening International Day of Yoga!

Warm regards,

(Nidhi Pandey)
Commissioner