

International Yoga Month events

School students take part in International Yoga Month events

Yoga is an ancient physical and spiritual discipline and branch of philosophy that originated in India reportedly more than 5,000 years ago. The word yoga comes from the Sanskrit word yuj, which means to yoke, join, or unite.

The Iyengar School of yoga defines yuj as the "joining or integrating of all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life." The ultimate aim of yoga, they claim, is to reach kaivalya (emancipation or ultimate freedom).

Shivalik Public School, Mohali organised various activities with a view to instill the importance and benefits of yoga among the students



by conducting special assemblies, Power Point presentations on the significance of practicing yoga while emphasising the mental health development for living a balanced life. The month-long undertakings included essay writing and poster making activities which focused on the significance of yoga in order to achieve mental peace and harmony.

Students also shared their self-composed poems on the significance of yoga which inspired everyone to be a part of this movement. The school corridors were adorned with posters reminding the students about the aesthetic and mental art of yoga which has been an inherent part of the cultural heritage bestowed upon Indians. Special yoga

sessions were conducted in the school wherein the students practiced various asanas while learning their benefits as well.

Young enthusiasts performed yoga asanas and learned the art of 'deep meditation' at the event conducted by Sehaj Yoga Kendra held at Fateh Burj. Sehaj Yoga helps in reducing academic stress and ensures holistic development of children. As many as 105 students from the school participated in the event. It included NCC cadets, NSS volunteers and students from classes VIII and IX.

Students felt fully rejuvenated after all these activities (surya namaskar, nukkad natak, poster making, etc).