

YOGA MONTH CELEBRATIONS

“Yoga is the golden key to unlock the door of peace, tranquility and joy.”

Yoga is an ancient art that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas aiming at inner peace and mental well-being. Yoga is not a religion; it is a way of living that aims towards a healthy mind in a healthy body.

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yogic exercises recharge the body with cosmic energy and facilitate the attainment of perfect equilibrium and harmony and promote self- healing removing negative blocks from the mind and toxins from the body.

Shivalik Public School organized 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 the art of Yoga while emphasizing 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 our cultural heritage bestowed upon us by our ancestors. Special Yoga sessions were conducted in the school wherein the students practiced various asanas while learning their benefits as well.

Young enthusiasts of Shivalik Public School, Phase VI, Mohali actively participated in an interactive session on the occasion of International Yoga Day on 28 th of May, 2022, An initiative by CBSE for self- improvement. The students performed Yoga asans and learnt the art of ‘ **Deep Meditation**’ sponsored by ‘**Sehaj Yoga Kendra**’ conducted at ‘**Fateh Burj**’ . Sehaj Yoga helps in reducing academic stress

and ensures holistic development of children. 150 students from Shivalik Public School, Mohali participated in the event. It included NCC Cadets, NSS Volunteers and students from classes VIII and IX. It was a great opportunity for all the schools to engage and learn from each other.

YOGA ASANAS: A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a special session was organized for students of Classes VI-XII on 10th May 2022. Yoga instructor Ms Reena Kimta took yoga session with great dedication.

Essay Writing Competition:- Students of VII std shared their views about benefits of sports and physical activities through Essay writing competition conducted on 11th May 2022. **Powerpoint presentations:-** To enlighten the students about benefits of Yoga asanas PowerPoint presentation was shown to students of Class VIII- XII , on 12th May 2022.

Poster Making Competition:- On 14th May, 2022 students of classes VI –XII designed creative posters commemorating the importance of yoga and meditation in life.

In addition , various inter section competitions like chess , Sudoku and Rubik's cube were also organized in the school premises. The event was well received by the practitioners and served to highlight the importance of yoga ,as a part of healthy all round regimen.

Chess competition:- Chess is one of the oldest games in the world dating back over 1500 years. The game of chess has evolved as it spread around the globe to the game we play today. Playing chess is one activity that fully exercises your mind. Chess is quite like a brain tonic which enhances concentration, patience, and perseverance, as well as develops creativity, intuition, memory, and most importantly, the ability to process and extract information from a set of general principles, learning to make tough decisions and solving problems flexibly. Most importantly it teaches one, a golden virtue — the virtue of Patience. To teach

these virtues chess competition was conducted among students of Classes VI- VII on 16th May, 2022.

Crossword puzzles:-To strengthen the cognitive ability and critical thinking of the students, Shivalik Public School conducted a Crossword Puzzle Solving Competition on 17th May,2022. Selected students from class VI to VIII participated and competed to complete the puzzles within the stipulated time.

Sudoku Competition:- Studies have shown Sudoku increases concentration and reduces stress an addictive habit every child should have. On 19th May,2022 Sudoku competition was conducted for students VI-VIII These competitions are aimed at spreading awareness and encourage Sudoku culture among students.

International Yoga Day Summer Camp :-A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a special session was organized . 150 students participated in yoga and meditation session

Meditation session -A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. Shivalik Public School, Phase 6 conducted meditation session in the school auditorium by the special guests Brahm Kumari Aditi and Brahm Kumari Suman for staff members. During the session they explained about what is meditation and different techniques to do the meditation. They started their talk with some question and answer session, continued with some practical experience of meditation. They refreshed the participants with some sitting warm up exercises in between the session. They also talked about the benefits of doing meditation and also informed about the best time to do the meditation. The session provided a deep state of relaxation and a tranquil mind to all the participants.

INTERNATIONAL YOGA DAY CELEBRATIONS

“Yoga is not a work-out it is a work-in, and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.”

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people’s immune system.

We at Shivalik Public School, Phase-6 Mohali, celebrated International Yoga Day with great enthusiasm under the able guidance of worthy Director Mr. DS Bedi.

Young enthusiasts Shivalikians actively participated in an interactive session on the occasion of International Yoga Day on 21st June, 2022, with great enthusiasm. Under the theme "Yoga for Humanity".115 students participated in the event, it included NCC Cadets, NSS Volunteers and students from classes VIII -IX. Yoga session were taken up by the NSS Programme Officer Ms.Sukhraj Kaur, NCC Officer Mr. Sunil Nath.They demonstrated various yoga asanas like surya namaskar, tadasana, vajrasan, bhujangasana, anulom vilom and meditation session. Refreshments were offered to the students. The event was well received by the students and they were encouraged to think about their physical, mental and spiritual health.

Organised various yoga activities on International Yoga day

- 1. Organised Mass Yoga Session- 1st – 15th May,2022**
- 2. Organised Poster Making,Slogan Writing competition- 2nd -6th ,May,2022**
- 3. Organised Essay Writing Competition on yoga – 9th – 15th ,May 2022**
- 4. Showing Videos on Yoga – 8th – 14th , May 2022**
- 5. Quizzes on Yoga- 6th – 8th May,2022**
- 6. Awareness on Benefits of Yoga- 2nd – 6th ,May 2022**

7. Self composed Poem on International Yoga day – 10th May,2022
8. Historical Monument -"Fateh Burj" Yoga and meditation session- 28th May, 2022
9. Organised Nukkad Natak on Importance of Yoga – 16th -23rd May,2022-,
<https://youtu.be/pG-INekcrzw>
10. Performed Skit on Yoga 16th -23rd May,2022-,
<https://youtu.be/UJL0g5a9cvQ>
11. Surya Namaskar display – 24th -31st May,2022
12. Paper Bags Making and Yoga logo making - Theme- Yoga-17th -22nd May,2022
13. Chess Competition was held for classes VI –VIII on 16th May 2022.
14. Puzzle Competition was held for classes VI- VIII on 17th May 2022.
15. SUDOKU COMPETITION was held for classes VI- VIII on -19th May 2022.
16. Prepared song based on theme'Azadi ka Amrut Mahotsav- 18th May,2022
17. International Yoga Day summer camp -1st - 10th June,2022
18. Organised yoga and meditation session for teachers and students- 10th June,2022
19. One week online yoga classes -13th -20th June,2022
20. International Yoga Day celebrated by Shivalik Public School, Mohali- 21st June,2022