

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 Yog 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.



