



THE BISHOP'S SCHOOL, CAMP

SECOND SHIFT

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day is observed every year on 21st June in order 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 The Bishop's School Camp - Second Shift, celebrated International Yoga Day on June 21st, 2022, with great enthusiasm. A special activity was conducted for the children of Classes Nursery to Grade 3 by our Physical Education Instructor, Mrs Anna Dhale. The children of Nursery and Lower KG had their Yoga session for about 20 mins and the UKG boys had theirs for about 30 mins. For Classes 1, 2 and 3 the duration of the yoga session was 45 mins. Mrs. Anna Dhale demonstrated some simple and beginner, standing and sitting asanas which were performed by the students. The benefits of the postures were narrated by the teacher side by side as children performed with the instructions. All the students participated eagerly by following the instructions.

Below are the different asanas that were performed by the children.

- Bhujangasana Or Cobra Stretch Pose
- Padmasana or Lotus Position Pose
- Parshvottanasana or Intense Side Stretch Pose
- Tadasana or Mountain Pose
- Vrikshasana or Tree Pose
- Surya Namaskar or Sun Salutation Pose
- Sarvangasana or Shoulder Stand Pose.



The celebration concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.

Mrs. Michelle Scott

Asst. Teacher - Class 2 A

PARVATASANA



LKG and UKG



Grade 1, 2 & 3

SURYANAMASKAR STEPS

