



## THE BISHOP'S SCHOOL CAMP

### PRE-PRIMARY SECTION

## CELEBRATION OF INTERNATIONAL YOGA DAY



**Y**oga is a mental, physical and spiritual practice which helps in attaining a great mind, body and soul. The word yoga has been derived from the Sanskrit language which refers to union. Yoga has originated in ancient times in India and dates back to the Pre- Vedic times.

International Yoga Day is celebrated on 21<sup>st</sup> June as a global event. It was the Prime Minister of India Mr. Narendra Modi who proposed this day at the UN in 2014. Yoga is a good practice if one does it daily. It helps us to live a healthy and a better life.

The Pre-Primary section celebrated International Yoga Day on the 21<sup>st</sup> of June with great enthusiasm. The day was spear headed by our physical education instructor Mrs. Anna Dhale.

Mrs. Dhale showed the children different asanas. The children followed the instructions and joyfully tried them. The different poses of yoga helped the children flex their bodies and muscles. Children also practiced meditation and enjoyed its calming effect. It was a rejuvenating and fascinating experience for the tiny tots of The Bishop's School, Camp

The day began with the Upper Kindergarten children performing the asanas. Children were made to stand in rows and Mrs Dhale showed them step-by-step how to do the asana. The children stood in a circle and the teachers performed the asanas and also guided them. The curious children of the nursery section willingly participated in trying out the asanas. They tried simple asanas like Shavasana and Bhujangasana. The day ended with great fervor and gusto as the children basked in the fulfilling experience of practicing yoga at school.

**Mrs. Thangamani Samuel**

**Assistant Teacher**



## **PARVATASANA**



## **VRIKSHASANA**





**TADASAN**



**PADMASAN**



**BHUJANGASAN**



**PARVATASANA**