



THE BISHOP'S CO-ED SCHOOL, KALYANI NAGAR, PUNE

FIRST BAGLESS DAY 2023-2024 REPORT

DATE : 24.06.2023

TIME – 8:00 A.M. TO 10:00 A.M.

Yoga is the fountain of youth. It is exercise, meditation, and philosophy rolled into one.

- Deepak Chopra

Bagless day in school not only provides a platform to encourage students to participate in extra-curricular activities but also is an attempt to provide a different module of learning for better performance. On the occasion of International Yoga Day which is observed on 21st June, the first 'Bagless Day' was conducted for the students of classes 6 to 8 on Saturday, 24th June 2023. The activities for the day focussed on Yoga to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. The theme for the day was "Yoga for Vasudhaiva Kutumbakam", which represents our shared desire for "One Earth, One Family, One Future."

The session began with various activities conducted in the class rooms. These activities included meditation techniques, simple and easy yoga asanas like Tadasana, and Urdava Hasta asana. Teachers explained the benefits of practicing yoga and meditation.



A combined Yoga session was held in the auditorium and school playground for all students. Our Physical Education Instructor, Mr. A. Kamble organized a plethora of activities ranging from various asanas, pranayama to Surya namaskar. The students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity. Vriksha Asana, Parvata Asana, Padmasana, Vajra Asana were the asanas, to name a few, performed on the occasion. The main attraction of the day was the performance of Surya namaskar in which co-ordination of body and mind is very important.

The day concluded with some simple exercises. The students had a wonderful time full of physical activities and some meditation techniques which will surely help them to stay healthy, both physically and mentally.

Report by : Sonia Khambe

Designed by : Sonali Patil

