

"A REJUVENATED SOUL, A STRESS FREE MIND AND A HEALTHY BODY.ALL THREE CAN BE ACHIEVED THROUGH YOGA".

Yoga is the key to being fit and it is essential to practice it daily to keep your mind stress free. "Yoga is invigoration in relaxation, freedom in routine, confidence through self-control."

International Yoga Day is celebrated on 21st June as a global event. This year, the theme for International Yoga Day was "Yoga for Vasudhaiva Kutumbakam", which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future."

The Pre - Primary Section celebrated International Yoga Day on the 22nd of June with great excitement. The session started with a prayer by our Physical Education Teacher Ms. Shivali Kale.



Ms. Kale along with the teachers demonstrated the following asanas- Utkatasana, Trikonasana, Padmasana, Vajrasana and Balasana step by step. The enthusiastic children of Upper Kindergarten and Lower Kindergarten diligently performed these asanas along with their teachers and cheerfully displayed the art.

The benefits of the asanas are mentioned below –

Utkatasana improves body posture, strengthens the core, ankles, thighs and hips, relieves back pain, stimulates heart functions.



UTKATASANA

Trikonasana helps in strengthening the abdominal organs ,improves digestion, blood circulation and relieves constipation.

TRIKONASANA



Padmasana reduces anxiety and fear. Enhances oxygen intake levels ,reduces the chances of cardiovascular diseases like stroke and heart attack.



PADMASANA

Vajrasana keeps blood sugar levels under control. It helps to calm our minds, reduces obesity and improves sleeping habits.



VAJRASANA

Balasana relaxes the back muscles and spine. It increases blood flow to your head and neck.



BALASANA

The practice of meditation helped the children in gaining focus on the present, creating self-awareness, reducing negative emotions, increasing imagination and creativity, acquiring patience and tolerance. Ms. Kale spoke to the children about the asanas to be performed every day at home.

It was a rejuvenating and a relaxing session for the tiny tots.

MEDITATION



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