

REPORT ON INTERNATIONAL YOGA DAY

Yoga is the journey of the self, to the self, through the self

International Day of Yoga, is celebrated on June 21st every year. It is a global event aimed at promoting physical, mental, and spiritual well-being through the practice of yoga.

On 21 June 2023, The Bishop's School Camp organized a vibrant and engaging Yoga Day event for students and staff members. The objective of the event was to create awareness about the benefits of yoga and encourage its practice among the school community.

The day commenced with a series of yoga sessions led by experienced instructor. Students were taught various asanas (yoga postures), pranayama (breathing exercises), and meditation techniques, emphasizing the importance of correct alignment and mindful practice.



“Meditation can turn fools into sages but unfortunately fools never meditate”
- Swami Vivekanda



The school also organized a special session for the teachers on the occasion of yoga day. Mrs.Daga an expert in Yoga, an experienced Yoga teacher was invited to enlighten the staff members about the holistic benefits of yoga and inspired to incorporate it into their daily lives.

In the session Mrs. Daga included the yoga poses and breathing exercises which are suitable and important for teachers such as practice of conscious breathing, various stretching exercises, Neck and shoulder rotation etc. She emphasized on the daily practice of yoga helps to improve strength, balance and flexibility, it helps to manage stress and anxiety and thus a better living. She also answered questions and provided guidance on practicing yoga safely and effectively.

The Yoga Day celebrations at The Bishop's School Camp was a resounding success, providing an enriching experience for students and staff members. The event successfully conveyed the significance of yoga as a means to achieve physical and mental well-being.

By promoting yoga, the school has taken a significant step towards cultivating a healthy and balanced lifestyle among its students.

The positive impact of this event is expected to resonate beyond the celebration itself, inspiring individuals to incorporate yoga into their daily routines and reap its long-term benefits.

Mrs. Megha Rani