

**THE BISHOP'S SCHOOL, CAMP**  
**JUNIOR SCHOOL**

**REPORT ON INTERNATIONAL YOGA DAY**

**CLASS-5**

Yoga is a mental, physical, and spiritual practice that helps in attaining a great mind, body and soul.

International Yoga Day is observed every year on the 21st of June to raise awareness about this ancient practice and celebrate the physical and spiritual prowess that yoga has brought to the world. The Prime Minister of India, Mr. Narendra Modi, proposed this day at the UN in 2014.

Considering the fact that Yoga plays an important role in relaxing the mind and body and helps in enhancing learning skills and concentration, a special activity was organised grade-wise for the students of the Junior School of The Bishop's School, Camp this year.

The yoga session for grade -5 was conducted by Dr. Jyoti Gavali, who by profession is a pharmacologist but by passion is a Level- 3 yoga instructor and evaluator. The session commenced with a warm-up that included the head, hip, and shoulder rotation movements. This was then followed by the "Surya namaskar". The boys were then guided to follow various other simple yoga asanas such as:

- Bhujangasana Or Cobra Stretch Pose
- Padmasana or Lotus Position Pose
- Parshvottanasana or Intense Side Stretch Pose
- Tadasana or Mountain Pose
- Vrikshasana or Tree Pose

This combination of sitting and standing asanas helped them flex their muscles and attain a better posture. To help settle them down and improve their concentration, the boys were encouraged to do alternate nostril breathing, Gyan mudra and etc.

The session concluded with a prayer and with Mrs. Unnati Mittal proposing the vote of thanks. All in all, the day ended with great fervour and gusto as the children basked in the fun-filled experience of practicing yoga at school.

**Mrs. Pressy Varghese**  
**Assistant Teacher**

