

THE BISHOP'S SCHOOL, CAMP

JUNIOR SECTION

CLASS-2

INTERNATIONAL YOGA DAY

“Exercises are like prose, whereas yoga is the poetry of movements.”

Yoga is a practice that has been around for centuries and has gained immense popularity in recent times. It is not just a physical exercise, but a holistic approach to wellness and self-care. Every year, on June 21st, people all over the world come together to celebrate International Yoga Day.

Here at the Bishop's Junior School, we celebrated the International Yoga Day with great zeal. The instructor for the day was Mrs. Sunita Bhandari who was helped by her daughter Mrs. Pragati Shah. Mrs. Bhandari holds a Master's degree in Yoga. She has also done research with children on breathing exercises to increase their concentration. She conducts private classes and is currently training the marathon runners' group - **Free Runners**.

Mrs. Bhandari explained to the students about the numerous benefits of physical and mental health. The yoga session started with the **Laughter Yoga**. The children enjoyed the **Milkshake Yoga**, and it was fun watching them do it. It was followed by various poses like the **Mountain pose, Half-moon pose, Star pose, Forward pose** etc. The teachers monitored the students and assisted them in following the instructions and maintaining the postures correctly. The children also practiced various breathing exercises. The session ended with the clapping yoga with their partners.

This yoga session helped the students to develop skills of proficiency in eye hand coordination and fitness. It was an absolute delight to watch them do yoga with such perfection. There was a sudden gush of positive energy as everyone tried to give off their best.



MRS. SOFIYA BASTIAN

ASSISTANT TEACHER

