

# THE BISHOP'S SCHOOL, CAMP

## JUNIOR SCHOOL

### A REPORT ON INTERNATIONAL YOGA DAY – CLASS 1

2023 – 2024

This year's yoga day celebration was held with great enthusiasm at our school. Grade 1 students and the staff attended the yoga session outdoors.

The theme for this year's Yoga Day was "Yoga for Vasudhaiva Kutumbakam" Various asanas were taught to the children. Warm-up exercises, sitting and standing asanas were performed. The trainer gave us a short talk about the benefits of yoga. She also explained the different methods on how one can improve on one's breathing techniques.

The asanas help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well. Yoga practiced with bare feet helps us to strengthen a deeper connection with our mother Earth.



Yoga Day is celebrated every year on 21st June. This day is the longest day of the year also known as the summer solstice. Our trainer gave us a brief history on the origin of yoga. It is a gift to mankind by ancient India. Yoga is said to have been practised from the 5th century.

Yoga was actually done by the sages as a holistic approach towards God. Later on, it was passed to the common people. The event helped us feel confident and content physically, mentally, and spiritually.

The children enthusiastically participated in the Yoga session conducted on Yoga Day and it indeed was an enriching and an informative session.

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Asst Teacher – Class 1C





