



**THE BISHOP'S SCHOOL, CAMP**  
**A REPORT ON INTERNATIONAL YOGA DAY**  
**DATE-21st JUNE 2023**



The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental, and spiritual practice that originated in ancient India. This day is observed globally, to highlight the importance of Yoga in the contemporary era. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. It fosters mindfulness, stress reduction, and overall health and vitality.

The Bishop's School children of the Pre-Primary and Primary section 2nd Shift, celebrated this day with utmost enthusiasm and gusto. The event was honoured by Mrs. Ramaa V Satav, a skilled and certified yoga instructor, who with her effective relationship skills, captured the children's interest, by initially explaining the importance of Yoga in our lives, its advantages, and benefits to mankind on the whole..





The instructor performed the various asanas like, Sukhasana, Naukasana, Dhanurasana, Vakrasanas, and the students, followed her by performing the same with full enthusiasm and interest. The children were encouraged and appreciated for their powerful presentation.

**'INVALUABLE GIFT OF INDIA'S  
ANCIENT TRADITION' IN ORDER TO  
MAINTAIN 'HARMONY BETWEEN MAN  
AND NATURE'.**





The initiative ignited a passion in these young minds, empowering them to love Yoga and perform the various forms of Yoga along with the instructor. The day's activities were successful, with children committed to taking care of their health, by valuing the importance of this great Indian Art.



**“THE NATURE OF YOGA IS TO SHINE THE LIGHT OF AWARENESS INTO THE DARKEST CORNERS OF THE BODY.” –JASON CRANDELL**

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