

DELHI PUBLIC SCHOOL GANDHINAGAR

ACADEMIC SESSION 2021-22

CELEBRATION OF INTERNATIONAL YOGA DAY

*“Yoga is the golden key that unlocks the door to peace, tranquility and joy.” - B.K.S Iyengar*

The International Yoga Day is celebrated annually on 21<sup>st</sup> June. Yoga is a fundamental and essential aspect of our rich heritage and culture. It is believed that the practice of Yoga brings an equilibrium in the physical, mental and emotional state of all human beings.

This practice was developed centuries ago and yet it attributes to the deeper meaning of the science behind ‘the human body’.

On this phenomenal day, Delhi Public School Gandhinagar organized a session for the teachers and staff of the school. It was conducted by Ms. Neerja Sonakia, a valuable asset to the institute who has been associated as a parent for many years. Ms. Neerja has pursued many educational degrees in Yoga which includes PGD in Yoga Therapy, M.Sc in Yoga and Living Sciences, QCI Certification as a Yoga teacher and UGC-NET qualification. She is currently the Faculty of Yoga in Nirma University.

During the session she gave a deep insight into the practice of ‘Pranayama’. She displayed the accurate method of performing the various forms of Pranayama like- *Bhastrika, Nadi Shodana, Udgeetha, Anulom Vilom and Brahmari*. She explained the correlation between these Yoga *asanas* and its impact on the human body. She also insisted that these *asanas* would be fruitful only when they are followed accurately with proper position and postures.

The session helped the teachers and staff to heal their mind and soul and rejuvenate and revitalize themselves. In this stressful time, every person needs to compulsorily practice methods to keep oneself calm and composed. Yoga is one such best practice that channelizes positive energy into the body.

On this occasion, Ms. Manju Dabi, Headmistress (Secondary wing) explained the deep rooted connection between the Yogic postures and the Central Nervous System and sympathetic / para-sympathetic nervous system. Mr. Rakesh Bhagat, Headmaster (Primary Wing) stressed upon the influence of Yoga on the holistic well-being of individuals.

During the online classes, the sports teachers conducted Yoga sessions for the students to help them develop a strong connection between their physical and mental state.

The entire fraternity of DPS Gandhinagar extends warm wishes on this joyous occasion and hopes for a healthy and safe life!

The glimpses of the event are:











