

KB DAV *celebrates*

8th International Day of Yoga - 2022



KBDAV 7 STRETCHES MUSCLES, ELIMINATES STRESS ON 8TH INTERNATIONAL YOGA DAY

June 21 every year brings a special day for India as Yoga is recognized and celebrated internationally as the International Yoga Day. Today was no different for the faculty of KBDAV Senior Secondary Public School, Sector. 7-B, Chandigarh, who along with the young NSS volunteers, school parents and students of Classes Nursery - XII, showed great spryness with which they prepared themselves to perform Yoga early morning and celebrate the 8th International Yoga Day. The staff members and volunteers thronged the School campus to follow the instructions of Yoga instructor, Mr. Anurag Arora, who like every year, guided the enthusiasts through the protocol.

The chanting of Gayatri Mantra filled the campus with a holy sound, which was followed by different asanas. The importance of each asana was elucidated by Mr. Anurag, the Yoga Trainer. Along with imparting knowledge about the importance of each asana, he reminded the audience that "Yoga is the journey of the self, through the self, and to the self". He reiterated that asanas can help one in losing weight, getting rid of period cramps, diseases like hypertension, and thyroid, and improving the health of the heart and digestion. Mr. Anurag specially reminded us of the time when Corona had spread all over. He said those who performed Yoga aasanas recovered sooner, and are living a healthy life. Yoga is essentially a spiritual discipline based on subtle science, which focuses on bringing harmony between mind and body. Blood circulation improves, body gains flexibility, and spirit rejuvenates and feels fresh.

Around 50 teachers and 50 NSS volunteers performed Yoga in the School, whereas 100 students joined the Yoga performance through a Google link. The rest of the students watched the streaming of Yoga on the YouTube Link. In all, around 2000 students of the School, along with their parents and siblings actively participated. The audience both online and at School led by the Principal, Mrs. Pooja Prakash, matched the moves with the asanas performed by Anurag Sir. From Sukhasana or Easy Pose to Vakrasana or Twisted Pose, the practice moved on to difficult asanas like Dhanurasana or Bow Pose and Halasana or Plough Pose. Other asanas included Tadasana (also called Samasthiti) or mountain pose which improves the alignment of our body, Dandasana or staff pose that tones the abdominal organs, the spinal, leg and chest muscles, Sarvangasana that helps in the proper functioning of the thyroid and parathyroid glands, and, finally Savasana or corpse pose that helps reduce stress & insomnia. The excitement of the volunteers on the campus & the students online was notable as they geared up to celebrate the International Day of Yoga.

The School will be conducting a yoga session for its staff and students, twice a week, in a bid to reduce stress and improve general health of the participants.





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Azadi Ka
Amrit Mahotsav

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