



# Bal Bharati PUBLIC SCHOOL

Sector – 21, Noida  
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## HEALTH AND WELLNESS CLUB

### REPORT ON INTERNATIONAL YOGA DAY (21 JUNE 2019)

- Yog is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and have been adopted universally Yog is a Sanskrit word which means 'Union' of breathing techniques, exercises and meditation to improve health and happiness.
- The Fifth International Yoga Day was celebrated on 21 June 2019 by the Parents, students and teachers in the premises of Bal Bharati Public School, Noida with great enthusiasm. Volunteers from ISHA Foundation demonstrated various asanas followed by Omkar chanting and Surya Namaskar. Warm up exercises were taken up and all the participants performed sitting and standing asanas Importance of these yogic asanas were explained lucidly. It was a ninety minutes session that began at 7.30 am and ended at 9.00 am. It was a rejuvenating experience for the participants.
- The celebration concluded with synchronized chanting of shlokas and address by the Principal, Mrs. Asha Prabhakar. She encouraged students to adopt indigenous lifestyle and practice regular yoga to remain fit and improve concentration. She said, today we have several tools of science and technology, enough to make or break the world under such circumstances it is very important that we have an inner sense of life.
- Yoga is the exploration of the very mechanics of life Regular practice of yoga will surely help our students achieve a better life-physically, mentally and spiritually as well.

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**Observes**  
**INTERNATIONAL YOGA DAY - 21 JUNE 2019**

**ORGANISED BY ISHA FOUNDATION, COIMBATORE**  
**07.30 to 09.00 a.m.**

**PARENTS AND STUDENTS ARE REQUESTED TO BRING YOG MATS**

**For Details Contact : Mr. D Bist (9810461706) | Mrs. R Negi (8586081433) | Mr. Vardhan (9999333797)**

# GLIMPSES OF THE EVENT



SHAMBHVI MUDRA



YOG NAMASKAR



NADI SHUDHI



DIRECTIONAL MOVEMENT OF ARMS