



**Bal Bharati**  
**PUBLIC SCHOOL**  
Sector-21, Noida

# योग Life

**SESSION 2021-22**





## From The Principal's Desk

Dear Students

In the Bhagavad Gita, Lord Krishna has said 'Yogah Karmasu Kaushalam'. This means 'Yoga is skill in action'. Yoga and skill are synonymous; if you are skillful, it means somewhere you have followed the principle of yoga. And if you are doing yoga, pranayama, meditation, you will definitely acquire skill in your action. This beautiful and insightful piece of wisdom can help us understand the importance of yoga in life and the practice of regular yoga improves brain functions, blood circulation and builds a strong immune system to fight health challenging diseases, as one of the learnings of Covid-19 pandemic has been the importance of a good immune system and overall health.

It gives me immense pleasure to present the first edition of e-newsletter to create awareness of Yoga on the auspicious occasion of International Day of Yoga on 21 June, 2021. The proposal to observe Yoga Day was introduced by our Prime Minister, Shri Narendra Modi in his address during the opening of the 69th Session of the General Assembly back in 2014. He had said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action, a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and nature."

Amid the ongoing coronavirus pandemic, this year's theme is 'Yoga at Home and Yoga with Family'. At Bal Bharati Public School Noida, Yoga plays a crucial role in promoting health of students in a holistic manner by improving physical, mental, emotional and spiritual health. Yoga enhances our quest for a healthier planet. Regular practice of yoga will surely help our students achieve a better life and experience freedom from mind-made diseases and reap the benefits of relaxation, resolution and recreation.

Let's be a part of the change that yoga seeks to bring to our physical, mental health, and spiritual well-being and spread the glory of yoga. Let us come together to celebrate the International Yoga Day and take pledge to become more active physically, make healthier choices and follow lifestyle patterns that foster good health.

## Have a Healthy World Yoga Day 2021

Asha Prabhakar



***"Yoga is the journey of the self, through the self, to the self."***

***-The Bhagavad Gita***

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is a key Mantra for Physical and mental well being.

According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness (Atman) with the universal consciousness (Parmataman). The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. Everything in the universe is just a manifestation of the same quantum firmament.

As we believe health is of paramount concern ,especially during the present pandemic situation ,we bring the newsletter 'YOGLIFE' ,to bring about the benefits of Yoga and deepening our relationship with Yogic life. It has been rightly said ,a practitioner of Yoga experiences the state of freedom, referred to as nirvana or moksha in inculcating self discipline, self-control and higher level of consciousness.

***"Yoga is a philosophy of discipline and meditation that transforms the spirit and makes the individual a better person in thought, action, knowledge, and devotion.***

***- Sh Narendra Modi, PM***



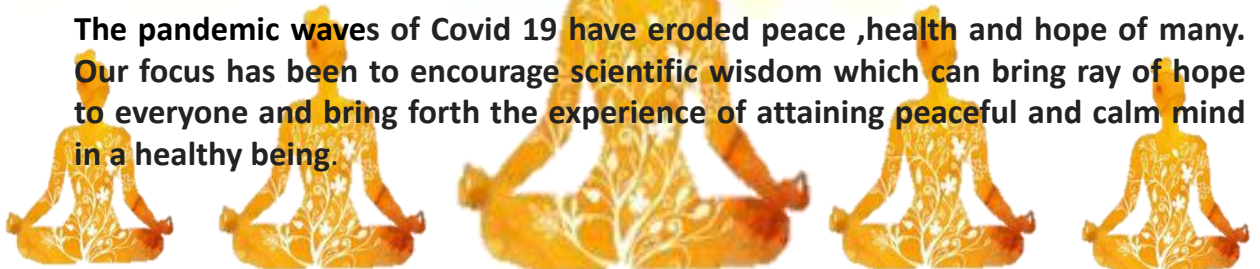
***"Be a lamp to yourself. Be your own confidence. Hold on to the truth within yourself as to the only truth."***

***-Gautama Buddha***

Yoga improves concentration, reduces and eliminates stress, increases strength and promotes cognition, memory, and even the growth of brain cells. People around the world are embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression that has been witnessed during the pandemic. It is particularly helpful in allaying their fears and anxiety.

The World Health Organization mentions yoga as a means to improve health in its Global action plan on physical activity 2018-2030: more active people for a healthier world. The benefits include increased flexibility and fitness, mindfulness and relaxation.

The pandemic waves of Covid 19 have eroded peace ,health and hope of many. Our focus has been to encourage scientific wisdom which can bring ray of hope to everyone and bring forth the experience of attaining peaceful and calm mind in a healthy being.



# Surya Namaskar

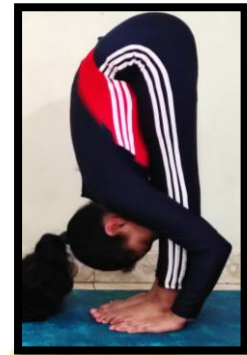
*"Keep your face to the sun and you will never see the shadows."*



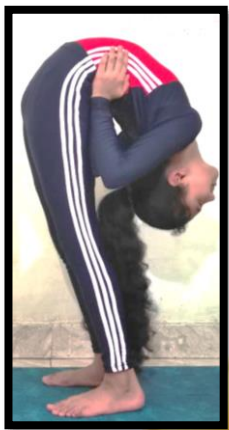
**MOUNTAIN**



**UPWARD SALUTE**



**STANDING FORWARD BEND**



**UPWARD SALUTE**

The Surya Namaskar- A complete physical exercise of the mind and body The Sun salutation contains a total number of 8 asanas woven into a sequence of 12 steps for each side, the right and the left. The same is being demonstrated by Anika Rana of class VI D When we begin the Surya Namaskar, we must start with the right side. One complete cycle is done when we cover both the sides, and this is made of 24 counts. Each asana has a specific breath assigned to it, and this must be followed through the 24 steps of the sun salutation. Benefits The Surya Namaskar tones the entire body and strengthens muscles and joints. For those of us who desperately wish to lose weight , practising Surya Namaskar helps in weight loss, improves balance in the nervous system, reduces blood sugar level. It helps one to sleep well as it helps reduce stress levels.



**HALFWAY LIFT**



**PLANK**



**LOW PLANK**



**STANDING FORWARD BEND**



**HALFWAY LIFT**



**UPWARD FACING DOG**



**DOWNWARD FACING DOG**

# Some important Yogic Asanas

"I am standing on my own altar The poses are my prayers"



Camel Pose

## Benefits

- Strengthens your Quad and Spine.
- Energises your Mind and Body.
- Improves your posture.
- Relieves lower Back pain.

Hold for 5-10 breaths, repeat 10 times a day



Half Wheel Pose

## Benefits

- Stretches and strengthens the lower and upper back.
- Stabilizes the neck.
- Lengthens the arms and the shoulders.
- Boosts thinking process.

Maintain the pose with normal breathing, for 3-10 breaths, , repeat 6 times a day



Half Moon Pose

## Benefits

- Strengthens the Abdomen, Ankles, Thighs, Buttocks and Spine..
- Improves coordination and sense of Balance.
- Helps relieve stress ,improves Digestion

Stay in this position for 30 seconds to 1 minute, repeat 10 times a day



Reverse Warrior Pose

## Benefits

- Stretches the side of the torso and arm, opens the hips and builds lower body strength

Breathe and hold for 2-6 Breaths, repeat 10 times a day

अपनी साँसों को सुनो !  
काया को समझो, और  
योग को अपनाओ!

ध्यान का बीज बोएँ,  
मन की शांति का फल पाएँ,  
योग अपनाएँ!

जीवन में संतुलन,  
जीवन में क्षमता,  
यही है योग की महत्ता!



# Face Yoga

**"A smiling face lightens the mood, attracts people, and puts them at ease."**

Facial yoga rejuvenates face within minutes and brighten it up. It is a series of facial exercises which are done to tone our face muscles. We all have these tiny, delicate muscles in our face that we might not even think twice about. Facial Yoga is that it can be done anytime anywhere.

It helps to lift and firm the muscles under the skin, which smooths lines and wrinkles and also boosts circulation, improves lymphatic drainage, and releases tension.

Dhriti Jha VI A shows the way to having a beautiful face through face yoga



Puppet Pose



Fish Face



Balloon Pose



Accupressure



Pranayama



Naisha Khera  
VI C



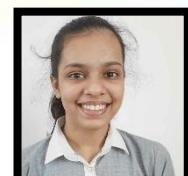
Navya Singh  
VII B



Adyasha Pradhan  
VIII A



Gauri Gupta  
IX C



Neti Verma  
X B



Anusha Agarwal  
X C



# I' Accomplissement

The nature of yoga is to shine the light of awareness into the darkest corners of the body



Dev Gupta VI B



Ayush Chand VI B



Prachi VIII A



Anika Rana VI D



Rishima VI D

S. NO.	NAME OF THE EVENT	DATE	VENUE	ORGANIZER	POSITION
1.	VIRTUAL ANNUAL INTER SCHOOL FEST UNNAT 2020 (FITNESS WARRIORS)	16-18 JULY 2020	ONLINE	INDRAPRASTHA WORLD SCHOOL	II
2.	PULSE 2020 INTER SCHOOL ARTISTIC YOGA FOR HEALTH AND WELL BEING	7 -11 SEPT 2020	ONLINE	BBPS GANGARAM	I
3.	AHLCON ARTS 2020 ONLINE COMPETITION RHYTHMIC YOGA	17 OCT 2020	ONLINE	AHLCON PUBLIC SCHOOL	III
4.	2 <sup>nd</sup> WESTERN ZONE ZONAL YOGASANA CHAMPIONSHIP KESHAV DHAM, MATHURA	29 OCT - 2 NOV 2020	ONLINE	U P YOGA ASSOCIATION	III
5.	38 <sup>th</sup> UP STATE YOGASANA SPORTS CHAMPIONSHIP	24-29 DEC 2020	ONLINE	U P YOGA ASSOCIATION	IInd in Yogasana and IIIrd in Artistic Yoga
6.	GRAND LIVE ONLINE ASIAN INTERNATIONAL YOGASANA CHAMPIONSHIP 2021	26 JAN 2021	ONLINE	WORLD HEALTH RESEARCH AND DEVELOPMENT ORGANIZATION	ARTICIPATED IN GROUP A (5-10 YEARS CATEGORY AND GOT VI RANK & CASH PRIZE
7.	STORY BATTLE YOGA CHAMPIONSHIP	03-07 JUNE 2021	ONLINE	@hans-yoga7platformby@better-life-yog	I
8.	Interschool Yoga Asana competition	10 <sup>th</sup> SEP 2019	OFFLINE	Mahila Yoga Samiti, District Sahibabad	Junior Category (boys)- Ist Senior Category (girls)- IInd Individual Category Jr. (Girls)- IInd



Mayank VII D



Akshay Kumar VI A



Aditi Negi VII



Virnda VI A



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