

## REPORT ON CBSE EXPRESSION SERIES QUARTER I

*“Your body exists in the past and your mind exists in the future. In Yoga, they come together in the present.”*  
 - **B.K.S. Iyengar**

Yoga is a physical, mental and spiritual practice which originated in India. Our Prime Minister, Mr. Narendra Modi, in his UN address in 2014, had suggested the date of June 21 to be celebrated as International Yoga Day as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. Since then, people uphold Yoga as a way of living that aims towards a healthy mind in a healthy body.

As part of the celebration of Azadi Ka Amrit Mahotsav (AKAM), CBSE conducted its first quarter’s Expression Series focusing on following a yogic lifestyle and developing a balance between the physical, mental and spiritual being. The topic of CBSE Expression Series Quarter I was **“Yoga For Fitness”**. Following the footsteps of CBSE, Bal Bharati Public School, Noida organised the Yoga activity for classes III- V wherein the students showcased their creativity by painting on the topic - My Yoga Schedule will be... The Expression Series focused on the students envisioning their yoga schedule to lead a happy and healthy life.



**HERE AND NOW IS WHERE YOGA BEGINS!**

Keeping all the benefits of Yoga in mind, students at Bal Bharati Public School participated in the activity with ardour and exuberance, thereby striking a balance between their minds and bodies. The students were encouraged to practice regular yoga to remain fit and improve concentration by following the yoga schedule they envisioned for themselves.

**Submitted By:**

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