



**Bal Bharati**  
PUBLIC SCHOOL  
Sector-21, Noida, G.B. Nagar

***“Yoga embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, and a holistic approach to health and well-being.”***

**- PM Narendra Modi**

**Bal Bharati Public School Noida, in collaboration with ASMYI Yoga Team**, marked the celebrations of International Day of Yoga on 21<sup>st</sup> June 2023 in the school auditorium.

Adopting the theme of IDY2023, '*Vasudhai Kutumbakam*' (Yoga for the Welfare of All as One World-One Family) and tagline '*Har Aangan Yog*', a session on health and well being, learning to de-stress, supporting good health habits and improving emotional health was organized for the students, teachers and Parent community.

To energize the mind and body, the celebrations of the event, **Yoga for Humanity**, commenced with the **chanting of 'Om'** which was followed by **Surya Namaskar** asana as per the common yoga protocol guidelines.

The ASYMI yoga expertise, Ms Sanjina Wali and team members were felicitated by the Principal, Ms Asha Prabhakar and the remarkable part was the **Alignment Yoga session** taken up by **ASYMI Yoga Representatives** which created a synergy of knowledge, expertise and shared experiences.

The event witnessed extensive participation of the students, teachers and parents which made it a grand success.

Also, the **students and staff participated in the Yoga Quiz** organized by the **Ministry of Ayush (MoA)**, in **collaboration with the My Gov** with great enthusiasm and with a firm resolution to make Yoga an integral part of their daily lives, they also took the **Yoga Pledge of Ministry of Ayush**.

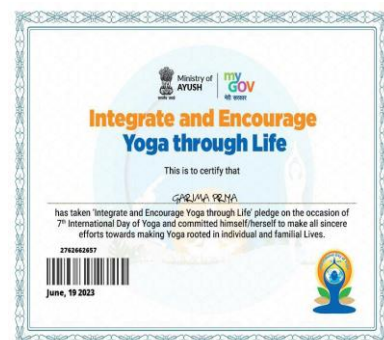
***“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” - B.K.S. Iyengar***



***IDY 2023 at BBPS Noida***



***Yoga Quiz***



***Yoga Pledge***



*Sun Salutation*



*Rejuvenating mind and body*



*More stretching ,less stressing*



*Flora; Felicitation*



*Relaxaing the body*

*Prepared by : Poonam Sharma,TGT (English)*