

INTERNATIONAL YOGA DAY VIRTUAL INTERACTION WITH NAZARBAYEV INTELLECTUAL SCHOOL, KAZAKHSTAN

Date of Virtual Interaction	: 13 th May 2025
Venue	: Online Google Meet conducted in Jr Library
Attendees	: Ms. Abha Bhardwaj, Ms Poonam Sharma, Ms Meenakshi Gulati, Participants of Classes VIII-XII

Objective of the Session: The school collaborated with Nazarbayev Intellectual School, Kazakhstan, to celebrate the 11th International Day of Yoga through a virtual interactive session. The event, observed to mark the International Day of Yoga held every year on June 21st, embodied the spirit of global harmony and holistic well-being.

Overview of the Session: The session witnessed enthusiastic participation from students and educators of both institutions. It featured a series of guided yoga practices, including breathing techniques and asanas, aimed at enhancing mindfulness and inner balance. The interactive nature of the event allowed for meaningful cross-cultural exchanges, as students shared their perspectives on the significance of yoga in daily life. Participants from both schools highlighted yoga's role as a unifying force that transcends borders and promotes a healthier, more peaceful world.

Highlights of the Session

1. **International Collaboration:** A joint virtual event between Bal Bharati Public School, Noida, and Nazarbayev Intellectual School, Kazakhstan, promoting global unity.
2. **Active Participation:** Enthusiastic involvement of students and educators from both schools.
3. **Guided practice** of *Surya Namaskar* (Sun Salutation), a foundational yogic sequence comprising 12 dynamic postures.
4. **Pair Yoga-** To strengthen spiritual contact
5. **Physical and Mental benefits** of Sun Salutation (Surya Namaskar)
6. Inspiring young minds to embrace a lifestyle rooted in mindfulness, balance, and peace.

Reflection and Feedback

Testimonials(Feedbacks of Children of Nazarbayev Intellectual School, Kazakhstan

Thank you too, dear Abha. Your students are marvellous. We had a really enjoyable interaction 😊

[15/05, 09:35] : Hi!

I really enjoyed the online yoga session with the students from Bal-Bharati school. It was a wonderful experience to practice yoga together, even through a screen. The atmosphere was calm and friendly, and I felt more relaxed and energized afterwards. I also liked seeing how yoga is practiced in another culture. I would be happy to take part in more sessions like this and continue communicating and learning together!

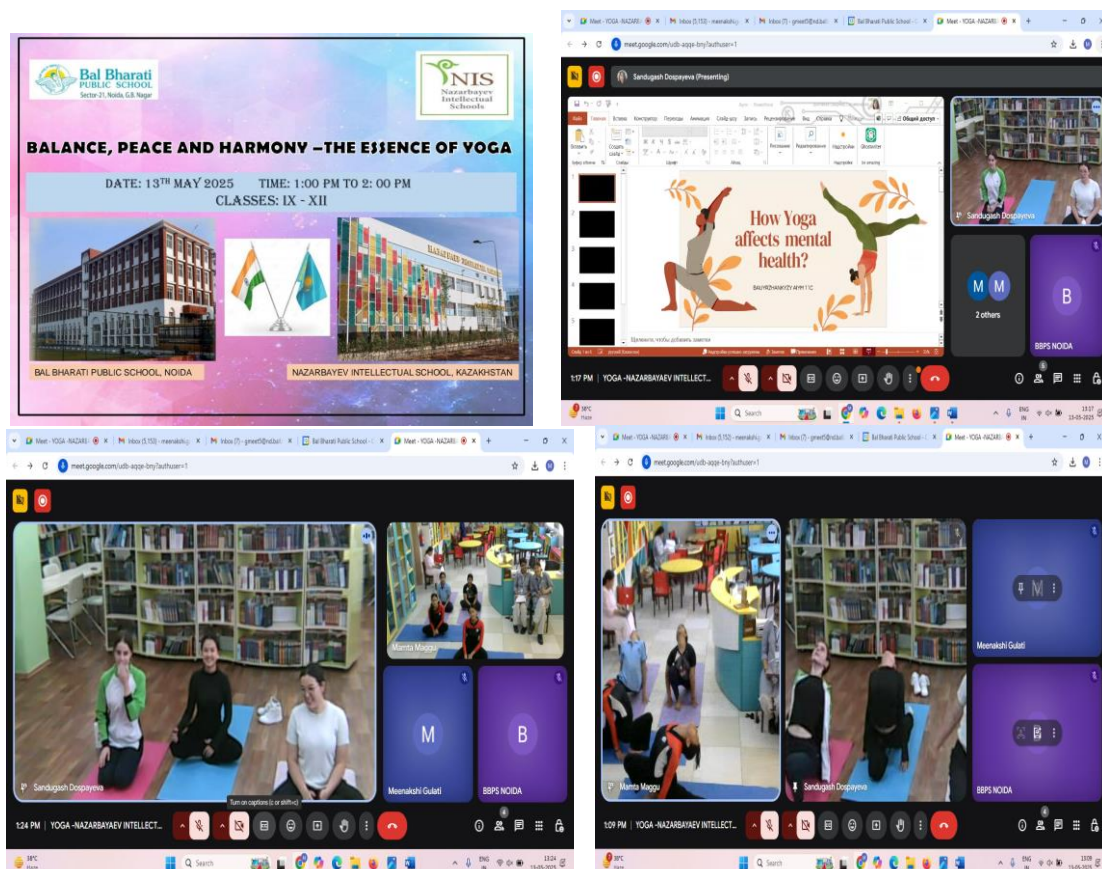
Diana Zavodnova, NIS in Taldykorgan

[16/05, 09:11] : Hello! Thank you so much for this online yoga lesson! I learned so much and new poses and how to do yoga with you even if it was not for a long time! I had the greatest time with you where I had time

to breath, think and clear my mind it helped me relax 🤝

[16/05, 09:11] : Bekesheva Yeldana

Glimpses of the session:



Conclusion

The session successfully reinforced yoga as a universal practice for holistic health and global harmony, inspiring participants to adopt it as a lifelong path to well-being and unity.

Report Prepared by

Ms. Poonam Sharma, TGT(English)