

## YOGA WEEK

Someone rightly said, “Yoga is the journey of the self, through the self, for the self.”

The practice of Yamas (personal ethics), Niyama (social ethics), Asana (physical postures), Pranayama (breathing exercises), and Meditation (the science of relaxing) Yoga is a physical, mental, and spiritual practice that includes the mind. Yoga is a package that comes with physical, mental, and emotional practices.

Keeping this in mind, we observed Yoga Week in our school from 9 May to 16 May 2023 to motivate all the students in Yoga.

JKPS under the guidance of our principal ma’am and headmistress ma’am, celebrated 1<sup>st</sup> day of Yoga Week on 9 May 2023 by conducting a mass **Surya Namaskar programme** in our school playground for the students of classes IV and V.

On 2<sup>nd</sup> day the school conducted a yoga session for the students of class VI in the school auditorium. The session included yoga asanas, pranayama, and meditation. More than 150 students of our school along with their class teachers took part in it and effectively performed various steps of Yoga.

Students of classes VII to XII participated in various activities such as poster making, essay writing, and quiz on Yoga. On the last day of yoga week, all the teaching staff along with principal Ma’am and headmistress Ma’am performed various asanas and meditation.

The aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. Yoga science addresses the entirety of our thought processes, how a thought takes place in the mind, how emotions magnify the intensity of that thought, and finally how a thought manifests in the form of positive and negative energy.



