

Jaspal Kaur Public School

International Yoga Day Celebration 2023

“Yoga is the fountain of youth. If you practice regularly, you will always be young in body, mind and spirit.”

Yoga Day celebrations aim to create awareness about the holistic nature of yoga and encourage people to incorporate it into their daily lives for enhanced well-being. The theme of International Yoga Day 2023 is “Humanity”.

JKPS strongly believes that our reaction to the situations posed forth us during difficult times can be easily controlled through Yoga. Keeping this thought in our hearts and spirits, a 7-day celebration of the **9th INTERNATIONAL DAY OF YOGA** was organized at JKPS for experiencing a Mind-Breath-Body Connection. The activities were conducted enthusiastically from **May 09 to May 16, 2023**.

On May 09, 2023, *mass Surayanamskar* was organized for classes IV & V in the school playground. The activity was conducted by the school’s yoga faculty and physical department. Children participated enthusiastically and wholeheartedly in the event.





A **YOGA SESSION** was organized for students of Class VI on the school premises. The whole objective of this session was to create awareness and motivate our students about our rich Indian culture in the context of Ayurveda and yoga.



A series of **Quizzes** were organized for classes X & XII to enhance their knowledge of yoga to raise awareness about the benefits of practising yoga. Students learnt more about the International Day of Yoga, its past observances, and several initiatives conducted by the government every year.



The budding artists of JKPS (from classes VII & VIII) **designed beautiful posters** showcasing different **asanas** on International Yoga Day.

For classes IX and XI, an **Essay writing activity** was conducted in the school. The students participated wholeheartedly and wrote on various topics such as the history of yoga in the Indian context, the benefits of inculcating yoga in everyday life, etc.

At JKPS, we are one big family. A **series of workshops** for imbibing yoga in our daily lives were organized for the staff. The sessions were enriching and empowering where the resource person immaculately emphasized the benefits of practising yoga daily in our lives and how yoga can help in managing stress and in maintaining a positive work-life balance.

On the 7th day, the school yoga team performed fusion yoga in front of the students, the principal Ms Asha Saran Srivastava and the HM Ms. Shikha Dhameja.

A 5-day online yoga session called "**Panchamswar**" was also organised by Team JKPS that included *sukshama vyayam*, aasanas, pranayama, meditation, and chanting of mantras. In this session, the entire JKPS family including parents, students, teachers and non-teaching staff participated wholeheartedly.

On the last and the 5th day, an offline yoga session was organised at JKPS in which parents, students, teachers and staff members participated under the guidance of our Principal and HM Ma'am.

The INTERNATIONAL DAY OF YOGA 2023 was successfully celebrated by the entire JKPS fraternity.

