



JKPS

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Yoga Week

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

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice that plays an important role in relaxing the mind and body and boosting people’s immune systems.

Keeping this in mind, J.K.P.S. observed Yoga Week from May 12 to May 21, 2023, to motivate all students to engage in yoga.

Under the guidance of the Principal ma’am and Headmistress ma’am, JKPS celebrated the first day of Yoga Week on May 12, 2023, by conducting a mass Surya Namaskar program in the school playground for students in classes IV and VII.

On the second day, the school held a yoga session for class VIII students in the playground. The session included yoga asanas, pranayama, and meditation. More than 300 students and their class teachers participated and effectively performed various yoga practices.

Parents of students from classes I to IX participated in a two-day yoga session focusing on lifestyle diseases. An Ayurveda expert also provided insights into Ayurvedic diets for managing lifestyle diseases.

On the final day of Yoga Week, the teaching staff, the principal ma’am, and the headmistress ma’am performed yoga asanas and meditation focusing on menopause.

The aim was to raise awareness and ignite a passion for fitness and yoga among students and teachers. Yoga science addresses our thought processes, how thoughts form in the mind, how emotions amplify these thoughts, and how thoughts manifest as positive and negative energy.

