

NATIONAL PUBLIC SCHOOL, KENGERI, BENGALURU

REPORT ON YOGA DAY

'Yoga is the journey of the self, through self, to the self' to sensitise and encourage each student to practise yoga, 4th International Yoga day was celebrated at National Public School, Kengeri on 21st June 2018.

Vishwabandhu Dr. Nagesh - Founder, Director and renowned Global Yoga Therapist and Priyanka - Yoga Co-Ordinator graced the occasion with their presence.

"Yoga Yogavidam neta pradhanapurusesvarah....", students of Grade VIII chanted shloka and gave an auspicious beginning which created a spiritual ambience in the school auditorium.

Surya Namaskara, sequence of 12 powerful yoga asanas and Guru Namaskara was demonstrated by the students of grade VII.

Yogasanas are indeed stress bursting, revitalises our body and refreshes our mind. Students of Grade-VIII performed Trikonasana, Veerabhadrasana, Matsyasana, Dhanurasana, Rajkapothasana, Sarvangasana, Halasana and Namaskarasana to mark the celebration of yoga day.

Chief Guest Vishwabandhu Dr. Nagesh energised the spirit of yoga by demonstrating different Mudras like Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Matangi Mudra, Linga Mudra, Dhyana Mudra, Akash Mudra and Surya Mudra. Addressing the students on this occasion he emphasised that yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature. It is not about exercise but to discover the sense of oneness with you, the world and the nature. Apparently, he gave a call to the gathering to practise yoga every day to embody unity of mind and body & to imbibe the value of discipline. He concluded his speech stressing the significance of Pranayama for longevity and added that it is the need of the day.

Consequently, it was followed by a questionnaire session. Students were curious to know about the vital role of mudras in one's life. Our Chief Guest effectively gave glimpses of their benefits of practising them.

The auspicious day was concluded with the Vote of Thanks proposed by Sohan of Grade-X as a token of gratitude and respect.

