



NATIONAL PUBLIC SCHOOL

Kengeri, Bengaluru

Report on International Yoga Day Celebration, 2021.

“Yoga is a light, which once lit, will never dim.... the better your practice, the brighter your flame”

The 7th International Yoga Day 2021, was celebrated virtually on 21st June, 2021 with great fervour, by the students of National Public School, Kengeri, highlighting the intrinsic link between Yoga and health, to encourage to stay active and healthy amidst the pandemic and the restrictions on large public gatherings and the social distancing measures in place.

The programme started with welcome speech followed by shloka chanting to invoke the almighty's blessings, a speech on the significance of the day, and the origin of the celebration of the day. Subsequently, the various benefits of yoga for school children along with demonstrations beneficial for students to overcome stress, anxiety, improve immunity, concentration and combat obesity through various breathing techniques and yogasanas by students ensued through skillful yoga training imparted by the school's yoga instructor, Sri Pramod. The other students grasped the skills and nuances of yogasana

The guest of the day, yoga illuminary, Sri Prashanth Kumar M, imparted valuable tips for students which was a key take-away for the day for the students. On this occasion, the Principal, Ms. Geeta Dikshit addressed the students and encouraged them to practice yoga daily, to remain physically fit, improve concentration, and make it a component of life. The students pondered over the pearls of wisdom, the yogic contemplation, bestowed on them and also learnt to stay away from 'Hurry-Worry-Curry' through patience, being tension-free, eating nutritious food to maintain, “A sound mind in a sound body”

The students understood the importance of yoga and vowed to incorporate it in daily life by doing yoga every day and eating healthy food to boost immunity. A rousing rendition of the national anthem culminated the celebration.



