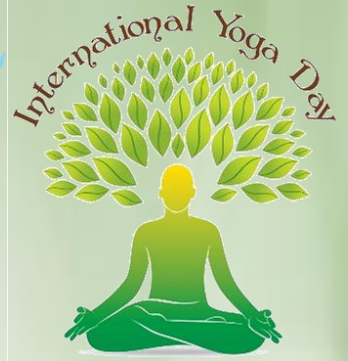


SANGHAMITRA SCHOOL



INTERNATIONAL YOGA DAY — 21st JUNE —



International Yoga Day June 21 2024 was celebrated in school on June 21 with awareness programs on the importance of yoga . The theme is “Yoga for Self and Society.”

The programs started with an Assembly presentation where PET Teja spoke on the importance of yoga. Yoga aims to unite the body, mind, and spirit, promoting overall well-being and self-realization. It provides a pathway to self-discovery, inner peace, and a deeper understanding of oneself and connecting with the external world.

Patanjali Maharishi is the father of yoga and it originated in ancient India around 2 nd century BC. The word yoga is derived from the Sanskrit root *yuj*, meaning “to yoke,” or “to unite. Yoga is traditionally considered to have 8 paths Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, and Samadhi.

Practicing yoga helps children feel less stressed, improves their concentration, and enhances their academic performance. Symptoms of childhood conditions

such as asthma, autism, and ADHD, can also be relieved through regular practice.

Yoga can help children feel less stressed and anxious, help children deal with everyday stress, improve overall mental well-being, and overcome the stress of excessive media consumption.

He also shared the benefits gained by practicing yoga. Children learn to

- Regulate your emotions,
- improves your self-esteem or confidence,
- improves concentration and focus,
- improves your lifestyle in behaviour,
- healthy eating,
- and most importantly helps children with asthma to breathe better.
- Normal children also must learn the art of breathing every day for all these benefits.

The awareness program also included some students performing yoga asanas. The audience comprising students from classes III to X was in awe when they witnessed the fluid movements of students performing yoga asanas.

Nethaji PET conducted awareness sessions for students where they learned simple yoga asanas.

