

ST. THOMAS SCHOOL, LONI
INTERNATIONAL YOGA DAY

“YOGA IS THE PERFECT OPPORTUNITY TO BE CURIOUS ABOUT WHO YOU ARE.”

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world, and nature. By changing our lifestyle and creating consciousness, it can help in well-being.”

A few minutes of yoga during the day can be a great way to get rid of stress. Yoga posture, pranayama, and meditation are effective techniques to release stress. Meditation is relaxation and rejuvenates the body and mind.

The theme for the year is “Yoga from home and yoga with family” With this aim in mind, St. Thomas school has conducted a virtual 15-days yoga program for students of classes I to IX. Lots of activities of yoga were organized for students according to their age. The classes were divided into five groups all groups had different activities as well as theory for their knowledge, like fun yoga games for primary classes, different kinds of asanas & pranayama with benefits were taught to students by our yoga instructors, how to do Surya namaskar and breathing process was involved for the betterment of immune system of the child, the complete 15-days program ended in the form of special assembly conducted on 21st June 2021, there were live performances like yoga dances, Surya namaskar demonstration was done by our students.

Students prepared a PowerPoint presentation where they have shown the benefits of yoga in the battle against coronavirus, and the complete video presentation of the 15-days was also shown through PPT.

The assembly concluded with lots of appreciation and synchronized recitation of shlokas and speech by our ma’am Principal. She encouraged

students to practice regular yoga to remain fit and improve concentration. She also emphasized and motivated students about the need for yoga during this pandemic time.