

Gurusharan Convent
YOG SHIVIR
ISA
Report Writing

‘YOG SHIVIR’ was organised by Gurusharan Convent’s children and teacher’s on 5-10-19 in the school greens from 7.00 am to 8.00 am. Students of class V demonstrated various aasans and pranayams on the Omkar chanting. Warm up exercises were also taken and all the students performed sitting and standing aasans, importance of these were explained simultaneously by Ms. Archana Sharma. The celebration was combined with the efforts done by their parents as well. Following the instructions parents too performed the aasans perfectly and enjoyed the flow of energy into their bodies.

Children performed all the aasans very nicely and mesmerized the audience. Different pranayams like ‘Anulom- Vilom Pranayam’ and ‘Brahmrik Pranayam’ that helps children to manage stress and anxiety and kept them relaxed. Aasans like ‘Surya Namskar’ and ‘Shav Aasan’ were also done to bring relaxation to the body and brain. Yog Asanas were performed by students under the ‘International School Award by British Council’ for their activity ‘Health and Fitness’.

This day gave us great opportunity for spiritual peace that needs to be carried every day. It is so celebrated to spread harmony, happiness and success to every soul in the world. Also the children got the chance to know how yoga embodies unity of mind and body. Thank you card was given to the parents and luke warm water was served. The celebration concluded with synchronized recitation of shlokas and speech by Principal, Ms. Sudha Rampal. She encouraged students to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.