

9th International Day of Yoga



Amidst the after-rain morning hues, with the freshness of nature, Gyan Bharati School celebrated the 9th International Day of Yoga themed 'Vasudhaiva Kutumbakam,' effectively encapsulating the collective aspiration for 'One Earth, One Family and One Future.' Witnessing enthusiastic yogis among the crowd- staff members, students and parents, the school yoga teacher, Ms. Noyonica Chadha and her student demonstrators took to the stage to guide the participants and bring about peace in this modern, fast-paced world filled with stressed and

frustrated minds. The School Principal Dr. Mudita Sharma graced the occasion with her presence. Before commencing with the Common Yoga Protocol, there was a prayer session to create a conducive environment for the mind to relax. Then we moved on with the loosening practices including neck bending and the shoulder, trunk and knee movements to help in increasing microcirculation. This was followed by yoga asanas which aimed to heal common ailments and bring about a lightness of body and mind. It consisted of standing, sitting and supine postures. To conclude the morning, meditative practices like Kapalabhati, Pranayama, Sitali Pranayama and Bhramari Pranayama were performed. The school Principal, Dr Mudita Sharma, addressed the gathering to shed some more light on the greatness and benefits of Yoga and reiterated the importance of maintaining a healthy lifestyle.

The International Day of Yoga aims to raise awareness about the benefits of practicing yoga and to promote a holistic approach to health and well-being. While fostering unity and global harmony through the practice of yoga we, at Gyan Bharati School held the occasion with utmost dedication and ardour.

