

INTERNATIONAL YOGA DAY 2019

“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 the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing.”

Inspired by the words of Honourable Prime Minister Narendra Modi and understanding the essence of yoga, VanaVani Matriculation Higher Secondary School also celebrated the 5th International Yoga Day on 21st June 2019, Friday with great enthusiasm and vigour.

Almost 1050 students from Class V- XII assembled in the playground for the formation of ‘International Yoga Day 2019’. The yoga Session started sharp at 8:00 am with the prayer. The school echoed with the Sanskrit sloka –Om SahnaVavatu... which created a perfect ambience for the Yoga Day.

Sun salutation or Surya Namaskar which comprises of twelve powerful yoga poses with profound benefits was first performed by the students followed by nine sitting and standing asanas like Tadasans, Utkatasana, Trikonasana, Kati Chakrasana, TriyakBhujanasana, Paschimottanasana, Vakrasana, Parvatasana and Padmanasana with Chin Mudra.

During the course of ‘Yogabhyas’ Nikita Maria of Class XII narrated the benefits of different asanas as a precautionary measure in curing many diseases and usefulness of Yoga in the overall well-being of a human being. Students smoothly changed their position from one asana to another under the expert guidance of Physical Education Teachers and the commands were given by Sheetal of Class XII.

In order to bring peace, harmony and happiness within, the students meditated for a minute. The celebration concluded with the closing prayer for Yoga and speech by our Principal. He encouraged the students to practice Yoga regularly to remain fit and improve concentration. Vote of thanks was proposed by T. Arundathi Rajan of Class XII.









PRIMARY SCHOOL















