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SCHOOL IS °COOL

Harnessing inner strength through Yoga

At CIS, Satara Road

"Master your breath, let the self be in bliss, contemplates on the sublime within you."

- Tirumalai

Krishnamacharya

The International Day of Yoga aims to raise awareness worldwide regarding the many benefits of practising yoga- a physical, mental and spiritual practice. "A healthy mind in a healthy body" is the objective of practising yoga.

City International School, Satara Road celebrated International Yoga Day on June 21 with great

zeal and zeal. A special assembly was organised to mark the occasion. The students and teachers celebrated Yoga Day with great enthusiasm. The whole atmosphere was energetic.

The programme started with an eloquent speech by the cultural head about the origin of yoga and its significance in our day to day lives. Principal Leena Bhosale was an inspiration to all the staff and students as she actively participated in performing the asanas.

Subsequently, the benefits of yoga for school chil-

dren were enumerated through demonstrations by the students of grade VII.

The asanas conducted were beneficial to overcome stress, stiffness and anxiety and to combat obesity. Under the guidance of the sports teachers, the students performed meditation, pranayama, suryanamaskar and various asanas in Swastika formation. The whole set-up looked breath-taking with its attractive backdrop designed by the art faculty.

The dress code for the staff was a white kurta, sym-

bolizing peace and harmony. They too participated with zeal and performed the asanas and breathing exercises along with the students.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well, believes the school.

The school believes yoga combined with meditation and pranayama must be inculcated in the daily routine to achieve a strong mind, healthy body, appropriate posture and above all, high concentration levels.



At a meditation session



Suryanamaskars in progress