



THE BISHOP'S SCHOOL, CAMP PRE-PRIMARY SECTION

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

On Friday, 21st June 2024 the Lower Kindergarten and Upper Kindergarten students of the Pre-Primary section at the Bishop's school, Camp celebrated with great enthusiasm the 10th International Yoga Day.

The event commenced with a comprehensive introduction to Yoga Day by our Co-ordinator Mrs. Shama Tinwala. Ma'am emphasized the importance of incorporating yoga in our daily lives thus helping in maintaining harmony between the body and mind.





The physical education teacher Ms. S. Kale began the session with a prayer in Sanskrit. The young students sat in the correct posture with eyes closed and performed the Pranayam (breath control meditation). The teacher then encouraged the students to actively perform the various yoga asanas as she demonstrated a few yoga asanas such as “Trikonasana, Virbhadrasana, Adho Mukha svanasana, seated asanas, Paschimottanasana, Baddha Konasana and Vajrasana”.

The teacher provided a detailed explanation of the various asanas and encouraged the students to practice yoga to live a better life (physically, mentally and spiritually). The session lasted for over an hour, where we witnessed active participation and engagement from all students. The happy and content faces of the children clearly showed that they had enjoyed the session thoroughly.

Report By
Mrs. S. Lal
Assistant Teacher



