

*“Yoga is the journey of the self, through the self, to the self.”*

## *International Yoga Day Celebration at BRPS.*

Yoga is an invaluable gift of India’s ancient tradition. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. Yoga is the most effective way of connecting our soul to God. It balances our mind and body and connects us to the natural world. It also helps us appreciate the world in a healthier approach.



Yoga has always been an important part of our culture. Yoga provides a perfect blend of knowledge, work and devotion. It is a discipline, dedication and it has to be followed throughout our life. Since its inception in the year 2015 by our Prime Minister, Mr. Narendra Modi, it is been observed all over the world.



Blue Ridge Public School had an incredible celebration of International Yoga Day on 21<sup>st</sup> June 2023. The students came together with immense enthusiasm and energy to embrace the power of yoga under the guidance of a renowned Yoga Guru Rachana Das. She guided our students to be on a journey of self-discovery and well-being.





Students of grade IX and X escorted the Yoga guru Rachana Das and demonstrated various asanas as the volunteers along with the guru. The positioning of the volunteers along with the Yoga guru was eye captivating. The guru at the center with the volunteers surrounding her became the center of attraction for everyone. Warm up exercises, sitting and standing

asanas along with 'Om chanting meditation' were performed, importance of these were explained simultaneously.

Our principals Ms. Surinder Kaur Sayan (Principal- Secondary and Jr College section) Ms. Sharmila Kadam (Principal- Primary section) along with the supervisors Ms. Preeti D'Souza and Ms. Harshada Kotwal graced the occasion by performing the asanas along with the kids. A colourful picture was reflected on the ground while depicting yogasanas, as if the nature has draped itself with vibrant colours. Students in their colourful PE uniforms made the ground alive, the serene beauty of Blue Ridge Public School was rejuvenated.



The seating arrangement of the students from classes III to XII in the direction of sun's rays created a zeal of enthusiasm among students as well as teachers. As instructed by the Yoga guru 'Rachana Das "Regular practice of Yoga will surely help our students achieve a better life physically, mentally and spiritually as well".

The celebration concluded by synchronized recitation of shlokas and token of love by our Principal madam Ms. Surinder Kaur Sayan. She encouraged students to practice Yoga regularly to remain fit and improve concentration. She also wished everyone to carry the spirit of yoga each day and continue to find strength, balance and tranquility within ourselves and spread the positive energy to everyone around us.

**With Gratitude for Your Readership,  
Preeti Shamkule Tr and Abdul Nabi Tr  
Facilitators @ Blue Ridge Public School**

