

INTERNATIONAL YOGA DAY



Yoga is a spiritual, physical and mental practice that needs to be carried daily. Our school decided to celebrate Yoga Day by practicing and creating awareness about yoga and its benefits. On the occasion of the 3rd International Yoga Day, Kamala Nehru College had conducted a four day event

actively participated by all NCC Cadets, NSS and NSO students. The event started on 20th June 2018, Sunday. The day 20th was observed as practice sessions of Yoga Camp, conducted by the NCC. The 21st of June 2018 was the main event. A spring for a healthier tomorrow, the event was conducted under the supervision of the Yoga Institute, South Delhi. Approximately 400 students participated in the various sessions who were from different school, colleges and university.



The addresses and training encouraged the students to



understand the importance of Yoga as well as how Yoga being significant for physical and mental health was essential for healthy social life too. We were supposed to report school at 6:30 a.m. The program started at 7:00 a.m. and went till 8:00 a.m. The first day of the event was a practice session. The last

day, 21st June, started off with Mr. Devendra Kumar Gupta enlightening the students about Yoga and its benefits, and why one should adopt Yoga in their daily routine, which was followed by various asanas starting with warming up and stretching yoga followed by a series of Padmasana , Vajrasana , Dhanurasana , Chakrasana , Sarvangasana , Halasana, Bhujangasana and ending with Shavasana.

Our ANO Ms. Priyanka Chauhan also enlightened us with important information on such asanas as when and how these asanas can be done and added to the list of benefits Yoga has on your body and lifestyle. After we had done the asanas we were given fruits as refreshments and had a short photo session with the instructor. At the end it was a wonderful and enjoyable experience and we learned a lot about Yoga. I want to thank our teacher Ms. Priyanka who took us with her so we can get an amazing experience.

-ANUSHKA MEHLAWAT

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