

From Swastikasana to Vrikshasana: Celebrating World Yoga Day

Pune, Maharashtra | 24th June, 2023

“Yoga is almost like music in a way; there's no end to it.” - Sting (1951 -)



S.B. Patil Public School never leaves a stone unturned when it comes to overall development of students. International Yoga Day was celebrated in school on 19th June, 2023 for all students ranging from the pre-primary section to Grade XII.

Students of the higher grades assembled in the auditorium wherein they performed a variety of asanas. Meanwhile, the tiny tots of pre-primary section chanted omkar mantras and meditated as they made a connect with their inner selves.

Their little hands and feet stretched taking various yoga poses like *tadasana*, *uttanasana*, *vrikshasana*, *trikonasana* to name a few. Little ones learned the significance of yoga and promised to make it an everyday habit. The celebration refreshed and rejuvenated everyone's mind and body spreading positive vibes and aura in the school premises.



On 24th June, 2023, our school also conducted a special Yoga Day event for parents. Ms. Nikita Kumbhar, a yoga teacher and leader at Yoga Vidhya Gurukul, Nashik who is certified in yoga levels 1, 2 and 3 from AYUSH Mantralaya, New Delhi; along with Ms. Sujata Pawar, also a yoga instructor at Yoga Vidhya Gurukul guided all present into various yoga asanas whilst performing on the stage.

Mr. Vishwas Chitre, an IT professional and VP in cybersecurity, who has been a Heartfulness Trainer for over 25 years, guided everyone present into a period of quietude and meditation.

Later that afternoon, Mr. Chitre conducted a meditation session for all the teachers present at school. This proved to be an extremely relaxing period for all those present, especially considering it was the last working day after a week of hard work.



We thank Ms. Kumbhar, Ms. Pawar and Mr. Chitre for lending us their valuable time and giving us the chance to experience the positivity in yoga and meditation. We also thank the principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; primary section head for organising the event.

Our thanks also goes out to the PCET management and Board of Trustees: Mr. Dnyaneshwar P. Landge, Chairman; Ms. Padma M. Bhonsle, Vice Chairperson; Mr. Vitthal S. Kalbhor, Secretary; Mr. Shantaram D. Garade, Treasurer; Mr. Harshwardhan S. Patil, Trustee; and Dr. Girish M. Desai, Executive Director who have always ensured the overall development

