
From Vrukshasan to Trikonasan: Celebrating World Yoga Day

Pune, Maharashtra | June 21st 2022



On June 21st, 2022, In accordance with the circular issued by the CBSE (Circular No. CBSE/ Director (Acad) / 2022/ 52) dated: May 5th, 2022, regarding the celebration of the International Day of Yoga; S.B. Patil Public School joined the worldwide campaign, instituted by the Ministry of AYUSH, Govt. of India, and observed the 7th International Yoga Day.

The aim was to promote, teach and instil the passion of yoga amongst all students ranging from pre-primary toddlers to the secondary grades, and teacher's alike.

The word Yoga means "union" in the ancient Sanskrit. Followers and practitioners of yoga seek this union through posture, breathing and meditation. Yoga, which originated in India, is now celebrated and practiced all over the world especially on International Yoga Day. The theme of this year's Yoga Day celebration was "Yoga for Humanity" and crores of people around the world participated in it for the better health and wellness of all.

The principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; and the entire staff and students were present for the event wherein guests from the Heartfulness Institute, Pune: Mr. Eknath Khandkar, Certified Heartfulness Meditation Trainer; and his team members were present as guides for the event. They were accompanied by our school's sports Instructors: Mr. Dhanaji Patil, Mr. Chandrakant Thombre, Mr. Shrikant Deshpande, Ms. Sunita Vasudev, Ms. Gauri Utture and Mr. Sandeep Ghadge.



In cohesion, they conducted a very relaxing and interesting series of exercises, *asanas* and *mudras* under the globally-acknowledged ancient Indian art of exercise. These included meditation, *Vrukshasan*, *Taadaasan*, *Paadahastasan*, *Dandaasan*, *Vajraasan*, and *Trikonasan*.



For the pre-primary section, members from the Heartfulness Institute organised an online yoga session for the teachers and parents from the 18th to 20th of June; with the offline yoga session held for the students of grades II to X on the 20th and 21st of the month.

Yoga helps growing children to improve flexibility, balance, strength, and aids in reducing challenging behaviours by providing a physical outlet for children to express themselves.

The event saw a grand success and an overwhelming response from teachers and students. Children enjoyed the yoga sessions under the step-by-step guidance and supervision of their teachers. They were explained the benefits of yoga in simple words, and then slowly they were made to meditate, breathe and stretch whilst teaching the lesson: "Our body is a temple; keep it clean and safe with yoga."



We are grateful to all the volunteers from the Heartfulness Institute; our principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; primary section coordinator, Ms. Shubhangi Kulkarni; sub-coordinators Ms. Nirupama Kale, Ms. Vandana Sangle, Ms. Archana Prabhune, Ms. Payal Nihalani, and Ms. Nayna Taru; all our sports instructors, the CCA team members, and mentor for the CCA, Ms. Swaleha Mujawar for organising this event.

We also thank the Board of Trustees: Mr. Dnyaneshwar Landge, Chairman; Ms. Padma M. Bhonsle, Vice-chairperson; Mr. V.S. Kalbhor, Secretary; Mr. Shantaram Garade, Treasurer; Mr. Harshwardhan Patil, Trustee; and Dr. Girish Desai, Executive Director for their support to ensure the holistic development of our children, and to make this day a success.