




## INTERNATIONAL YOGA DAY, 21<sup>ST</sup> JUNE, 2022

	SDGs covered	 <b>SDG 3- Good Health and Well Being</b>
1.	Title of activity	<ul style="list-style-type: none"> <li>• <b>International Yoga Day</b></li> <li>• <b>Yoga Session</b></li> </ul>
2.	Participants	<ul style="list-style-type: none"> <li>• <i>Students of our school as well as other schools, Parents, Teachers</i></li> </ul>
3.	Subjects involved	<ul style="list-style-type: none"> <li>• Physical Education and Sport</li> </ul>
4.	Facilitators	Mr. Rajput, Mr. Ishwar, Ms. Savita
5.	Brief description of the learning objectives, content of the activity	<p>➤ <b><u>Learning Objectives-</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>Cognitive</u></b> - A student will learn that Yogic practices work on the brain's inner mechanisms balancing both hemispheres and bringing energy up to the brain. This helps in the alignment of your energy fields that affect learning and grasping information. Yoga boosts grey matter in the brain which is responsible for memory, intellect, coordination, and many other important functions.</li> <li>• <b><u>Socio-emotional</u></b> - The learner is able to communicate the need for creativity, design and innovation in order to collaborate in an endeavor to achieve SDG 3.</li> </ul> <p><b><u>Behavioral</u></b> - The learner is able to know the theme of international Yoga Day, the theme for the celebration is "Yoga for humanity". Through theme of Yoga the learner has come to know that, yoga served the humanity in alleviating the sufferings. The learner tries to make doing yoga as a part of their regular behaviour.</p> <p>➤ <b><u>Brief description of the activity-</u></b></p> <p>International Yoga Day 2022 is celebrated on 21 June to spread awareness about the significance and advantages of yoga. It is being said that yoga helps balance the body and brain.</p> <p>21st June of every year is declared as the World Yoga Day by the UN General Assembly on 11th December 2014. Yoga is regarded as an ancient practice of mental, spiritual and physical healing which was practiced in India for the last 5000 years. The main objective behind this observation is to make this ancient practice popular among the present generation of people who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension which plagues our day to day life. A list of in depth objectives behind observing this day is listed below.</p>

		<b>Brief Description of activity</b>  <b>Yoga Session</b>  A Yoga session was conducted on the International Yoga Day, 21 June, 2022. Yoga session was taken by Ms. Kavita Kumari, yoga teacher of our school. Yoga session was divided into various yogic practices. Yoga session was started with the prayer to enhance the benefits of practice. After the prayer Chalan Kriyas were performed. Chalan Kriyas includes Griva Shakti Vikasak Kriya, Skandh Sanchalan, Kati Shakti Vikasak Kriya. All these kriyas increase micro circulation. After Kriyas some asanas were practiced such as Tadasana, Vrikshasana, Padhashtasana, Ardh Chakrasana, Trikonasana, Paschimotanasana, Vajrasana and many more. All these asanas are helpful in improving the blood circulation, give strengthening to whole body, relax body and mind and helpful to overcome many diseases. Pranayama practice was done after performing asanas such as Kapalbhathi, Anulom Vilom, Sheetali Pranayama, Brahmari Pranayama. These practices relieve stress and help in alleviating anxiety, anger and hyperactivity and give soothing effect on Nervous system. The session was ended with Dhyana practice. The impact of session was so good that it kept all the participants involved throughout the session.
6.	Time period of this activity	6-7 am – Yoga Session was conducted for everyone.
7.	Evidences included	Poster, pictures, videos.

