

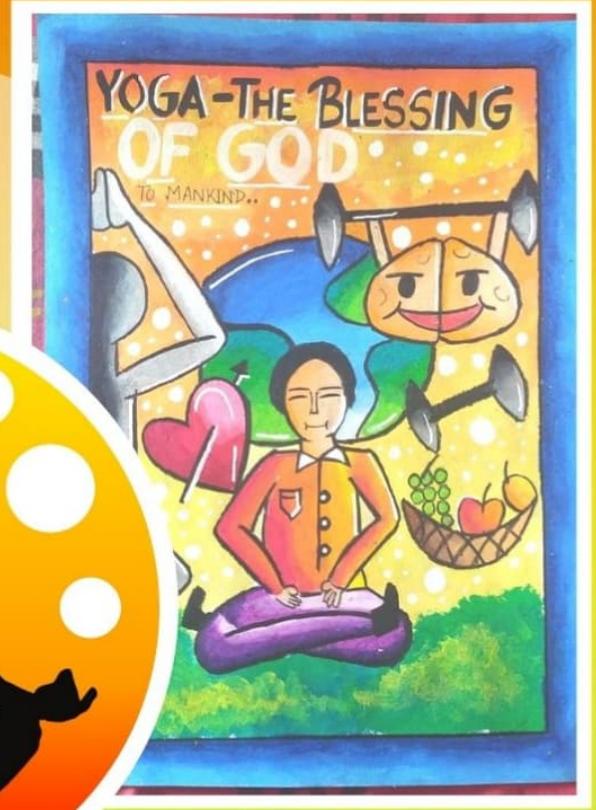


Bal Bharati
PUBLIC SCHOOL

Sector-XIV, Rohini
Volume V Issue VII

YOGA FEST-14-21 JUNE 2021

THE INNER TRAVERSE



Yoga is the journey of the self, through the self, to the self



FROM THE PRINCIPAL'S DESK



Leigh Hunt, the English essayist says, “The groundwork for all happiness is good health.”

In my opinion, this short statement holds the simplest and most reliable truth about Happiness. Good Healthy practices have a great impact on our happiness and it has been proved by many researchers and psychologists around the world. However, due to pressing demands of the modern life, often our health is the most compromised component and also, subsequently, our overall Happiness drops. And, adding to the pressures of Modern life are the restrictions on physical movement imposed due to pandemic and lockdowns in the present times. How our body, mind and soul suffer in the absence of healthy routine! As the Head of the school, I have sadly observed how lockdowns have impacted adversely the health and well-being of my students. Many experts and also parents recognize the fact that the absence of healthy habits has long term repercussions. Therefore, we all look out for opportunity to work towards improving our children’s Physical and Mental health.

As the Institution that is conscientious of its multiple responsibilities, we have undertaken numerous initiatives on regular basis that bring to children fun filled tasks promoting good healthy practices. International Yoga Day was also one such opportunity that we wanted to utilize in the most meaningful and effective manner to reinforce these habits. A week-long activities and sessions were organized catering to all aspects of Health and well-being, namely Meditation, Stress Management, Nutrition etc. The school has partnered with Mokshayatan Yog Sansthan (supported by Ministry of Ayush, GOI) for Global Yoga Conference comprising of webinars, discourses and sessions by eminent International Yoga Gurus. The conduct of these activities is also a part of our Sustainable Development Goals SDG Annual Project through Inter class and Inter School events. These are not just reminders to students about the significance of good health but also manifestation of our commitment towards inculcating good Healthy iterations in our students.

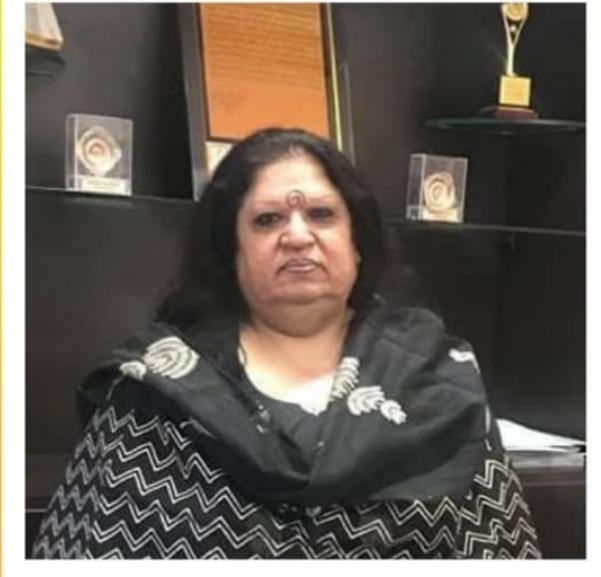
I would also like to add one observation on health and wellness from my personal experience. It is important to be consistent. We require commitment, a practically laid out plan and sometimes, a mentor in this pursuit of consistency. Start small but stick to the plan exercising self-discipline. As we were taught in our childhood, slow and steady wins the race. And, never forget, our children are watching and learning from us.

Wishing all readers Good health and Happiness.

Geeta Gangwani

Principal

From the Headmistress's desk



“What you think, you become. What you feel, you attract. What you imagine, you create.”
-Buddha

Chronicles of Hindu mythology line out the significance of yoga and its positive impact on mind, body and soul. Yoga has its deep roots from the very beginning of the civilizations. Those who have embraced yoga in their lives have unfolded a beautiful chapter of life which is about living healthy, staying fit, living longer and happier.

With the innate efforts of our honourable Prime Minister Shri Narendra Modiji, everyone including UN has extrapolated the significance of yoga and has declared that June 21 be celebrated as “The International Yoga Day.” Acknowledging International Yoga day as a pathway to creating awareness amongst people about the benefits of yoga on the human body, a Yoga Fest was organised on a virtual platform. It was a reminder to incorporate yoga in everyday routine to enjoy a happy life and reduce the effects of stress. Doing yoga on daily basis dispels negative thoughts and assists in removing unnecessary cognitive clutter from our mind.

The activities curated for the Yoga Fest highlighted yoga as a scientific way of life encompassing in itself all aspects of life: physical, mental, social and spiritual making one happy. The excitement of the children was palpable on screen as they geared up for the festival. From meditating to performing yogasanas and preparing healthy meal, the yoga sessions were filled with enthusiasm and positive energy.

Let's glance over the benefits of yoga as assimilated by our students.

Meera Wadhwa
Headmistress (Middle School)



"You cannot control what goes on outside. But you can always control what goes on inside."

For me, Yoga has always been about self-control, discipline- it is about managing the self. I remember as a school kid we used to have sessions where we practiced asans and also the breathing patterns. As life gets hectic and routines take over, these habits were relegated to the background. However, with pandemic and the consequent restrictions, the physical activity was reduced to bare minimum. This was the time when I rediscovered Yoga along with my family. So, when the opportunity came to celebrate International Yoga Day with lot of fanfare and spread over the week-long celebration, I was the happiest. I believe with the pandemic and life bound within four walls, Yoga acquires greater importance and more advantages. Our mental and physical help is greatly compromised and Yoga caters to both significantly.

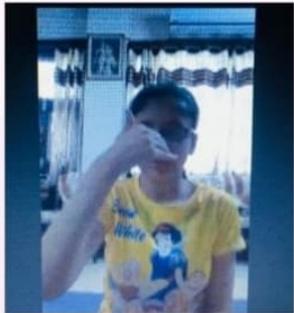
To speak of celebrations, we were focussed on giving our children a holistic experience of healthy living. From Nutrition to Lifestyle, from Meditation techniques to Stress Management with Dance and from Happiness session to Letters of Gratitude, we covered variety of areas under Healthy Living. It was a week full of fanatic activity, lot of management shuffles at the background but, a very satisfying experience for the organisers as well as the students. It was truly an experiential learning opportunity for one and all.

I sincerely hope that these activities have impacted the students' life meaningfully and will have deep rooted and long-lasting impact on their lives.

Sarita Chauhan
Sports Incharge
HOD, Biology



YOGA FOR ALL- STUDENTS



Pledging themselves to the physical and mental benefits of Yoga, the students and staff along with their families performed Yogasanas and Meditation. The yogic poses brought flexibility and augured good health for all. The day's session concluded with a short Meditation exercise conducted to sharpen focus and concentration skills.



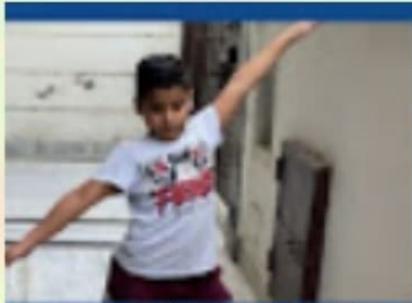
KONASANA



BHUJANGASANA



YOGIC POSTURE



MULTIPLE POSES OF ASANAS



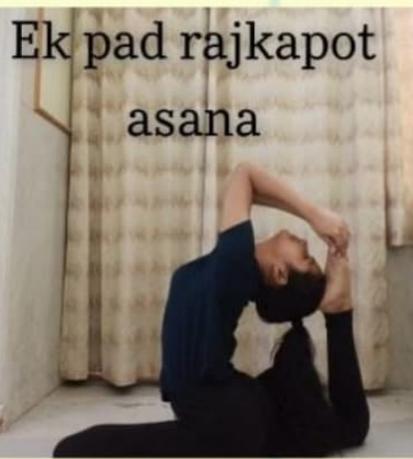
Hanuman asana



Bhujang asana



Garva asana



Ek pad rajkapot asana



Maytsya asana



Badha konasana



Dhanurasana (Bow Pose)



YOGA FOR ALL- FAMILY





YOGA FOR ALL - TEACHERS

 **Bal Bharati PUBLIC SCHOOL Rohini**

Organises a live Yoga session on the occasion of
INTERNATIONAL YOGA DAY

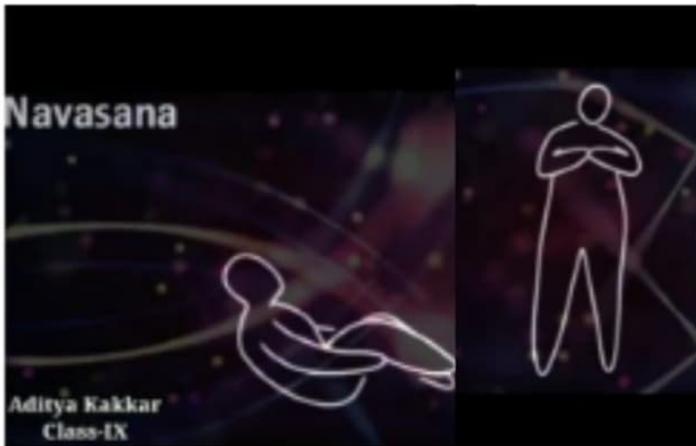
 Mrs. Surendra Kanwar (MSc Yoga, Diploma in Naturopathy, qualified Reiki healer and tarot Card reader) Working with NGO, (organising Yoga Sessions in various Institution from last 15 years)

Join us on Google Meet:
June 21, from 9:00am-9:45am



The International yoga day celebrations on 21st June 2021 marked the culmination of the week long Yoga Fest. After a plethora of enthusiastic activities spread over the whole week, the staff and students came together to perform Yoga in its true spirit to rejuvenate the mind and bring vigour to the body. Yoga expert Mrs. Surendra Kanwar guided the virtual session for the staff members with a specially gathered list of yogasanas to relieve stress and usher in physical flexibility in accordance with the present times. Mrs Kanwar, also an active representative of the parent community, seamlessly weaved the session from physical relaxation to mental peace. The participants promised themselves to a life of mental, social and physical wellbeing in their interactions with this supreme art of life - Yoga.

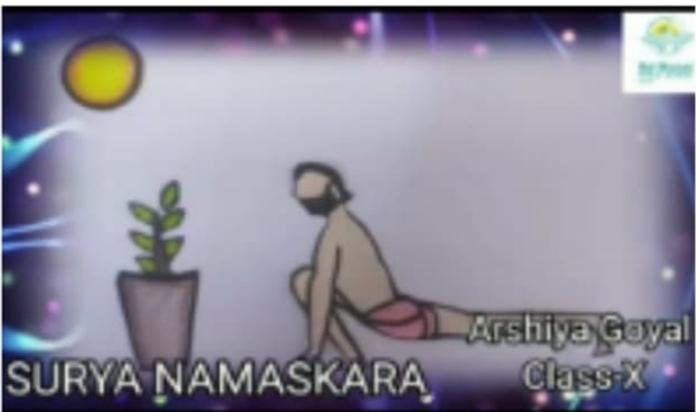
ANIMATE YOUR ASANAS



ADITYA KAKKAR IX - C



DHRUV KHURANA X-C



ARSHIYA GOYAL X-C



VRINDA GUPTA XI-D



AVNI XI-C

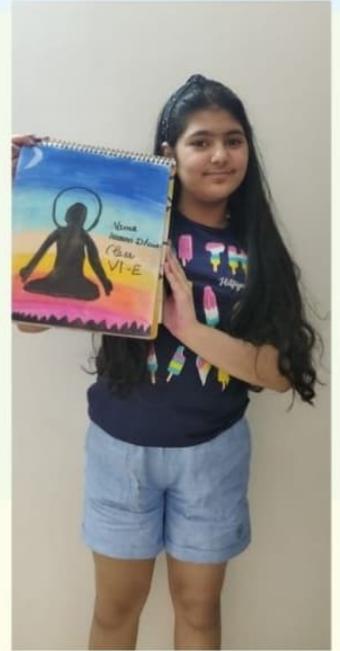
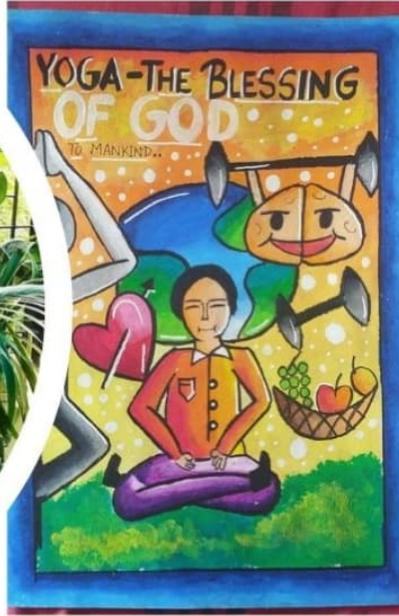


SANIYA IX-D

The Secondary school students of class IX and X animated Yoga Asanas using Softwares such as Stop Motion Studio and Flip Clip. The activity attempted to integrate the ancient knowledge of the past with the modern learnings of technology resulting in skilful and entertaining animations for all. Students excitedly showcased their skills and creativity in this Art Integrated Learning initiative.

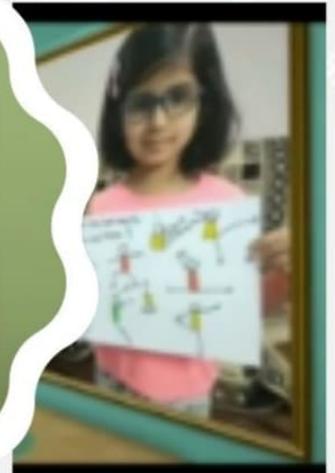
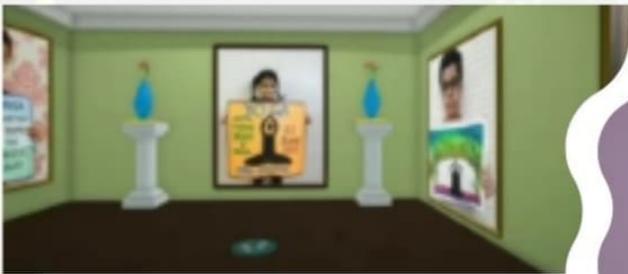


YOGA - THE ART OF LIFE



Art Day brought opportunities galore to the students to represent Yogic postures in the most creative manners. The students creatively represented their perspectives through Stick Drawings, posters and slogans to voice their opinions.

VIRTUAL ART GALLERY



MEDITATION – A JOURNEY TO WITHIN

NANDINI JAIN 5125 is presenting

Bal Bharati PUBLIC SCHOOL, ROHINI
CELEBRATES YOGA FEST (14 JUNE TO 21 JUNE)

RESOURCE PERSON- **DR. PRIYANKA GUPTA**
B.D.S., P.G.C.E., M.I.D.A.
Certified Pranic Healer, Arhatic yoga Practitioner, Aromatherapist
Having experience of more than 10 years in dentistry and 4 years in Pranic healing

MEDITATION AND IT'S BENEFITS
Class IX

9:03 AM | urq-saqz-keh

Yoga Fest Intro (1).docx
Brief intro.pdf
YOGA WEEK.pptx
BAL BHARATI PUB...pdf
Yoga Fest Intro (1).docx
Yoga Fest Intro.docx

Dr. Priyanka Gupta, successfully unfolded 'Pranic Healing', a 'no-touch' healing system based on the fundamental principle that the body has an innate ability to heal itself. Pranic Healing utilizes life force, energy, or prana to accelerate the body's inborn ability to heal itself. Her session brought rejuvenation to the mind along with a soulful spiritual assurance of the human capabilities.

REC HIYA GANDHI 5182 is presenting

Bal Bharati PUBLIC SCHOOL
YOGA FEST

Resource person- **Dr. PARTAP CHAUHAN, BAMS**
Ayurvedic physician, author, public speaker TV personality and the pioneer of Ayurvedic Telemedicine.

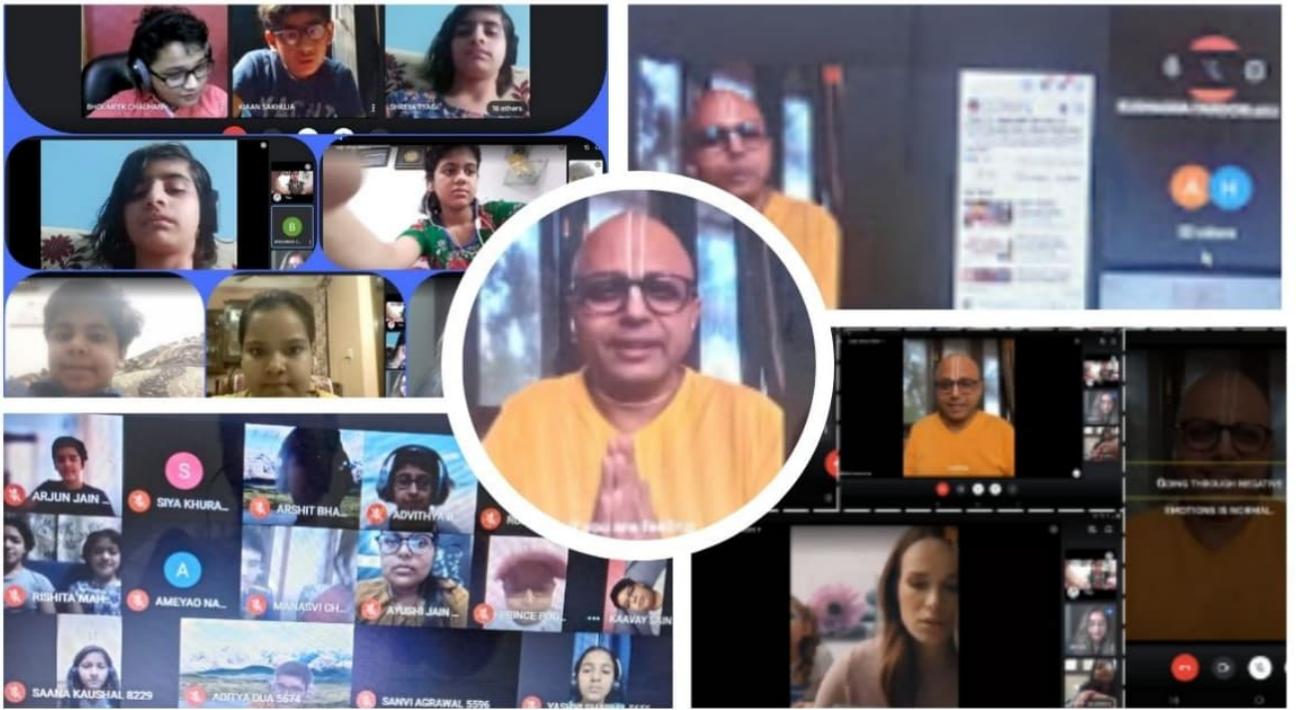
SESSION- MEDITATION BENEFITS CLASS X.

9:04 AM | dmh-sdzs-sst

SAKSHAM SHARMA 5...
HIMADRI SHARMA 52...
AARNA VERMA 5177
SARITA CHAUHAN
NANDINI SHARMA 5189
ELISHAA 7323
YASHWARDHAN VER...
Partap Chauhan
HIYA GANDHI 5182
72 others

Dr. Partap Chauhan conducted an enchanting meditation session for the students of class X stressing on its calming and peaceful effects on our emotional well-being.

HEALING THE EMOTIONS-GAUR GOPAL DAS



In a special virtual meeting the students of class VI and VIII were apprised of the phenomenon of 'healing the emotions' by accepting emotional pain was normalised for the students of class VI and VIII through an inspiring video of Gaur Gopal Das. The activity for emotional well being was further progressed to a session with coloured chits.



Bal Bharati PUBLIC SCHOOL ROHINI
Celebrates Yoga Fest (14 - 21 June)

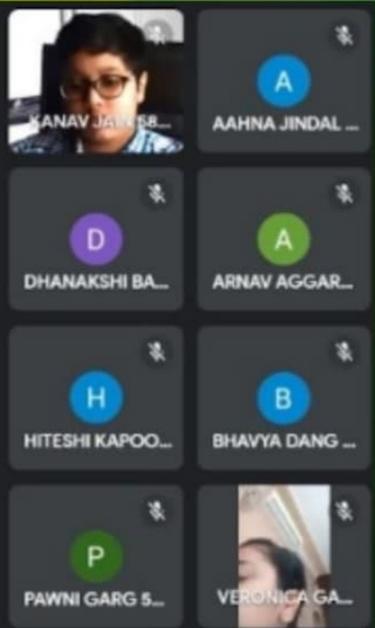
MS. GARIMA AGARWAL

DIETICIAN

DR. HEDGEWAR AROGYA SANSTHAN

GNCT OF DELHI

SESSION ON MENTAL HEALTH



HEALTH AND WELLNESS SESSION-MENTAL HEALTH

Ms. Garima Agarwal, enlightened class VII students with the importance of correct nutrition hence moving towards the ultimate goals of holistic well being.

Prefectorial Board Members taking the Session:



Purushotma Chhabra
President



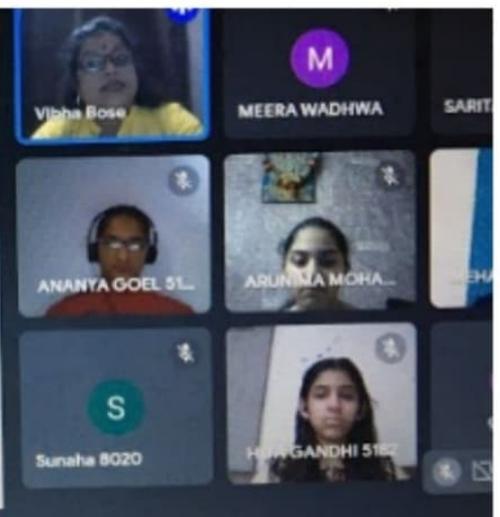
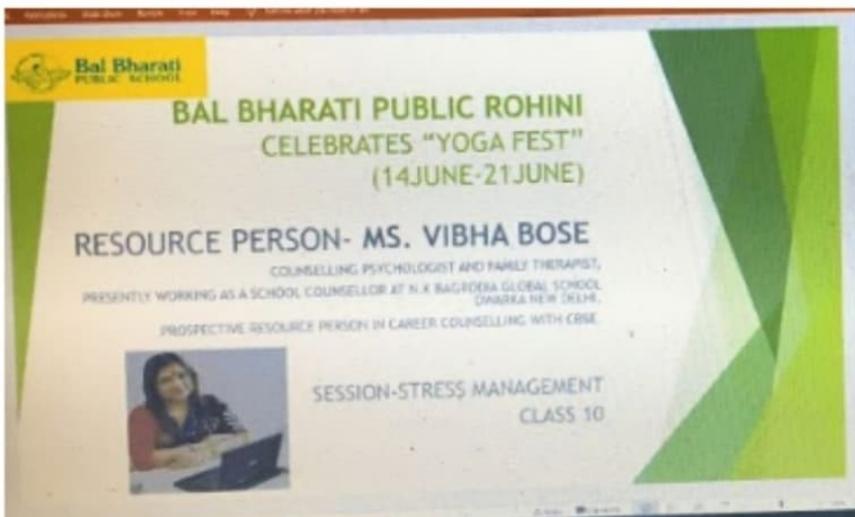
Sanaa Najam
Cultural Secretary



Eishika
Social Media



The enthused Prefectorial Board Members of BBPS, Rohini designed and conducted Happiness and Wellness activities with the students of class IX. The students wrote letters of gratitude to their loved ones and revived old memories. Together they learnt the value of being grateful while appreciating the gifts of life.



STRESS MANAGEMENT-MS. VIBHA BOSE

Ms. Vibha Bose conducted a special session on Stress Management with the students of class X and guided them to the analysis of stressful situations along with promising measures to tackle the same. She put forth stress relievers such as Meditation, Focus on breathing, Take a Walk, Get a hug from a loved one, Create an artwork and balanced diet. Her pool of stress management ideas are a collection of her experience as a school counsellor and a CBSE resource person.

WELLNESS OF MIND, BODY AND SOUL



Bal Bharati
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ROHINI

BAL BHARATI PUBLIC SCHOOL,

CELEBRATES YOGA FEST (14 JUNE TO 21 JUNE)



YOGA AND EVALUATION TEACHER

Master of Arts (M.A) in Yoga from SLBSRVS, New Delhi. Graduation from Shree Gandhi P.G College, Maltari Azamgarh. certified courses in Yogasana, pranayama and meditation for heal promotion from MDNIY, Delhi

In a specially curated confluence for the students of class XI, Mr. Suraj Gupta and Mr. Vijayant Jain, certified Yoga and Meditation instructors; introduced the students to the essential purpose of Yoga, to create strength, awareness and harmony in both the mind and body. They also practiced simple Yogasanas, Pranayam and Meditation techniques with the students following their expert instructions. The session proved to invigorate their body and spirit with an empowering vigour.



Bal Bharati
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ROHINI

BAL BHARATI PUBLIC SCHOOL, ROHINI

CELEBRATES YOGA FEST (14 JUNE TO 21 JUNE)



RESOURCE PERSON-*MR. VIJAYANT JAIN*

YOGA, AEROBICS AND MEDITATION

Working as a business man for last 30 years. He is yoga, aerobics and meditation instructor. Has around 10 years of experience as a yoga and aerobics coach

WELLNESS OF MIND, BODY AND SOUL SESSION

Class XI



ADOLESCENCE AND ITS CHALLENGES



Bal Bharati
PUBLIC SCHOOL



RESOURCE PERSON – MS NEELU GROVER

[A CERTIFIED TRAINER FOR A WIDE RANGE OF COURSES FOR PERSONAL DEVELOPMENT. ALSO, THE CO- PROMOTER OF VISCOMM]

SESSION – ADOLESCENCE AND ITS CHALLENGES

CLASS - IX



Before the egg is released from the ovary, the uterus has been building up a lining with extra blood and tissue. Most of the time, though, the egg is only passing through. When the egg doesn't get fertilized, the uterus no longer needs the extra blood and tissue, so it leaves the body through the vagina as a menstrual period.



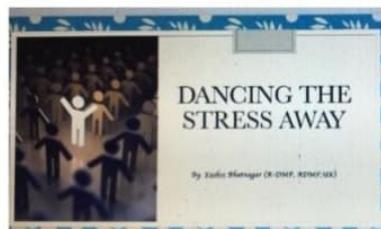
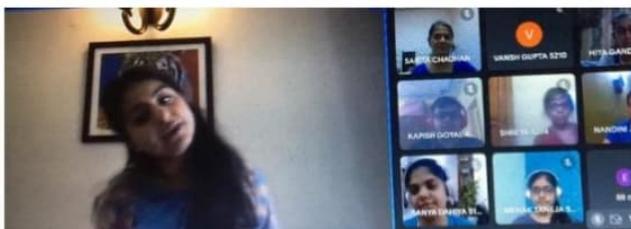
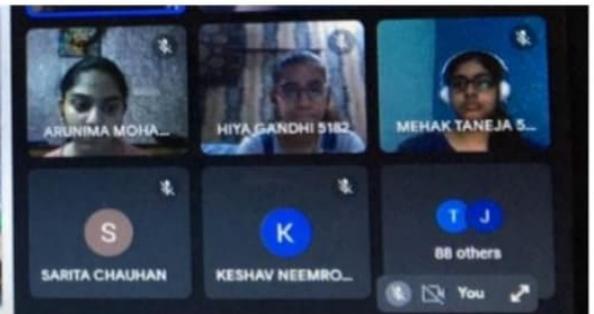
AYAKSHA



Ms. Neelu Grover, in an extraordinary interaction with the students of class IX aimed to create an awareness of the hormonal changes that the students would undergo during Puberty. The supposed physical and mental changes were elaborated with effective guidance on how to deal with the changes. Common myths about Puberty were shattered as the girls were inspired to rise above their physical appearances and the boys were sensitized about issues related to the menstrual cycle. Mutual respect, Personal Hygiene, and the need for Compassionate acceptance during adolescence were stressed upon.

Ms. Yashvi is a Dance Therapist.
Dance Movement Psychotherapist, Counsellor, Movement Therapist, Freelancer

Session- DANCE THERAPY
CLASS- X



DANCE THERAPY

Ms. Yashvi, a renowned Dance Movement Psychotherapist unfurled the psychotherapeutic use of body movements for the promotion of emotional, social, cognitive, and physical integration. The students of Class X thoroughly enjoyed the session and explored the particular dance movements that help express happiness and relieve anger and all other kinds of negativity. Dance therapy also promises an increased muscular strength, coordination, and mobility along with an improved overall state of happy well being