



International Yoga Day

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21 June, 2022



अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम्।
अभ्यासयोगेन ततो ममिच्छाप्तुम् धनञ्जय !

- श्रीमद्भगवद्गीता 12.9

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

Mr. Nikhil Channa

Chairman, Sports Council, CES

“Yoga is a journey through our simple self, nurturing a beautiful harmony of a blissful living”



The youthful synergy of mind and body is what defines yoga. It is a spiritual discipline that fosters better living. According to the yogic lore, the practice of yoga originated thousands of years ago, at the very dawn of civilization. Yoga has now become a repository of good living. Even as we move into the 21st century, yoga continues to define and guide our lifestyles for a good healthy life. The practice, thus needs to be implemented by one and all. Today yoga is accepted at the global level as a practise that helps to control an individual's mind , body and soul, yoga helps us understand the benefits in depth, as it unites the discordant mind with the being.

We, here at Bal Bharati Schools, desire to live up to the Indian tradition with the fundamental purpose to foster harmony in life and unite with the state of equanimity. As a pragmatic visionary, I feel proud to incorporate this ancient system. Bal Bharati is that ground where this envisioned lifestyle is practised with the incorporation of yoga. At the end, I would like to say, one who practises the art of 'Niyama', 'Asana', 'Pranayama', 'Dharana' and 'Dhyana', to name just a few aspects of yoga, surely emerges as the winner.

Mrs. Asha Prabhakar

Convenor, Sports Council

“Your body exists in the past and your mind exists in the future. In Yoga, they come together in the present.”



An opiate for youthful living is what marks Yoga. As a fitness mechanism, the practice is constantly skyrocketing in popularity. This indigenous way of natural healing has been adopted by global citizens, thus recognizing its merits. Today, yoga is one of the most widely practised art of life. In the recent times, it has proliferated as a sport in its own right with graceful competitors vying against each other. The graceful moulding of the body into a plethora of 'Asanas' proves beneficial and thereby establishing its popularity among all as one of the greatest cultural exports. Recognized by 175 countries in the world, the idea of celebrating 21st June as the International Day of Yoga proved to be a brilliant decision as the school rose to the occasion and marked the day through a panorama of activities. Students and staff chanted 'Om', the call of the inner soul and welcomed self fitness. Young enthusiasts of today's world are deeply engaged in performing the 'Surya Namaskar' in unity, which brings forth a new dimension of life. We here at Bal Bharati , believing that yoga enhances absolute harmony of mental peace and spiritual upliftment while celebrating every day with yoga as the elixir of life.

YOGA SANKALP

Collaboration of Child Education Society and Mokshayatan Yog Sansthan

Bal Bharati Public Schools, under the aegis of Child Education Society,(Regd.) Delhi are premier institutions pan India providing opportunities for all round development of their learners making them future ready,responsible &rooted citizens of the global village. On the occasion of International Day of Yoga 2022, esteemed Bal Bharati Schools and Mokshayatan Yog Sansthan, one of the reputed yoga institutes of the country, joined hands for YOGA SANKALP, a programme jointly curated to bring holistic health among the young learners and community at large. The philosophy behind YOGA SANKALP was based on the fact that education in true sense is to know the difference between right & wrong, between Vidya & Avidya and this difference can be learnt only through the ancient Indian science of yoga.

Mokshayatan Yog Sansthan, leading yoga organization of India was established in 1973 at the city of Saharanpur, U.P.by Gurudev Swami Bharat Bhushan ji, the first Padma Shri recipient in the field of Yoga. As the name suggests(Moksha-perfection or liberation from sorrows caused by ignorance and ayatan-expansion), Mokshayatan Yog Sansthan (MYS), aims to lead the society and individuals to physical, mental & emotional balance and to cultivate and protect the great cultural & spiritual heritage of India through the great Indian science of Yoga. MYS works closely with the Ministry of Ayush, Government of India and has been promoting the ancient Inda science of yoga not only locally but globally as well.

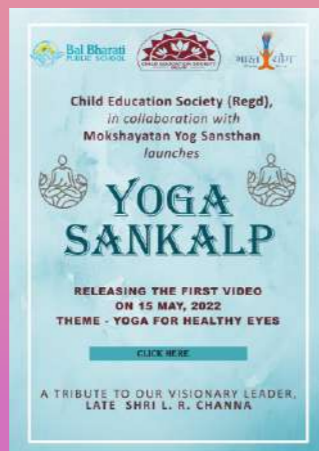
Under YOGA SANKALP, exclusive Bharat yoga sessions covering problems and challenges faced by students in present times were curated by Acharya Pratishtha ji, Director MYS and an eminent yoga guru & mind therapist, in the form of simple age-appropriate videos. Initiated on 15 May 2022, to commemorate the death anniversary of Shri L R Channa, former President CES, an ardent advocate of holistic health, the sessions were conducted on a weekly basis on topics of utmost importance & relevance. Students practised yoga for better eyesight, better concentration, height gain, enhanced memory, better sleep and how to reduce study stress. The sessions have been well received and learner’s feedback has been very positive.

It is indeed a matter of pride that CES & MYS have collaborated to bring in the benefits of ancient Indian Yogic science to classroom- teaching thus impacting young minds positively & meaningfully. We hope this unique endeavour on the part of CES will raise the spiritual and emotional quotient of our stakeholders and ensure well being and good health.



ACHARYA PRATISHTHA JI

Founder of Bharat College of Performing Arts, President of Shakti Seva Sanskriti Foundation & Director of Mokshayatan Yog Sansthan, Acharya Pratishtha ji is a member for ‘Committee for Yoga Protocol on Diabetes’. Government of India and Member of ‘Indian Yoga Association’. Acharya ji is an Internationally acclaimed Yoga Guru. Cultural Expert, Indian Classical Dance exponent & Guru, Mind Therapist & Author. Pratishtha ji is a former diplomat with more than 40 television shows on Yoga at leading TV channels, 6000 hours of lectures, innumerable performances and workshops worldwide, more than 28 classical dance production on social issues, she is also the author of 5 books and creator of 20 CD’s and DVD’s on yoga and wellness . Felicitated with the title of ‘ Youngest Yogacharya’ in 2007 by Zee Network and World Yoga Organisation, Acharya Pratishtha ji has been on a mission to make this world a happy, healthy and peaceful place to live.



BBPS, Ludhiana



BBPS, Manesar



BBPS, Ludhiana



BBPS, Annupur



BBPS, Manesar



BBPS, Pitampura



BBPS, Noida

Our Young Yoga enthusiasts



BBPS, Annupur



BBPS, Navi Mumbai

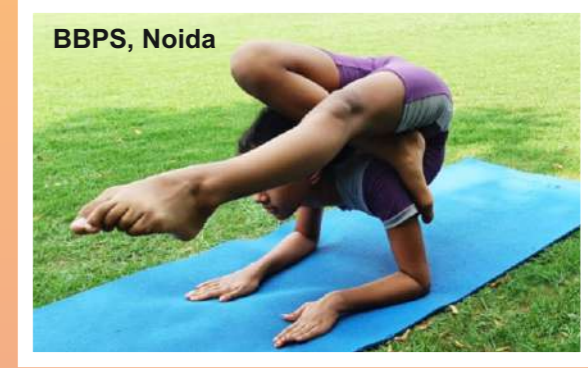


BBPS, Gangaram



BBPS, Khargone

“Yoga is the fountain of Youth. You're only as young as your spine is flexible”



BBPS, Noida



BBPS, Gangaram



BBPS Rohini



BBPS, Khargone



BBPS, Navi Mumbai



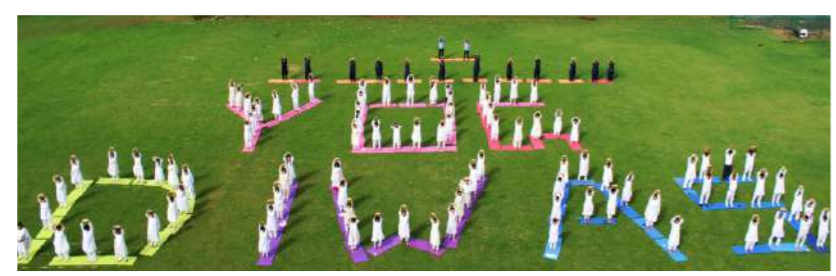
BBPS, Jhanor



BBPS, Kudgi



BBPS, Ratnagiri



BBPS, Noida

BBPS, Brijvihar



BBPS, Jhanor



BBPS, Gadarwara



BBPS, Dwarka



BBPS, Ratnagiri



BBPS, Jharli



BBPS, Dwarka



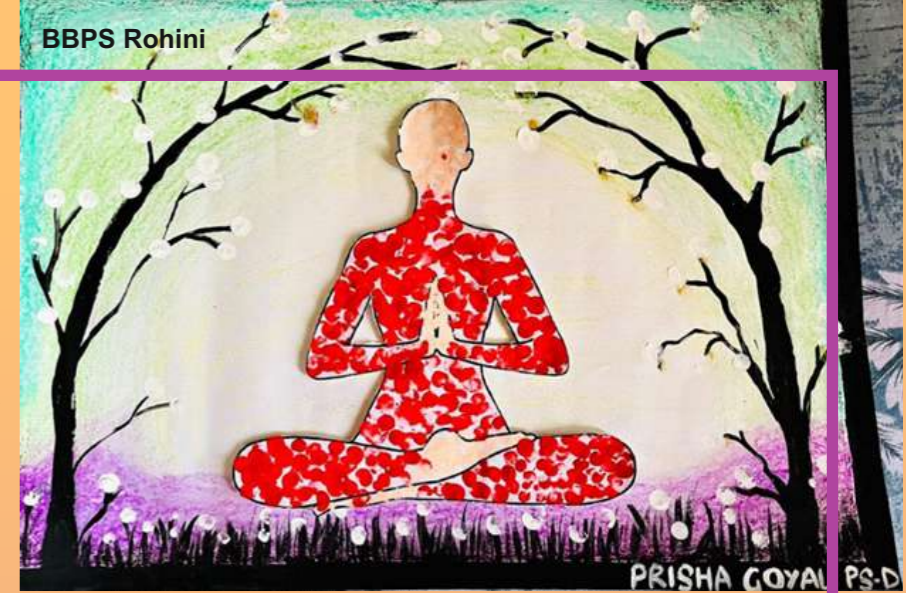
BBPS, Gadarwara



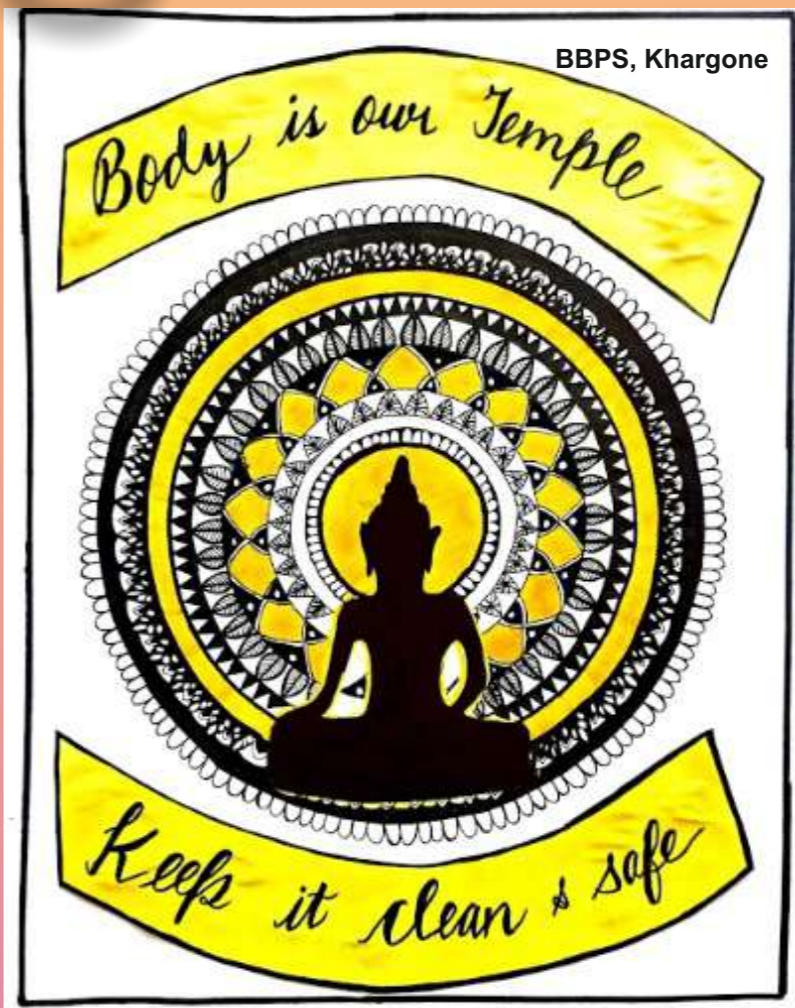
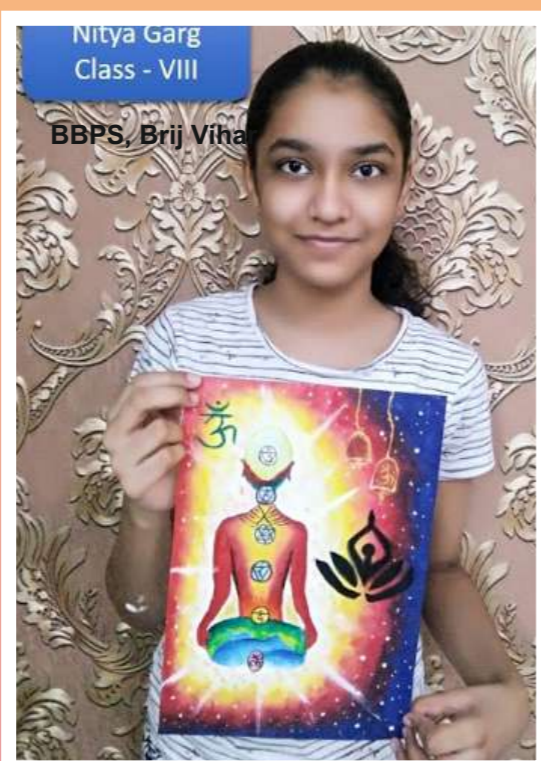
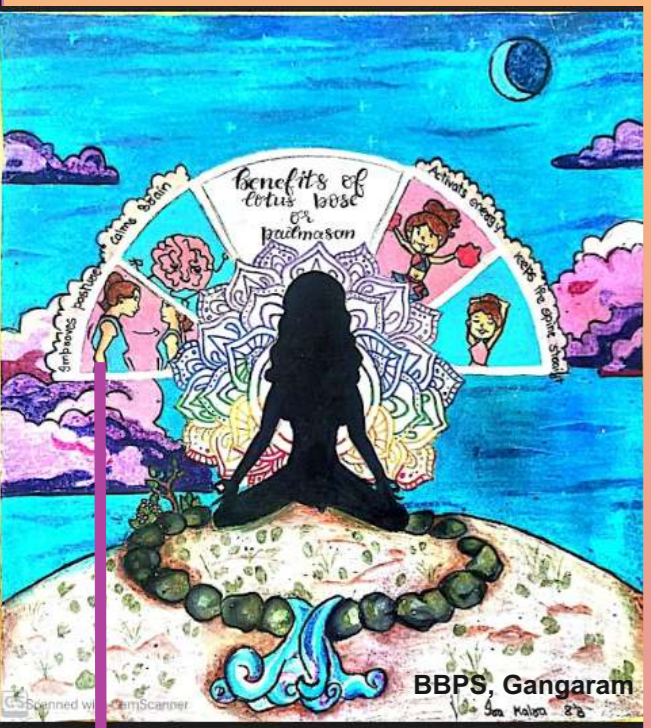
BBPS, Bhopal



BBPS, Bhopal



colours of yoga





“Yoga is the study of balance and balance is the aim of all living creatures”- Rolf Gates

The International Day of Yoga is celebrated across the world annually on June 21, which is the longest day in the Northern hemisphere. This day bears a special significance for all the denizens of the world. The age old Indian tradition got recognition worldwide with its inception in the United Nations General Assembly in 2014. Yoga is the art to balance body, mind and soul. It purifies from within and strengthens us not physically but mentally too. Yoga means ‘union’; union with our conscience, individual self, cosmos and leads us to the path of being an enlightened human being who is away from all the worldly impurities and desires.

**Anita Desal
TGT S.St
BBPS, Rohini**

Yoga is a journey of unifying the self and the earth, the humane and the eternal. A gateway to healthier lifestyle and spiritual being is yoga. It is an art that connects the physical self with that of the divine. Not aligning with any religious belief, it has become a global symbol of unity, the union of self discipline through exercise. Yoga dispels all negative feelings and rejuvenates oneself. Believing in this thought, let’s take a sojourn through the pages where we get a glimpse of youthful endeavours of the young enthusiasts. So, cherish this art and stay fit.

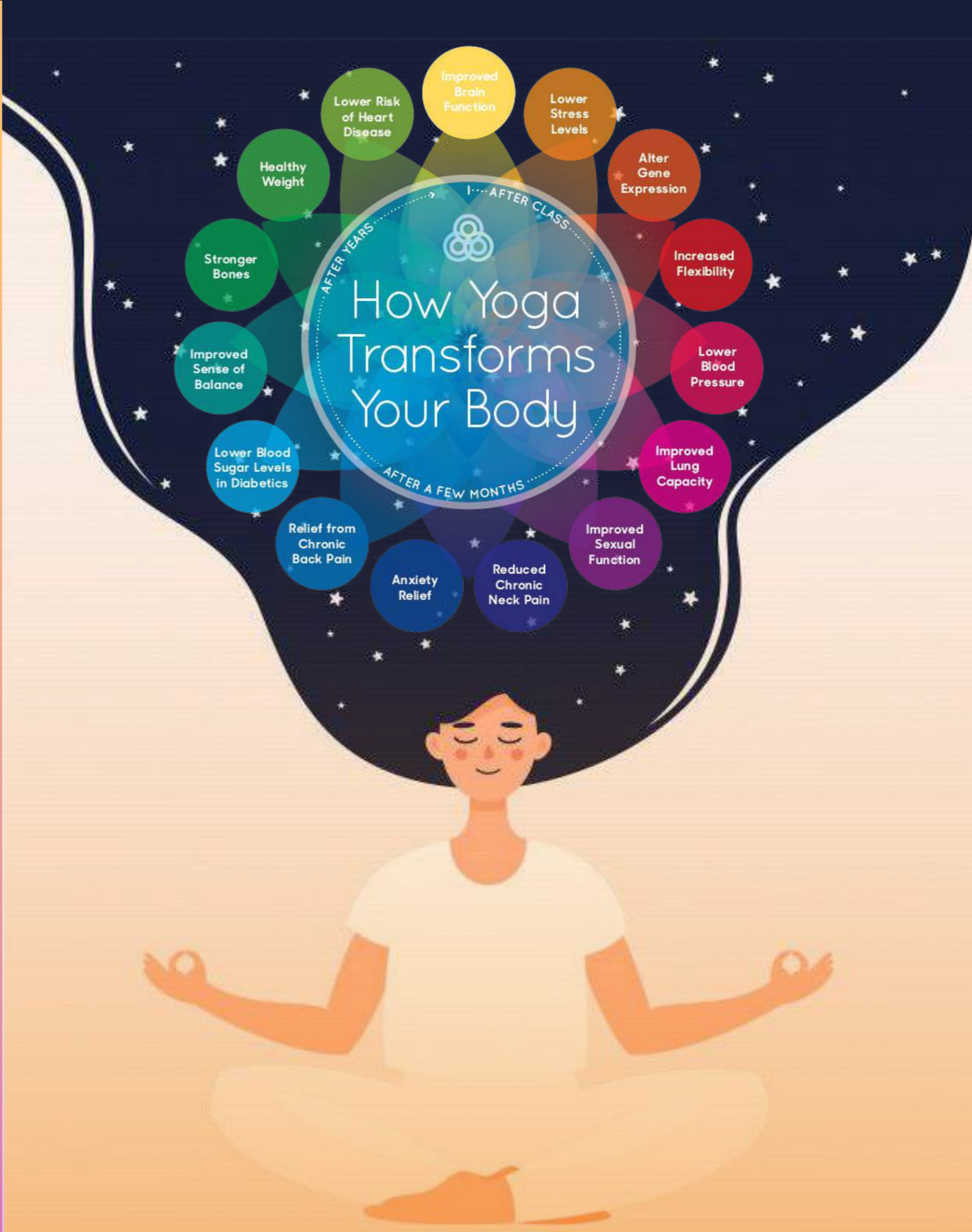


**Rumpa Bhattacharyya
PGT English
BBPS, Noida**



India has always been known for its heritage and culture. A proud nation with the global presence is also basking in the glory of the universal recognition of this fitness regime -Yoga which inspires one and all. As an important exercise that breaks the monotony of life and strikes a balance in the unification of the self and soul, yoga stands as a repose. This ascetic discipline, when imbibed develops a subtle harmony. We may thus say-Yoga shows us the path to focus upon the often neglected priorities of relationships with family, friends, mother nature and the inner being.

**Faiz Ahmed
PRT Art&Craft
BBPS, Noida**



YOGA- A Divine Practice