



### Principal's message

मनःप्रशमनोपायो योग इत्यभिधीयते॥

The recourse to pacify the mind is called 'Yoga'

Dear Salwanians

Yoga is an invaluable gift of ancient Indian tradition that has a deep holistic approach to integrate human personalities. Practicing Yoga not only binds the 'physical and mental wellbeing' but promotes health and happiness. It also nurtures self-discipline and helps attain 'Quality of Life

The importance of Yoga as an intervention in health has been universally recognized especially now-in times of the pandemic. 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.

The school organized a week long program to acquaint you all with the varied yoga asanas and their long term health benefits. I am confident that the program must've helped you to discover the sense of oneness with yourself, the world and nature.

International Yoga Day is a reminder that we must keep our mental, emotional, spiritual and physical health before anything else and take some time out to nourish and nurture it with yoga.

I pray that you promise to embrace Yoga as a way of your life and practice it every day to enjoy sound health and wellness.

Warm wishes to you on International Yoga Day!

Smt . Priyanka Barara



## SALWAN PUBLIC SCHOOL RAJENDRA NAGAR

*Celebrates Health Through Yoga from 14 june to 21  
june 2021*

### Themes



**Growth  
&  
Immunity**



**Diabetes**



**Obesity**



**Migraine  
&  
Spondylosis**



**Relaxation**



# YOGA AT SALWAN

Vrikshasana



Bhujangasana



Trikonasana



Kursiasana



The seven days leading to the much awaited International Yoga Day were filled with sharing, learning and collaborating to make a well-informed shift to a healthy lifestyle. The Physical Education Department initiated five days of active yoga training and sixth day learning through quiz for the students and their families. The guided sessions that included performing asanas and imparting knowledge about their benefits, were conducted for students as well as their families. These sessions helped the participants to learn while doing and feel the difference these exercises made to their bodies. Some parents, in their feedbacks also made a resolution to make yoga an integral part of their daily routine. This initiative aimed at encouraging one and all to lead a healthy life and enhance their immunity with healthy practices because however clichéd it may sound health is the greatest wealth. This fact has been further reinforced during the current pandemic.

The celebration ended with the appreciation of the most participative families and the regular participants by awarding them e-certificates.



Pranayama



Anulom Vilom



Meditation



Chakrasana



# HAPPY PARENTS !!

Recently, my son Guraansh Singh and I attended 5 days of online yoga session organized by the School for students and their families to celebrate Yoga week. I must say, honestly, that they delivered rewarding experience. I loved all the sessions .The content of all the sessions was so well planned and organized . The instructors are experts in the field and were very corporative. We learnt different Yoga asanas through modules meticulously designed by the team. We not only gained the practical knowledge of physical well being but the mental well being also. I am grateful and want to extend my gratitude to the entire Physical Education team of the school for organizing such a fruitful event.

Regards

Dr.Pawandeep Kaur

M/O Guraansh Singh 6th B

It is really a nice initiative by Salwan Public School to organize the yoga sessions throughout the week and keeping everyone fit and healthy during this pandemic. Along with the children even my parents were also enjoying it a lot. We look forward to such more events.

Thanks,

Sheetal (M/O Nayesha Chawla 7B)

## Message from Physical Education Department

Only a healthy body can house a healthy mind and both of these are together possible with yoga. On the occasion of International Yoga Day, we wish that you learn and practice this wonderful way of living for a healthier life. Warm wishes to you on this special day.



We got an opportunity to participate in the 'International Yoga Week' organized by the school. The sessions were well conducted and were found beneficial both mentally and physically. It learning experience is helping us in managing stress & anxiety due to the pandemic.

The sessions improved our flexibility, sleep quality and increased our body strength.

We planned to make Yoga, especially, PRANAYAM & SURYA NAMASKAR, a routine in our lives due to the visible benefits it provided us during these Yoga sessions.

Parents of Avika Jain (class 1-E)

It was a wonderful experience to have the Yoga sessions organized by the school. Instructions and explanations about every Yoga posture were self-explanatory. My son and I enjoyed the Yoga sessions thoroughly.

Parents of Tanay Bagga  
KG B



## HAPPY PARENTS !!

The Yoga sessions were really good. Sessions were informative and were organized in an excellent way. Please organize them on a regular basis for kids. After these sessions my child has been more active these days.

Thank you!!

Parents of Dhairya Jain  
KG C



Keshav is really enjoying doing Yoga these days. The coordination between the compere and the yoga teacher was excellent. The information given by you about various asanas was commendable. He would eagerly wait for the invites which you would send in the evening. Looking forward for more such yoga sessions by Salwan School to boost the immunity of the kids as well as parents. An applause for the whole team. You teachers are amazing !

Parents of Keshav Kathuria  
IV-D



Based on the observations made during the sessions of the Yoga Week Celebration, the regular, enthusiastic and well instructed participants were short-listed. We really appreciate their dedication towards Yoga to enhance their health.



**Kashvi Thapar- VB**

**Yug Patney - IX B**

**Family**

**Avika Jain- I E**

**Nayasha - VII B**

**QUIZ WINNERS**

**Daksha Singh- III A**

**Ashmeet Singh- VI B**



**Tanushka Buddhiraja-IV D**

**Riddhima - VII E**

**Family**

**Qiana- II E**

**Darsheesh - VI D**

**QUIZ WINNERS**

**Advay Aradhya-III D**

**Shaurya Tanwar- VII A**



**Navya Pandey-II C**

**Taranshpreet- VIII B**

**Family**

**Myra Choudhary- KG C**

**Krishang- VII D**

**Soumil - VII E**

**QUIZ WINNERS**

**Saikrit Singh- V A**

**Ridhima Manchanda- VII E**