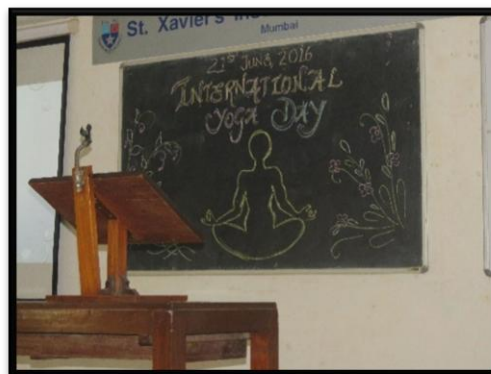


INTERNATIONAL YOGA DAY

When you own your breath, nobody can steal your peace. And to own it one needs to have control over it in every situation and environment. This can be achieved with ease with yoga. Thus, on 21st June 2016 we celebrate International Yoga Day. The second year B.Ed students of St. Xavier's Institute of Education also celebrated this day with participation and also benefited from Yoga. The day began with yoga so as to refresh oneself and have a fruitful day ahead.



The event was organized so that every individual knows the amazing health benefits of yoga and reduce health problems. It also helps in spreading peace and promote good mental and physical health. The morning Assembly was conducted with the theme of yoga. Starting the Assembly with a prayer for meditation in yoga was like creating the atmosphere of harmony with mind and body. After the prayer, the students presented a small role play of two scenes along with a video showing importance of yoga and its benefits.

The assembly was followed by one-hour yoga capsule for all the student's, teachers and staff, it was the blend of simple minor exercises along with some stretches along with five Suryanamaskara, followed by Pranayama and at the end it was concluded with relaxation or Shavasana. Standing Asanas - Taad Asana (upward stretch), Ardha chakra Asana (half wheel), padahastha Asana (hand to toes), Gaj Asana, Ardha chakra Asana. Five suryanamaskara, chakki chalan with lying down postures with Ardh and Purna Pawanmukta asana and at the end shavasana with prayanama like bhramari and Anulom vilom Asana. In the end, it was concluded by singing National Anthem.

Through this celebration of Yoga Day, the students realized its importance and most essential the benefits of Yoga.

