



MANAS VALLEY ACADEMY

Affiliation No. 230107, School Code: 30098
P.O- Simlaguri, Dist. – Baksa (Assam), 781313

Report on Observation of 2nd International Day of Yoga on 21st June 2016.



On 21st June 2016, when millions of people across the globe gathered at different places to mark the International Yoga Day, Manas Valley Academy of Baksa (Assam) also became a part of this momentous occasion of worldwide celebration of the 2nd International Yoga Day by organizing a mass yoga demonstration in the school campus.

In response to the call of our respected Prime Minister of India, Mr. Narendra Modi and following the CBSE directive, our school organized a mass yoga demonstration for all students of classes VI to X and the teaching staff on 21st June, 2016. This day was celebrated with great enthusiasm and zeal to bring peace, harmony, happiness, success to each and every member of the MVA (Manas Valley Academy) family.

The yoga session organized on 21st June was of two hours (8.30 am-10.30am). Trained yoga teachers of Patanjali Yog Samiti, Barpeta Road were invited by the school management to guide the students and to teach them various 'asanas' and 'pranayamas' correctly without any flaws and also to explain to them their significances. Before the main event, practice sessions were held to train the students beforehand.

The yoga demonstration on 21st June saw a participation of more than 300 enthusiasts including students, teachers and office staffs too. The students of classes VI-X along with their teachers performed yoga under the guidance and direction of the trainers of Patanjali Yog Samiti. The program started with the chanting 'OM'. Different Yoga postures like- *uttasana, vrksasana, trikonasana, sirsasana, dhanurasana, balasana, baddha konasana, padangusthasana, chakrasana, savasana, sukhasana, pada sanchalan, datta mudra, surya pranam etc.* The students were also enlightened with the significance of the practice of different '*asanas*'. The program ended with '*pranayam*' and with oath taking or '*sankalp*' by the students. Prayers were also chanted after the program.

This was a great opportunity to imbibe the value of discipline. The children came to know how yoga embodies unity of mind and body. The students were made to realize that yoga is a mental, physical and spiritual practice that needs to be made a part of life and practiced every day. The students were also told about how yoga helps people in their bad situations themselves by getting relief from stress, how it protects unhealthy practices and promotes and respects the good practices to make health better and how it lets people know the ways to develop good health and healthy life style to completely enjoy the highest standard of physical and mental health.

Deepest gratitude and heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity to be a part this spectacular event by celebrating the International Yoga Day in the school.

The school is also thankful to CBSE for initiating this under them.

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