

AGDAV Public marks **yoga day** with asanas and meditation

GLOBAL CELEBRATIONS Instructors say yoga cures diseases, gives a sense of well-being

HT Correspondent

NEW DELHI: The idea of International Yoga Day was proposed by Prime Minister Narendra Modi with an objective to follow a practice which not only connects body, mind and soul but also helps one to discover a sense of oneness with oneself, the world and nature.

Modi's main aim is to strengthen the global coordination among people through yoga. The practice of yoga was declining day-by-day in a hectic environment but at Arvind Gupta DAV Centenary Public School, Model Town, yoga has been a part of the curriculum since inception.

Under the guidance of yoga instructors, Puneet Shukla and Sushma, International Yoga Day was observed at Arvind Gupta DAV Centenary Public School. The day started with an asana session followed by pranayama and meditation that helped the staff, students and parents to learn yoga. This was followed by asanas like Bhadrasana, Vrikshasana, Ardchakrasana and Tadasana to bring about holistic approach to health and well-being. During the course of yoga, the teacher also described the usefulness of different asanas in curing diseases and in overall



■ Instructors Puneet Shukla and Sushma demonstrated yoga exercises before the students

wellbeing. Shukla said yoga is a therapy which helps in getting rid of illnesses slowly if practised on a regular basis. It makes positive changes to the internal body and regularises the functioning of organs. The physical and mental health benefits of yoga were highlighted on the occa-

sion. Finding a little time every day to do yoga will keep us healthy and happy.

The day concluded with an oath by participants that they will continue to practise yoga for keeping their body and mind in healthy, stress-free and cheerful condition.

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