

# For healthy mind and body

Indian School Bahrain celebrates International Yoga Day in association with Indian Embassy



Indian Ambassador Srivastava joins teachers and students in the programme

TDT | Manama

**W**ith the theme 'Yoga for Humanity', the International Yoga Day was observed in the Indian School Bahrain (ISB) in association with the Indian Embassy on Tuesday.

One of the highlights this year was 'The Guardian Ring', which underlined 'One Sun, One Earth' concept and showcased the unifying power of yoga.

In line with this year's theme of 'Yoga for Humanity', the programme showcased students of different nationalities coming together to celebrate Yoga Day at the Jashnmal Auditorium in Isa Town.

Indian Ambassador Piyush



Srivastava attended the programme.

"Yoga is a way of living that aims towards a healthy mind in a healthy body," the Ambassador

**“Yoga is a way of living that aims towards a healthy mind in a healthy body.”**

- PIYUSH SRIVASTAVA, INDIAN AMBASSADOR

said.

Indian Embassy Second Secretary Ravi Kumar Jain, ISB Physical Education teachers and around 250 students also attended the Yoga Day celebrations held under the patronage of the Embassy.



Various yoga postures, which are helpful in healing the body and the mind, were performed. The participants were introduced to Yogasanas, Pranayama, and Meditation.

of yoga, ISB Hon. Chairman Prince S Natarajan said in a message: "These yoga poses if practised with consistency will improve the child's wellness and help them in achieving physical, mental and spiritual stability."

"Yoga is a treasure that has been inherited and must now be imparted for the benefit and welfare of future generations to come," said ISB Hon. Secretary Saji Antony.

"Yoga brings together mind, body and breath to produce perfect balance within us. In today's rushed lifestyle, yoga can be the perfect addition to school curriculum as it can help children keep their minds calm and grow holistically," said Principal VR Palaniswamy.

## Teaching physical, mental and spiritual prowess at New Millennium School



The students are introduced to the ancient practice of yoga to maintain physical and mental well-being

TDT | Manama

**N**ew Millennium School, Bahrain celebrated International Yoga Day with ardour yesterday.

The International Yoga Day was observed to raise cognizance about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.

The Second Secretary, Mr Ravi Shankar Shukla, from the Embassy of India graced the occasion. He, in his address, motivated the students on maintaining physical and mental well-being.

The students, staff along with the Principal and the Honourable Guest, participated in the live Yoga Day activities and performed different asanas like Katichakra asan, Tadasan, Vrik-



shasan, ardh asan, Kapalbhati, Nadi Sodhan, and meditation organised by the Embassy of India, Kingdom of Bahrain.

Throughout the day, an abundance of activities were conducted for the students during their classes as well as PE/ Games Periods.

The school Principal, Mr Arun Kumar Sharma, addressing the students remarked that

yoga can help students in developing their overall personality as it recharges the body with cosmic energy thus promoting the self-healing process.

Chairman, Dr Ravi Pillai, and Managing Director, Ms Geetha Pillai, appreciated the staff and students for participating in such enlightening sessions and emphasised on practising the Yoga asanas for a healthy life ahead.

## New Horizon School students take part in session for fun, stress relief and peace of mind

TDT | Manama

**T**he New Horizon School, along with other Indian Schools of the island under the patronage of the Embassy of India, celebrated the 8th International Yoga Day.

As part of 75th Amrit Mahaotsav celebration, all the Indian Schools in Bahrain organised a yoga session yesterday at 6:20 a.m.

Around 55 students of NHS participated in this event, which was headed by the very famous yoga instructor in Bahrain, Ms Antara Banikya.

The students were trained well in advance, under her guidance and attended the final session.

They were taught breathing exercises and its importance and benefits were shared with the students. Various Asanas of yoga were practised with the students to relieve them from stress and have a peaceful mind.

Vice Principal, Mrs Vandana Sateesh, teachers and the Indian Embassy officials also joined the session.

The students enjoyed every bit of the session and have definitely benefited physically, mentally and emotionally.

The students realised the importance of yoga and understood that it should be part of their daily life to have a sound mind in a sound body.



The students benefit physically, mentally and emotionally from the yoga session