



ARMY PUBLIC SCHOOL, AHMEDNAGAR INTERNATIONAL DAY OF YOGA -2023

*"We live in a world that is divided, in a world of material gains.
A world in conflict over failures to understand each other.
How should we understand each other if we do not understand ourselves?"*

The draft resolution establishing the **International Day of Yoga** was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the **69th session of the General Assembly**, in which he said: *"Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and nature."*

The **9th International Day of Yoga** was celebrated by APS, Ahmednagar with great zeal and enthusiasm. As the theme for 2023 says **"Yoga for Vasudhaiva Kutumbakam,"** effectively encapsulating our collective aspiration for **'One Earth, One Family, and One Future.'**, APS, Ahmednagar was fortunate enough to carry out yogic activities at both the premises, **Senior and Junior Wing** and at **two prominent sites in Ahmednagar.**

APS STUDENTS AT SENIOR WING:

There were about **2500 students and teachers** who were a part of the celebration, along with the administrative and ancillary staff. The celebration was held at **APS, Ahmednagar Ground.** The event started at **07:45 AM** and concluded at **09:00AM.** The celebration began with a brief introduction to yoga, its benefits, and its relevance in our lives. A certified yoga instructor, **Mrs. Shilpa Balwe**, was the resource person and guest of honour for the event. She, being the founder and pioneer of B'Fit Yoga and Aerobics classes who has over 14 years of experience practicing and teaching yoga, commenced the session with **Omkar chanting** followed by various **asanas and pranayama.** The participants were guided through a series of yoga asanas (postures), emphasizing proper alignment and breathing techniques. Students and teachers actively engage in performing various asanas, including **Surya Namaskar (Sun Salutation), Padmasana (Lotus Pose), and Vrikshasana (Tree Pose),** among others.

Warm-up exercises were done and all the students performed **sitting, standing and lying asanas** with vigour and excitement. The benefits of the postures were narrated as the children performed following the given instructions. Varied points like the importance of meditation and pranayama in day-to-day life to keep one **mentally, physically and physiologically healthy** were highlighted.

Following the asana session, a **meditation session** was conducted by **Mrs. Kirti Dhopavkar**, who is a sports teacher at the school, to **promote relaxation and mindfulness.** The participants were guided through different breathing exercises, such as **Anulom Vilom (Alternate Nostril Breathing) and Kapalabhati (Skull Shining Breath).** The tranquil atmosphere helped everyone experience a sense of calm and inner peace.

The Principal, Vice Principal and staff of APS, Ahmednagar joined the students to encourage them. The students, too, showed the utmost dedication and interest towards the activity and displayed various yogic feats which filled the event with fun.

The Principal, Mrs Nutan Mishra, addressed the students, motivated and apprised them with the **significance of yoga in daily routine.**



APS SENIOR WING STUDENTS AT SALAMAT KHAN TOMB [SKT]

There were about **90 students and 5 teachers** who were a part of the Yoga Day Celebration at one of the most exemplary locations with **cultural heritage and history**. This monument is the tomb of Salabat Khan II; the minister of Muethaza I, the latter himself, was a builder of note. This tomb is an excellent example of Nizam Shahi architecture, which indicates a departure from the usual single chambered square type of tomb. The tomb is locally known as **Chand-bibi-ka-mahal** and it is located on a small hill and commands a view of the surrounding countryside.

The celebration commenced with a brief introduction to the **history and cultural importance of the Salamat Khan Tomb**. The students were also enlightened on the importance of yoga and inspired by **the Sports Department** to make yoga a part of their lifestyle. The event started at **08:30AM** and concluded at **09:30AM**.

It was an **enthralling experience** for the members to perform yoga in the **ambience of historical importance** and they also utilized the vast area to make **G20 formation through the yogic postures** depicting the oneness, harmony, dignity, and accountability as per the theme of this year.





APS STUDENTS AT JUNIOR WING:

There were about **1100 students and teachers** who were a part of the Yoga Day celebration. All Faculties, Staff and children of APS PRIMARY WING were taught the importance of Yoga in their life by the sports teachers demonstrating various postures & they also elaborated right ways to maintain the harmony between body and mind. Students and teachers actively engaged themselves in performing various asanas, including Surya Namaskar (Sun Salutation), Padmasana (Lotus Pose), and Vrikshasana (Tree Pose). Warm up exercises were taken by **Ms Sheetal Wagh** and different asanas were conducted by **Ms Sujata Sabban**. International Yoga Day serves as a reminder of the power of yoga in reducing stress, improving flexibility, and enhancing overall fitness.



APS JUNIOR WING STUDENTS AT TANK MUSEUM:

The event at the **Tank Museum with 117 students** began with a brief introduction on Yoga Day by **Mr. Kishore Bhandari** from sports department and by welcoming all the enthusiastic students of APS Primary Wing learning various Yoga asanas. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas. Importance of these asanas was also explained simultaneously. The celebration concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.





The Yoga Day celebration in our school was a **resounding success**, fostering physical fitness, mental well-being, and unity among the students, teachers, and staff members. It was an energetic and healthy day for APS, Ahmednagar as the school celebrated the **International Day of Yoga** with great **fervor**. The school is indeed grateful for the opportunity provided by CBSE and the constant support by **CHQ** and the **ACC&S unit**. As we continue **prioritizing health and well-being at APS, Ahmednagar**, such events prove to be beneficial for the students to understand the role of exercise in maintaining a healthy lifestyle. Through this celebration, our school not only marked International Yoga Day but also created an environment where students can embrace yoga as a lifelong practice for overall wellness.