



Yoga for self and society

Excelsior
Ever upward

INTERNATIONAL
yoga
day



JULY - 2024

*Harnessing Inner Transformation
Through Yoga!*

International Yoga Day integrates the harmony of mind and body, the balance between thought and action, offering a holistic approach to health and well-being that brings peace to our lives.

The Editor's Notebook...

As we roll out our mats and stretch into our celebration, let us take a moment to talk about why Yoga is such a big deal, not just for us, but for our community.

Yoga is more than a series of poses. It is a journey into better health, clearer minds, and a more peaceful spirit. When we practice Yoga, we step towards a healthier and happier version of ourselves. Whether a student balancing studies and play, a teacher guiding young minds, or a parent juggling countless responsibilities, Yoga offers something for all of us. At Excel Public School, we believe in nurturing a holistic sense of well-being by providing physical exercise and encouraging a journey towards a balanced and harmonious life.

Here is the magic of Yoga – it does not stop with us. When we each commit to our well-being, it ripples out to those around us. That turns individual efforts into collective harmony.

Today's celebration is about more than poses and breathing exercises. It is about coming together as a school community – students, teachers, and parents – to embrace a practice that benefits us all. By participating in Yoga, we say yes to a healthier lifestyle and a more connected community.

A big shout out to everyone who has helped to put this event together, and to all of you for joining us.

Remember, practising Yoga does not end when we roll up our mats. Let us carry its benefits into our daily lives, making Excel Public School a place of wellness and unity.

Stretch, breathe, and read through a day that was filled with harmony and positivity!



Regards,
Ms. SR Veena



From the Desk of the Principal



Yoga is more than just physical exercise; it is a journey of self-discovery and inner peace. Whether it's improving fitness, reducing stress, or finding inner tranquillity, Yoga provides a path to overall well-being. For the student community, Yoga is especially beneficial. It helps improve concentration and focus, which are crucial for academic success. Yoga also teaches stress management techniques, promoting mental well-being and resilience in the face of challenges. Additionally, regular practice enhances physical health, leading to better posture, flexibility, and overall fitness.

This year's theme, 'Yoga for Self and Society', reminds us that Yoga is more than just a personal practice; it is a path to creating a harmonious and balanced community. By improving our physical, mental, and emotional well-being, we are better equipped to contribute positively to the society. Yoga fosters compassion, empathy, and mindfulness, qualities that strengthen our connections with others and enhance our collective well-being.

Let us embrace yoga's wisdom for a healthier and balanced life.

Mr. Mathew K G
Principal

Sangachhadhwam samvadadhvam
Samvomanaansijaanataam.
Devaa bhaagam yathaa poorve
Sam janaanaa upaasate.



May we march forward with a common goal. May we be open-minded and work together in harmony. May we share our thoughts for integrated wisdom. May we follow the example of our ancestors who achieved higher goals by being united.



Embracing the Wisdom of Yoga

Insights from Our Chief Guest:



Good Morning!

I'm grateful for the opportunity to speak about Yoga, a cornerstone of Indian culture, on this International Yoga Day. I invite you to join me in exploring Yoga briefly yet holistically.

In our demanding modern world, where unhealthy distractions abound, our energy often gets drained, leading to inner chaos. Neglecting to balance life's aspects results in disintegration, greed, aggression, and confusion. Despite material wealth, inner poverty persists, reflecting in societal conflicts and disorder. As the well-known universal law states, "the outside world is a reflection of our inner world."

This issue is largely psychological. Over the past century, science and technology have advanced significantly in solving physical and economic problems. However, as Isaac Asimov noted, "The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom." Modern psychology focuses on behaviour, but there is a need to delve into the essence of our being.

Yoga resolves this disintegration, emphasising the integration of body, mind, and spirit. Patanjali's 'Ashtanga Yoga Sutras' outlines an eight-limbed path guiding us towards this integration through ethical disciplines, postures, breath control, and meditation.

The eight limbs of Ashtanga Yoga are:

- Yama (Ethical Disciplines): Non-violence, truth, non-stealing, continence, and non-possessiveness.
- Niyama (Rules of Conduct): Purity, contentment, austerity, self-study, and dedication to a higher power.
- Asanas: Physical postures that promote strength, flexibility, and mental clarity.
- Pranayama: Breath control that purifies the body and mind.
- Pratyahara (Withdrawal of Senses): Turning inward to focus on the self.
- Dharana (Concentration): Focused attention.
- Dhyana (Meditation): Deep contemplation.
- Samadhi (Enlightenment): Union with the divine.

Incorporating Yoga into daily life includes practising asanas, pranayama, and chanting mantras, all while maintaining a diet of sattvic food and focussing on mental purification. A Yogi conquers the body and mind, making them fit vessels for the spirit, by adhering to these principles.

Yoga doesn't require renouncing action; instead, it involves dedicating the fruits of actions to a higher purpose. I hope this brief overview inspires you to explore and embrace Yoga in your lives.

May God bless you all.

Sri B V Nandishwara

Loving Life, Beyond Compare

Articles by Students:

Yoga is an ancient practice aiming to provide multiple benefits to the body and the mind. Every year, on the 21st of June, we observe International Yoga Day. The day is celebrated in our school with various yoga asanas and pranayama. We gathered in the school grounds early in the morning to practice yoga. Our campus was filled with silence, peace and calmness. Yoga helped us start our day with a fresh mind, positive feelings and serenity. The day was pleasant, as it began with Yoga.



**Bhoomi Rajesh
Tavakari**
(Class 11B)



Avantika Manoj
(Class 8A)

I was ecstatic in the morning because it was Yoga Day! The minute I leaped off the bus, I raced up the stairs, put down my bag and went to the ground with my friends. The speech by Mr. B V Nandishwara left me tongue-tied in wonder. Then, with our Yoga instructor Ms. Shilpashree, we enjoyed the silence and peace, the Yoga routine gave us. After a delectable breakfast, I can affirm that it was the best Yoga day celebration ever and I am looking forward to such programmes on such occasion in future also.



Yoga Day

Under skies of dawn's embrace

We gather in a sacred space.

With breath and pose, our spirits sway

In unity, we find our way.

Through gentle flows, in stillness deep

We wake the strength that lies asleep.

On mats of peace, we bend and blend

In Yoga's light, our hearts ascend.



Shreya Charan
(Class 7E)

Yoga

Rise and shine, you sleepy soul,

Time to wake and meet your goal.

Begin your day with salutations to the Sun,

Let your body stay fit and a strong one.

Keeps you fresh and calm,

Brings out glow and charm.

Retrieves your energy back,

Keeping the health on track.

Head to toes, bend your body in a row,

Keeps you flexible, like a bow.

Inhale... Exhale... Bestows you hale and hearty,

Yoga is not just a word, but a strong sword.



Anveeksha Nayak
(Class 7D)





You Owe Good Awareness

Sun in the sky,
Set your goals high.
Find some time,
Let Yoga be a joy.
A wonderful stretch,
Just an art of breath.
Brings blissful peace,
With me and myself.
Live life to the full,
Do Yoga, connect your
Mind, Body and Soul.



Belli S V
(Class 7G)

Our Yoga Day

On 21st Friday,
It was Yoga Day.
I came by the bus,
There was a lot of fuss.
Everyone gathered at the ground,
There was a lot of sound to be found.
All of us spread our Yoga mat,
For meditation, we sat.
Asanas were performed,
Yoga, it strengthened our bond.
Soon in the end,
We finished our event.



Sourabh Jayakumar Gowda
Saanvika P
Siddhanth Srinivasan
Gowri Harsha Hegde
(Class 7C)

Yoga's Grace

In peaceful breath, bodies align,

Yoga's grace, a sacred shine!

Stretch and free, find your peace,

Release your tension, let worries cease!

In the downward cat or lotus pose,

Connect mind and body, find repose!

Through each movement, follow the flow,

Yoga's gift, a special glow!

Release the stillness, let go of strife,

In the practice of Yoga, find new life!

In peaceful breath, bodies align,

Yoga's grace, a sacred shine!



Taneeksha L

(Class 7C)

Yoga Day

We got up early, came to school,

Spread the beautiful mats.

Had some nice stretches,

And the Pranayama.

The camel pose was so tough,

That I was having huffs.

The Shavasana was so relieving,

I almost had dreamed.

Then we came in groups,

And had a feast of food.



Vishnu Prashanth

(Class 6A)



Yoga in a Nutshell

On Yoga day, we all shall bend,
Our limbs, our minds, all with our friends.
 In tights and mats, we find our Zen,
 While cos-playing like Mahayogis then.
The camel pose seems so fine,
Until it hurts and then we whine.
 With poses named like 'bird' and 'tree',
 We balance there so awkwardly.
The peaceful breath, the 'Om' we sing,
While hoping not to pull a thing.
 While lying down, we fall asleep,
 I'm sure we've counted a thousand sheep.
Our teacher smiles, so calm, serene,
While we collapse—hat does this mean?
 But all the sweat and all the grunts,
 Make up for the breakfast stunts.
So here's to Yoga, laughs and all,
We rise, we stretch and sometimes fall.
 On Yoga day we twist and play,
 Namaste and enjoy your day!



Hiranmayi Pudipeddi
(Class 6A)



Reflections:

Starting the day bright and early for our school's Yoga Day celebration was a refreshing experience. The calm atmosphere and doing Yoga together made me feel fresh. Doing asanas and breathing exercises made us feel wonderful and active. The event was successful and very well organised. I enjoyed it.



Adwitha MD
(Class 7B)



International Yoga Day at Excel Public School was a cherished occasion where the entire school community celebrated the ancient art of Yoga. This day, 21st June 2024, is a witness to our commitment to holistic well-being and the importance of physical and mental fitness in education. The day began with a collective Yoga session led by our experienced instructor Ms. Shilpashree, who guided all students, teachers and parents, through a series of asanas and pranayama. This year, I got the opportunity to demonstrate the asanas. The environment was filled with harmony and peaceful vibes that helped everyone to be calm and connect with their inner selves.



Suhani Hegde
(Class 7E)



Yoga Day in Excel Public School was celebrated gracefully and peacefully. The whole school, including some of the parents, assembled on our school grounds with their Yoga mats. The school prayer and the meditation time had begun. All the students were still and kept quiet. Later, our Principal Mathew Sir, Administrative Officer Col. Chetan, Prashanth Sir and Ms. Gubain Mathew and our Chief Guest for the day, Sri B V Nandishwara Sir, took their seat on the stage. Nandishwara Sir gave an authentic speech about Yoga which enlightened us with the knowledge of Yoga. It also motivated and inspired us to practice Yoga. As soon as the speech was over the programme began. All the attendees were doing the Yoga postures, under the guidance of the student Yoga leaders and Ms. Shilpashree, our Yoga instructor. Eventually, the programme came to an end. Our Principal Sir rendered the Vote of Thanks speech, thereby concluding the beautiful event.



Vibha P Ravindra
(Class 7D)



Our Yoga Day celebration was fantastic. We reached school by 6:45 am and we could see beautiful birds flying around chirping. We could also see dew drops on leaves. Together, it was a lovely display of nature's beauty on our campus in the morning, which we cannot express in just a few words. Our Chief Guest, Sri B V Nandishwara Sir shared his insightful thoughts about Yoga, in a very brief, but a way in which it will stay in our hearts embedded for years to go. We then performed a few Yoga asanas under the guidance of our Yoga instructor Ms. Shipashree. In this programme, we learned that Yoga is not only a form of physical exercise but also an exercise for mental health, helping us to be fit and connecting us with our eternal consciousness and bliss.



Siddhant Srinivasan
(Class 7C)

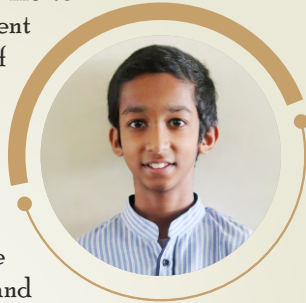


It all started on a peaceful morning when we reached school early. We assembled on the ground, where we all spread hundreds of colourful Yoga mats across the ground filling the brown sand with vibrant colours. The honourable Chief Guest spoke a few truly knowledgeable words about India's culture of Yoga, asanas, breathing techniques and more. Then we all got into the main event of the wonderful day. We started with a few warm-up stretches to asanas and then to breathing techniques, all led by our brilliant Yoga teacher. Not only students but also the teachers including our esteemed Principal participated in this blissful Yoga session. It was an awesome experience for everybody at school. I am sure we all were able to connect with ourselves in this process.



Riya Suresh
(Class 8C)

It was a great experience to be in school early in the morning to do Yoga. It was nice to see everybody on the ground with their Yoga mats ready to do Yoga. The speech on Yoga by the Chief Guest motivated me to practice Yoga seriously. It also taught me different types of Yoga. I also learned the importance of Yoga to our body health and physical strength. While doing the Yoga poses, our instructor also told us which body part benefits from each of the poses. Some of the Yoga poses were challenging for me to physically do, but I managed. It felt nice when the sun heated me after a cool breeze. The Yoga day was kind of a mixed feeling of liking and disliking a few things. In conclusion, the Yoga day was a new experience for me and I will try to do more Yoga every day.



Arjun L Hari
(Class 8F)



Finding the Perfect Balance...

From the Columns of the Teachers Yoga with Young Hearts

In Excel Public School, the children gathered,
On a bright morning, where joy mattered.
Yoga mats unfurled, beneath the open sky,
With hearts so light, they aimed to fly high.

Sunlight kissed the earth, a golden embrace,
As little ones assembled, in a serene space.
Inhale, exhale, a rhythm so pure,
With every breath, their spirits would endure.

Tiny hands stretched up, reaching for the sun,
In playful poses, the day had begun.
Tree pose, mountain, and the gentle child's rest,
Each movement flowed, as they did their best.

Giggling through asanas, they found the peace,
In this moment of calm, a sweet release.
The teacher's voice, a soothing guide,
Led them through the practice, side by side.

Butterflies fluttered by, nature's own delight,
Joining in the magic, on this special site.
Beneath the blue canvas, dreams took flight,
In every stretch and bend, a pure light.

As the session closed, a collective sigh,
Echoed gratitude, under the sky.
Namaste whispered, in a circle they stood,
In unity and peace, life felt so good.

Excel Public School, a memory etched clear,
Of Yoga and children, with hearts sincere.
A day of harmony, where minds found calm,
In every pose and breath, a healing balm.



Mr. Gideon Mathew
Music Teacher

Yoga at Dawn: A Celebration at Excel Public School

In the dawn's embrace, a tranquil start,
Mats unroll, like a work of art.
Underneath the sky, so vast and blue,
We gather with hearts, pure and true.

With a gentle nod, the instructor begins,
A serene voice, where calmness spins.
Vrikshasana calls, the tree we become,
Balancing gracefully, under the sun.

Butterfly pose, we flutter and bend,
In harmony with nature, we transcend.
Deep breaths flow, in and out,
With every pose, we conquer doubt.

Sun Salutations, we greet the day,
With energy and light, we find our way.
Stretching high, then bending low,
In this sacred space, our spirits grow.

Shavasana follows a moment to rest,
Hearts are light, and minds are blessed.
In the stillness, we feel the grace,
Of a new day dawning, in this peaceful place.

As we rise, the day begins,
Filled with joy, where love wins.
Positivity blooms, in every heart,
From this Yoga day, we never part.

With mats rolled up, we walk away,
Carrying peace, throughout the day.
In each breath, a touch of grace,
From the Yoga mat to life's embrace.

At Excel Public School, we find our way,
Embracing Yoga, every day.
In each asana, we truly see,
The path to peace and harmony.



Ms. SR Veena
English Teacher

On June 21st, our school celebrated International Yoga Day. This special day is dedicated to raising awareness about the many benefits of practising Yoga and promoting a healthy lifestyle. Our students, teachers and parents participated enthusiastically in various Yoga asanas organised on our school premises. The day was honoured by the presence of Sri B V Nandeshwara, who shared insightful facts about Yoga and its importance in our lives.

Yoga is an ancient practice that originated in India and has gained global recognition for its positive impact on the mind and body. It combines physical postures, breathing exercises, and meditation to promote overall well-being.

We encourage all students, teachers and parents to continue practising Yoga regularly to maintain a healthy and balanced lifestyle. Let us make Yoga a part of our daily routine and enjoy the positive changes it brings to our lives.



Ms. Smitha S John
English Teacher

A Day of Serenity and Positivity

I vividly remember the refreshing cool breeze on the school grounds. It energised and filled my mind with tranquility and peace when we all gathered to celebrate Yoga Day. The usual morning hustle and bustle were forgotten as we sat on the colourful Yoga mats spread on the ground. The school and a few members of the parent community looked serene. The Chief Guest, Sri B V Nandeshwara Sir, was an inspiration to us all. He spoke about the fundamental need for modern civilisation to move towards the right perception of life, which can be effortlessly achieved by practising the holistic activity of Yoga. As he rightly said, Yoga helps to make the body a fit vehicle for the sacred spirit. Our Yoga instructor, Ms. Shilpashree, with her soothing voice, guided us through a session of a few asanas and breathing practices. It was delightful to see all the dignitaries on the dais joining us in performing these rituals. As the session ended, I realised that I was calm and peaceful.



Ms. Sanjali Honmode
English Teacher

Yoga: Your Study Buddy for School Success

Juggling classes, activities, and exams? School can be a whirlwind, but what if you had a secret weapon to boost your focus, memory, and even energy levels? Enter Yoga, an ancient practice with surprising benefits for students.

Think of Yoga as more than just cool poses. It is a mind-body approach that can:

- **Level Up Your Brain:** Regular Yoga can sharpen your focus, concentration, and memory – perfect for retaining all that amazing knowledge!
- **Chill Out and Conquer Stress:** Feeling overwhelmed? Yoga's breathing exercises and meditation can help you stay calm and collected, even when deadlines loom.
- **Fuel Your Academic Journey:** Yoga poses can improve your flexibility, strength, and posture by giving you the energy you need to power through those long study sessions.

Unlock Your Potential with Yoga

The good news is that Yoga is for everyone, and students can benefit from two key aspects:

- **Be a Stellar Student:** Yoga emphasises values like respect and self-discipline, creating a positive learning environment for you and your classmates.
- **Simple Poses, Big Rewards:** Don't worry if you're new! Even basic Yoga poses can be done daily to improve your flexibility, sleep (essential for memory!), and overall well-being.

Yoga is a lifelong journey, so start small and gradually increase your practice. Let Yoga become your best study buddy for your success.



Ms. Charithra K
Computer Teacher

Reflections:

On 21 June 2024, we celebrated the International Day of Yoga splendidly. Being a newly joined teacher, I felt it was an exhilarating experience!

We began with some gentle stretches, focussing on breathing deeply and letting go of any tension. As we moved through a series of asanas, I could feel my body waking up, muscles stretching and joints loosening. The instructor guided us clearly and her calm voice made it easy for everyone to follow. The sounds of nature around us – birds singing, leaves rustling in the breeze – heightened the meditative state.

As I left the ground, I carried a newfound sense of calm and inspiration. I reflected that this was not a difficult practice to include in our daily routine. This year's celebration of International Yoga Day at EPS has opened a door to a path of healthy lifestyle and inner peace within me, and I am eager to continue exploring it.

Thank You, EPS!



Ms. Balloor Sukumar
Suchitra
English Teacher



सूर्योदय के पूर्व,
सुंदर हवा में,
करने को योग देता है
तन और मन को प्रोत्साहन।

योग शरीर का व्यायाम,
धीरे से साँस लेके
साँस छोड़ने पर मिलता है
तन को आराम।

योग है जड़त्व और अन्य रोगों से
मुक्त होने का एक सुलभ विधान,
अंत में कहना हो तो
योग है एक अनुदान।



शशांक बी एन
(कक्षा-९ एफ)

इस वर्ष मेरे स्कूल में अंतर्राष्ट्रीय योग दिवस का धूमधाम से आयोजन किया गया, जिसमें छात्र और कर्मचारी विभिन्न योग कार्यक्रम में भाग ले रहे थे। यह कार्यक्रम विशेष सभा के साथ शुरू हुआ, जिसमें योग के महत्व और स्वास्थ्य पर उसके प्रभाव के बारे में चर्चा की गयी। सभा में योग संबंधी मंत्रों का पाठ भी शामिल था। स्कूल ने योग कठिनाईयों को परिचय देने के लिए व्यवस्थित किया था। उन्होंने इस बात का ध्यान रखा कि सभी को उचित मार्गदर्शन और निर्देशन मिले। सत्र में विभिन्न योगासन, श्वास अभ्यास और शांति विधियाँ शामिल थीं, जो सभी आयु और क्षमताओं के छात्रों को ध्यान में रखते हुए किए गए थे। इसे देखकर बहुत अच्छा लगा सभी कक्षाओं और क्षमताओं के छात्र एक साथ योग का अभ्यास कर रहे थे और अपने स्वास्थ्य और तंदुरुस्ती की दिशा में एक दूसरे का समर्थन कर रहे थे। संपूर्ण रूप से मेरे स्कूल में अंतर्राष्ट्रीय योग दिवस ने सफलता प्राप्त की। मुझे इस ऐतिहासिक और प्रेरणादायक उत्सव का हिस्सा होने पर गर्व है और मैं आगामी वर्षों में योग के साथ अपनी यात्रा जारी रखूँगा।



नचिकेत डी
(कक्षा - ९ ई)

मेरे विद्यालय में ११ जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर योग सत्र का आयोजन किया गया था। वह योग सत्र एक घंटे का था। जिसमें मैंने और अन्य कक्षाओं के छात्र-छात्राओं ने योग किया था। योग सत्र की शुरुआत करने से पहले हमें योग के बारे में बताया गया था कि 'आचार्य पंतजलि' ने 'योग सूत्र' की रचना द्वारा योग को सुव्यवस्थित रूप दिया। जब हमारी बारी आई योग करने की तो पहले मैं घबरा गया कि इतने कठिन आसन मैं कैसे करूँ, फिर मैंने हिम्मत जुटाई और एक-एक कर साते आसन कर पाया। बाद में मुझे पता चला कि कुछ आसनों के करने से हमें अच्छी नींद आती है और कुछ से खाने का पाचन अच्छा होता है।

अंत में मैं यह बताना चाहता हूँ कि योग कोई मजाक नहीं है बल्कि एक ऐसी चीज है जिसको जो कोई भी प्रतिदिन करेगा, वह सदा खुश और तंदुरुस्त रहेगा।



विहान
(कक्षा - ९ सी)

अंतर्राष्ट्रीय योग दिवस २०२६ का विषय है“ स्वयं और समाज के लिए योग। ”

यह विषय योग अभ्यास के दोहरे लाभों पर जोर देता है :व्यक्तिगत कल्याण को बढ़ाना और अधिक सकारात्मक और सामंजस्यपूर्ण समाज को बढ़ावा देना।

अंतर्राष्ट्रीय योग दिवस प्रतिवर्ष २१ जून को मनाया जाता है। यह दिन उत्तरी गोलार्ध में वर्ष का सबसे लम्बा दिन होता है। योग भी मनुष्य को दीर्घायु बनाता है। ११ दिसंबर २०१६ को संयुक्त राष्ट्र के १७७ सदस्यों द्वारा २१ जून को 'अंतर्राष्ट्रीय योग दिवस'को मनाने के प्रस्ताव को मंजूरी मिली।

अंतर्राष्ट्रीय योग दिवस को मनाने के कारण

योग की खोज बहुत साल पहले भारत में ही हुई थी। तब ऋषि-मुनियों ने इसकी महत्वता को समझा था और इसका प्रसार किया था। योग करने से न केवल आपको शारीरिक रूप से शांति मिलेगी बल्कि यह आपके स्ट्रेस और घबराहट को भी कम करने में मददगार साबित होगा। योग एक प्राचीन शारीरिक ,मानसिक और आध्यात्मिक अभ्यास है। जिसकी उत्पत्ति भारत में हुई थी।' योग 'शब्द संस्कृत से लिया गया है। इसका अर्थ है जुड़ना या एकजुट होना , जो शरीर और चेतना के मिलन का प्रतीक है। आज यह विश्व भर में विभिन्न रूपों में प्रचलित है। इसकी लोकप्रियता निरन्तर बढ़ रही है।

योग के प्राचीन भारतीय अभ्यास के पीछे के दर्शन ने भारत में समाज के कामकाज के विभिन्न पहलुओं को प्रभावित किया है ,चाहे वह स्वास्थ्य और चिकित्सा या शिक्षा और कला जैसे क्षेत्रों से संबंधित हो, मानसिक ,आध्यात्मिक और शारीरिक भलाई के लिए शरीर और आत्मा के साथ मन को एकीकृत करने पर आधारित ,योग के मूल्य समुदाय के लोकाचार का एक प्रमुख हिस्सा हैं।



अविनाश जैन
हिंदी शिक्षक



योग एक प्राचीन जीवन पद्धति है। जिसे पूरे विश्व में अपनाया गया है, यह एक ऐसी प्रामाणिक व्यायाम पद्धति है जिसे करने के लिए ज्यादा साधनों की आवश्यकता भी नहीं है। पुराणों के अनुसार भगवान शंकर के बाद वैदिक ऋषि-मुनियों से ही योग का प्रारंभ हुआ था। बाद में कृष्ण, महावीर और बुद्ध ने इसे अपनी तरह से विस्तार किया। इनके पश्चात पंतजलि ने इसे सुव्यवस्थित रूप दिया। इन्होंने 'योग सूत्र' की रचना की, इसलिए महर्षि पंतजलि को 'योग का जनक' यानी पिता माना जाता है।

आजकल के बच्चे योग के महत्व के बारे में ज्यादा नहीं जानते हैं अगर हम उन्हें योग करने के लिए कहते हैं तो तुरंत कहते हैं – “योग हम से नहीं होगा” और कहते हैं कि जैसे ही तो हम रोज योग का एक आसन तो करते हैं वही शवासन। इस तरह उत्तर देते हैं, शवासन जो सभी का प्रिय आसन है। इसलिए योग के प्रति जागरूकता फैलाने के लिए पूरे विश्व में ११ जून को विश्व योग दिवस मनाया जाता है। योग के माध्यम से हम शरीर, मन और मस्तिष्क को पूर्ण रूप से स्वस्थ रख सकते हैं और नियमित रूप से इसे अभ्यास करने से स्वयं को हमेशा स्वस्थ महसूस कर सकते हैं। योग हमारे शारीरिक और मानसिक तकलीफों को दूर करने में सहायक बनकर शरीर को शक्तिशाली एवं लचीला बनाए रखने के साथ ही तनाव से भी छुटकारा दिलाता है।

योगासनों के माध्यम से हमारा पाचन-तंत्र सुचारू ढंग से काम करने लगता है इसके साथ-साथ मांसपेशियों को शक्ति प्रदान करते हुए नेत्रों की ज्योति भी बढ़ाते हैं। दिल और फेफड़ों को स्वस्थ बनाते हुए रक्त को शुद्ध करते हैं साथ ही मन में स्थिरता पैदा करते हुए संकल्प शक्ति को बढ़ाते हैं।

आजकल के बच्चे जो ज्यादातर कंप्यूटर और मोबाइल पर ज्यादा समय बिताते हैं और लोग भी लगातार आठ से दस घंटे कंप्यूटर पर काम करते हैं। वे अनेक प्रकार की बीमारियों का शिकार बन जाते हैं अथवा तनाव व थकान से ग्रस्त रहते हैं। मोबाइल और कंप्यूटर पर लगातार आँखें गड़ाए रखने से स्मृति दोष, दूर दृष्टि कमजोर पड़ना, चिड़चिड़ापन, पीठ दर्द, अनावश्यक थकान जैसे छोटी-छोटी समस्याएँ पैदा होती हैं जिससे हमारी मानसिक शांति बिगड़ जाती है। ध्यान और योग निद्रा हमें मानसिक शांति प्रदान करने में सहायक है। इस तरह योग हमें शारीरिक और मानसिक रूप से स्वस्थ रहने के लिए सहायक है। इसलिए तो कहा गया है – “करें योग रहें नीरोग।”



कालिंगराजु
हिंदी शिक्षक



ಸ್ವಯಂ ಮತ್ತು ಸಮಾಜಕ್ಕಾಗಿ ಯೋಗ

ಬೆಳಗ್ಗೆ ಬೇಗನೆ ಎದ್ದಿದ್ದರಿಂದ ಪ್ರಕೃತಿ ಮಾತೆಯ ಸೊಬಗನ್ನು ಕಣ್ತುಂಬಿಕೊಳ್ಳುವ ಪುಣ್ಯವು ನಮ್ಮದಾಯಿತು. ತಂಪಾದ ತಂಗಾಳಿ, ಆಗ ತಾನೇ ಗಗನದಂಚಿನಲ್ಲಿ ಕಿರುನಗೆಯನ್ನು ಬೀರುತ್ತಾ ಉದಯಸುತ್ತಿದ್ದ ಸೂರ್ಯ, ಭುವಿಗೆ ನೇರವಾಗಿ ಬೀಳುತ್ತಿದ್ದ ಹೊಂಗಿರಣಗಳು, ಹಕ್ಕಿಗಳ ಕಲರವವು ಯೋಗದಿನಾಚರಣೆಯನ್ನಾಚರಿಸಲು ನನ್ನನ್ನು ಮುದಗೊಳಿಸಿದವು. ಕಣ್ಣುಗಳು ತಂಪಾಗಿದ್ದವು. ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಆಗಮಿಸಿದ್ದ ಶ್ರೀಯುತ ನಂದೀಶ್ ಅವರು “ಈ ವಯಸ್ಸಿನಲ್ಲಿಯೂ ನಾನು ಆರೋಗ್ಯವಾಗಿದ್ದೇನೆ. ಯೋಗ ಮಾಡುವುದರಿಂದಲೇ ನಾನು ಇಷ್ಟು ಆರೋಗ್ಯದಿಂದ ಇರಲು ಸಾಧ್ಯವಾಗಿದೆ. ಯೋಗಶಕ್ತಿಯು ನಮ್ಮ ಮನಸ್ಸನ್ನು ಸಮತೋಲನದಲ್ಲಿ ಇರಿಸಿಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗಿದೆ. ನಿಧಾನವಾಗಿ ಹಾಗೂ ದೀರ್ಘವಾಗಿ ಉಸಿರಾಡುವುದು ರಕ್ತವನ್ನು ಶುದ್ಧವಾಗಿಸುತ್ತದೆ ಹಾಗೂ ಸ್ನಾಯುಗಳನ್ನು ಬಲಗೊಳಿಸುತ್ತದೆ. ಮನಸ್ಸು ಶುದ್ಧವಾಗಿರಬೇಕೆಂದರೆ ಯೋಗವನ್ನು ಮಾಡಬೇಕು” ಎಂದು ಹೇಳಿದ ಮಾತುಗಳು ನನ್ನನ್ನು ಪ್ರತಿನಿತ್ಯ ಯೋಗ ಮಾಡಬೇಕೆಂದು ಪ್ರೇರೇಪಿಸಿದವು.

ನಾನು ಈಗ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಮಾಡುತ್ತಿರುವುದರಿಂದ ಅನಾರೋಗ್ಯದಿಂದ ಬಳಲುತ್ತಿಲ್ಲ ಮಾತ್ರವಲ್ಲದೆ ಓದಿನ ಕಡೆಗೂ ಹೆಚ್ಚಿನ ಗಮನ ಹರಿಸಲು ಸಾಧ್ಯವಾಗುತ್ತಿದೆ. ಒಂದು ಬಗೆಯ ಹೊಸತನ ನನ್ನನ್ನು ಆವರಿಸಿದಂತಾಗಿದೆ. ಹಾಗಾಗಿ ಉತ್ತಮ ಸಮಾಜ ಹಾಗೂ ಆರೋಗ್ಯಕರ ಸಮಾಜಕ್ಕಾಗಿ ಎಲ್ಲರೂ ಯೋಗವನ್ನು ಮಾಡೋಣ.



ಸಮರ್ಥ್ ಎಲ್
(ಒಂಬತ್ತನೆಯ ತರಗತಿ
'ಎ' ವಿಭಾಗ)



ಯೋಗ: ಚಿತ್ರವೃತ್ತಿ ನಿರೋಧ:



ಪ್ರತಿ ವರ್ಷದಂತೆ ಈ ವರ್ಷವೂ ಜೂನ್ 21 ರಂದು ಅಂತರ ರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನವನ್ನು ತುಂಬಾ ಅರ್ಥಪೂರ್ಣವಾಗಿ ಮತ್ತು ಅಚ್ಚುಕಟ್ಟಾಗಿ ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಆಚರಿಸಲಾಯಿತು. ಯೋಗಾಭ್ಯಾಸವು ಸದೃಢ ದೇಹ ಮತ್ತು ಮನಸ್ಸಿನ ಆರೋಗ್ಯವನ್ನು ಹೆಚ್ಚಿಸುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಆ ಕಾರಣದಿಂದ ಶಾಲೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು, ಶಿಕ್ಷಕರು ಮತ್ತು ಪೋಷಕರು ಬಹಳ ಉತ್ಸಾಹದಿಂದ ಯೋಗಾಭ್ಯಾಸದಲ್ಲ ಭಾಗವಹಿಸಿದ್ದರು.

ಗೌರವ ಅತಿಥಿಗಳಾದ ನಂದೀಶ್ವರ ಅವರು ತಮ್ಮ ಭಾಷಣದಲ್ಲಿ 'ಯೋಗ: ಚಿತ್ರವೃತ್ತಿ ನಿರೋಧ:' ಎಂಬ ಪಠಂಜಲಯ ಅವರ ಪ್ರಸಿದ್ಧ ಸೂತ್ರದೊಂದಿಗೆ ಅಷ್ಟಾಂಗ ಯೋಗಗಳನ್ನು ವಿವರಿಸುತ್ತಾ, ದೇಹ ಮತ್ತು ಮನಸ್ಸಿನ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವಲ್ಲಿ ಅವುಗಳ ಪ್ರಾಮುಖ್ಯತೆ ಮತ್ತು ದಿನನಿತ್ಯ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವುದರಿಂದ ಆಗುವ ಪ್ರಯೋಜನಗಳನ್ನು ತಿಳಿಸಿದರು. ಮಾನ್ಯ ನಂದೀಶ್ವರ ಅವರು 80 ವರ್ಷ ವಯಸ್ಸಿನವರಾಗಿದ್ದು, ಈ ಇಳಿ ವಯಸ್ಸಿನಲ್ಲೂ ಎರಡು ಬಾರಿ ಹಿಮಾಲಯ ಪರ್ವತವನ್ನು ಹತ್ತಿದ್ದಾರೆ! ಎಂಬುದನ್ನು ಕೇಳಿ ಹೆಮ್ಮೆಯ ಭಾವವು ಮೂಡಿತು. ಆರೋಗ್ಯ, ಜೀವನಶೈಲಿ ಮತ್ತು ದಿನನಿತ್ಯ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವುದರಿಂದ ಸದೃಢ ದೇಹ ಮತ್ತು ಮನಸ್ಸುಗಳನ್ನು ಹೊಂದಬಹುದೆಂಬ ಅರಿವು ಮೂಡಿತು.

ನಂತರ ಯೋಗ ಶಿಕ್ಷಕಿಯಾದ ಶ್ರೀಮತಿ ಶಿಲ್ಪಶ್ರೀ ಅವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಕ್ರೀಡಾ ಮೈದಾನದಲ್ಲಿ ನೆರೆದಿದ್ದ ಗಣ್ಯರಾದಿಯಾಗಿ ಎಲ್ಲರೂ ವಿವಿಧ ಯೋಗಾಸನಗಳನ್ನು ಪ್ರದರ್ಶಿಸುತ್ತಿದ್ದರೆ, ಯೋಗ ಶಿಕ್ಷಕರು ಒಂದೊಂದು ಆಸನದಿಂದಾಗುವ ಅನುಕೂಲಗಳನ್ನು ತಿಳಿಸಿದರು. ಇದರಿಂದ ಯಾವುದೇ ಅನಾರೋಗ್ಯಕ್ಕೂ ಯೋಗವೇ ಮದ್ದಾಗಬಹುದಲ್ಲವೇ! ಎಂದೆನಿಸಿತು. ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಧ್ಯಾನ ಮಾಡುವುದರಿಂದ ಏಕಾಗ್ರತೆಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಬಹುದು. ಯೋಗವನ್ನು ಜೂನ್ 21ಕ್ಕೆ ಮಾತ್ರಸೀಮಿತವಾಗಿಸದೆ ಪ್ರತಿದಿನ ಮಾಡುವ ಮೂಲಕ ಆರೋಗ್ಯಕರವಾದ ಸಮಾಜವನ್ನು ಕಟ್ಟೋಣ.



ವೀಣಾ ವೈ ಸಿ

ಕನ್ನಡ ಶಿಕ್ಷಕರು

ದಿನನಿತ್ಯ ಮಾಡಿದರೆ ಯೋಗ, ಹರುಷದಿಂದಿರುವುದು ಮೋಗ

ನಮ್ಮ ಶಾಲೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಶಿಕ್ಷಕರು ಆಸೀನರಾದ ಬಗೆ, ಅವರು ಕೈಗೊಂಡ ಶಿಸ್ತು, ಸಂಯಮ, ಸಮಯಪಾಲನೆ, ಪೋಷಕ ವೃಂದದವರು ಹಾಗೂ ಶಿಕ್ಷಕರು ವಿದ್ಯಾರ್ಥಿಗಳೊಡನೆ ಕಾರ್ಯಕ್ರಮದಲ್ಲ ಭಾಗಿಯಾದ ಸುಸಂದರ್ಭವನ್ನು ಕಣ್ತುಂಬಿಕೊಳ್ಳಲು ಬಹಳ ಆನಂದವಾಯಿತು.

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಬಹಳ ಉತ್ಸಾಹದಿಂದ ಆಚರಿಸಲಾಯಿತು. ನಮ್ಮ ಶಾಲೆಯ ವಾತಾವರಣವು ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಸಾಕ್ಷಿಯಾಗಿತ್ತು. ಎಲ್ಲರ ಮುಖದಲ್ಲೂ ಮಂದಹಾಸ. ಯೋಗವನ್ನು ಕೈಗೊಂಡು ಮೈ-ಮನಗಳೆರಡೂ ಹಗುರ ಎಂದು ಭಾಸವಾಗತೊಡಗಿತು. ಪ್ರಾರ್ಥನೆಯ ನಂತರ ಯೋಗ ಶಿಕ್ಷಕರು ನೀಡುತ್ತಿದ್ದ ಸಲಹೆ ಸೂಚನೆಗಳನ್ನು ಪಾಲಿಸುತ್ತಾ ನಾವೆಲ್ಲರೂ ವಿವಿಧ ಯೋಗಾಸನಗಳನ್ನು ಉತ್ಸಾಹದಿಂದ ಮಾಡಿದೆವು.

ಯೋಗವು ನಾವು ಮತ್ತು ಪ್ರಕೃತಿಯ ಮಾತೆಯ ಜೊತೆ ಸಂಪರ್ಕವನ್ನು ಕಲ್ಪಿಸುವಂತೆ ಮಾಡಿತು. ಯೋಗವನ್ನು ನಿಯಮಿತವಾಗಿ ಅಭ್ಯಾಸ ಮಾಡುವ ಮೂಲಕ ಸ್ವಯಂ ಶಿಸ್ತು ಮತ್ತು ಸ್ವಯಂ ಅರಿವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳಬಹುದು ಎಂಬುದರ ಅರಿವಾಯಿತು. ನಾವೆಲ್ಲರೂ ಆರೋಗ್ಯಕರ ಮನಸ್ಸು ಮತ್ತು ದೇಹವನ್ನು ಪಡೆಯಲು ಯೋಗಮಾರ್ಗವನ್ನು ಅನುಸರಿಸುವ ಮೂಲಕ ಉತ್ತಮ ಸಮಾಜದ ನಿರ್ಮಾಣಕ್ಕೆ ರಾಯಭಾರಿಗಳಾಗಬೇಕು. ಮಾನವೀಯತೆಯ ಗುಣ ಹೊಂದುವ ಮೂಲಕ ಇತರರಲ್ಲೂ ಬೆಳೆಸಬೇಕು ಎಂಬುದು ನನ್ನ ಅನಿಸಿಕೆ.



ನಾಗೇಶ್ ಬಿ
ಕನ್ನಡ ಶಿಕ್ಷಕರು





Epilogue

A frantic day with looming deadlines to address, schedules to follow, and preparing and implementing the plan, we have little or no time for self-discovery. Nurturing the self becomes a fleeting luxury and a rare indulgence for us.

There is an undeniable connection between a person's overall physical and mental health and inner peace and well-being. Yoga is that elixir designed to achieve the calm within and control the turmoil.

Family, work, responsibilities, social engagements, and life where we tussle to put the jigsaw pieces together create mayhem even though we pause and stop. Yoga suspends all the fluctuations of our mind and helps us reach quietude. Thus, we live better and suffer less. The International Yoga Day celebration at Excel Public School 2024 witnessed a profound morning radiating with serenity, and bliss resonating with the synchronised yogic postures. Collectively, we promised to accept Yoga as our life.

Do Yoga and Stay Poised.

Reshmi Kali
English Teacher

A Buoyant Odyssey



*May the power of inner peace
shine in our hearts*

The pursuit of knowledge heartens profound humility. Empowered youth navigates complexities with wisdom and compassion. Let the universe nurture the youth adept at channeling knowledge into pioneering solutions and persevering wellness of self and humanity. This synergy enhances intellectual capabilities and enriches communities, leading toward a world where innovation succeeds and, individuals flourish through wisdom, wellness, respect, and appreciation.

Thank you