



EXCEL
public school

EXCELSIOR

Ever Upward

(SPECIAL EDITION)

INTERNATIONAL DAY OF YOGA

Excel Public School, Mysore commemorated the occasion of the first International Yoga Day on Junest 21 2015, in a manner that was befitting the special status of the day.



Mysore, being acknowledged as the Yoga capital was abuzz with excitement and enthusiasm that spread all through the city. Indeed, the mood in the school was akin to the fervor pervading all around.

The day dawned rather sluggishly, due to the overnight downpour of rain. It proved no dampener though, to the bright eyed participants of Class 5 -10 who shrugged off the chill of the morning and walked into the school, yoga mats snugly tucked under their arms. Energetic parents and staff of the school also made their presence felt in the open air setting that was perfect for an early morning practice of Yoga.

The reverberating strains of the chanting of 'OM' heralded the start of the programme. A brief introductory talk served as a reminder of the reason for the congregation in school on a Sunday.

Yoga is the gift that our country has bestowed upon the rest of the world, the significance of which has been acknowledged on a global platform. Yoga isn't about identifying with sadhus with matted hair, standing upon cold peaks, balanced upon one leg; nor it is about twisting one's torso into convoluted poses.

Yoga is the elixir to humanity that is currently under severe stress and disorder.

It provides truth to the statement that Health is a state of well-being of body and mind; not mere absence of disease in the body. Holistic well-being is what the future generations of this country must aspire towards.

Being a part of the macrocosm that gathered in various parts of the world in the endeavor to celebrate and preserve Yoga for generations ahead, is itself a humbling thought.

According to the protocol recommended by the Government, a 45 minute session of various asanas and pranayama was performed that concluded with the Sankalpa (pledge) and prayer for world peace.

Excelites,
congratulations on your participation in the event on the **International Day of Yoga**.

It was delightful to hear the UN has declared the 21st of June as the International Day of Yoga and we, at 'Excel Public School' extended our commitment. 'Yoga' is perhaps India's greatest contribution to human civilization after pioneering the study of the concept of 'Zero'. In the midst of the vast expanse of greenery around, our school was enveloped with tranquility and peace on the 21st of June during the observation of this epic day.

We celebrated and experienced the true independence of mind, body and spirit at EPS along with our friends from 192 countries all over the world; and were a part of a 'well-being revolution' that our own Mysuru has contributed to in a great way.

This is the land that breathes and practices yoga every morning and EPS joined in showing the world a new path that will gift the future generations an extra decade of quality human life. This special edition of Excelsior is dedicated to all those who made the First International Day of Yoga a thumping success. Let's continue to experience the sense of oneness with ourselves, the world and nature.

Mr. Mathew K G
Principal



Ms. Deepika Rao

[Resource Person and Parent]



Impact of Yoga

The frosty and drizzling morning of 21st June became quite momentous and memorable after an energizing session we spent doing some asanas of Yoga. The session made me more relaxed and it proved to be the best stress buster ever. It really helped me to increase my focus level too as I could improve my span of attention a lot. My mind has become more peaceful and happier indeed. Health which is the biggest wealth that everyone should possess can be maintained and improved a lot with the help of these asanas. Yoga also plays a major role in deciding the behavior of an individual. I would also try to tell my family and my neighbors to practice yoga everyday and spread the advantages of it to everyone around them.

Ms. Bindu P
Class 9A



Unwinding knots with Yoga

The International Yoga Day is a matter of pride for India and we at EPS had an early morning event on Sunday, performing asana and being part of it. What is Yoga?

Each time we hear the word 'Yoga', we conjure up an image in our mind. Some people think of a fakir meditating, and they believe that is yoga. Some people conjure up the image of a yogi sitting in a cave in the mountains, and they associate that with Yoga.

There are a few who go to a yoga studio and do yoga in front of full-length mirrors. They watch their bodies, observe their posture and believe yoga is something physical that brings the body into shape. There are many ideas, thoughts and images that people create in their mind which define what yoga is for them. However yoga is not any of these ideas. What then is Yoga?

In answering this question we come to the conclusion that yoga is a lifestyle. It is not a practice. It is not even a spiritual sadhana. In reality it is a lifestyle, for once you begin to live yogic principles in your life, there are chances that your perceptions, interactions, your mind, feelings, sentiments, actions and behavior will improve.

Therefore, yoga can be seen as a lifestyle – when you begin to incorporate little principles of yoga in

your daily routine, you better your daily routine. You incorporate little principles of yoga into your behavior and better your behavior; you incorporate a little bit of relaxation and concentration to manage your stresses and anxieties in life.

The moment you begin to bring yogic components into your daily routine, Yoga takes the form of a lifestyle. At Excel Public School, we believe that it is a lifestyle to regulate the behaviour of our body, mind and emotions.

Ms. Swarna Thimaiah
Teacher



In pursuit of goodness

Last year, on the 11 of December, it was announced that the 21st of June would be observed as International Yoga day. Yoga day didn't seem like that much of a deal to me. But now when I really think about it, yoga makes an important part of Indian history it really is quite disturbing that many people in India are taking it for granted. Yoga is not religious, but is a part and parcel of our great tradition and culture. Yoga is all about peace in the mind and soul and being able to control our emotion and every part of our body. Yoga is a medicine, a doctor that heals us inwardly and outwardly. People only see the several postures as yoga, but what about the mind of these people? Is it easy to do such postures? Maybe you need to be flexible but you also need a clear mind and that is what yoga is all about.

I have been going to yoga classes for a few years ago and it surprised me to see how serious everyone was over there. Whenever I went to attend those classes I would consider myself being in the 'zone'. The zone is a place surrounded with a different aura of calmness or so I thought. I never really was IN the zone, not until I learnt to let my body and soul loose, free and relaxed. When I heard that there will be an International Day of Yoga, the first thing I thought was, "will that diminish the importance of father's day or Worldmusic day?" But then I thought more about it, and I felt a huge sense of pride. "Yes!" I thought. This was exactly what we Indians needed, our yoga needed to be known more to the world. It really deserves at least 1 day of its own in a year comprising 365 days. And I hope that

everyone feels this surge of greatness mounting up their throat, strong enough for them belch out "ommmmmmmmmmm".

Ms. Samyuktha
Class-9B



ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನ

ಇಡಿ ಜಗವೇ, ಭಾರತವನ್ನು ತನ್ನತ್ತ ತಿರುಗಿ ನೋಡುವಂತೆ ಪೂರ್ವಿಕರು ಉಡುಗೊರೆಯಾಗಿ ನೀಡಿರುವಂತಹ ಯೋಗವು, ನಮ್ಮ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯ ವರ್ಧನೆಗೆ ಸಹಕಾರಿಯಾಗಿರುವುದು ಎಂಬುದರಲ್ಲಿ ಸಂದೇಹವಿಲ್ಲ. ಇದು ಪೂರ್ವಿಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ನಿರೂಪಿಸುತ್ತದೆ. ಯೋಗಾಸನವು ಭಾರತೀಯ ಜೀವನ ಶೈಲಿಯ ಒಂದು ಆರೋಗ್ಯಯುತವಾದ ಅಂಗವಾಗಿ ನೆಲೆನಿಂತು ಇಂದು ದೇಶ ವಿದೇಶಗಳಲ್ಲಿ ತನ್ನ ಪ್ರಭಾವವನ್ನು ಬೀರಿದೆ.

21 ನೇ ಜೂನ್ ವಿಶ್ವದಾದ್ಯಂತ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವಾಗಿ ಆಚರಿಸಲ್ಪಡುತ್ತಿದೆ. ನಮ್ಮ ಶಾಲೆಯು ಕೂಡ ಸಂಸ್ಕೃತಿಯ ಕನ್ನಡಿಯಾಗಿ, ಆರೋಗ್ಯದ ಮುನ್ನಡಿಯಾಗಿ, ಯೋಗದ ಪ್ರೇರಣೆಯಾಗಿ, ವಿದ್ಯಾರ್ಥಿಗಳೊಂದಿಗೆ ಒಡಗೂಡಿ ಸುಮನೋಹರವಾದ, ಶಾಂತವಾದ ಪರಿಸರದಲ್ಲಿ ಯೋಗ ದಿನವನ್ನು ಆದರಿಸಿತು.

ಆರೋಗ್ಯ ಎಂದಾಕ್ಷಣ ನಮ್ಮ ಆಲೋಚನೆಗಳೇ ಬದಲಾಗುತ್ತವೆ ಅಂತಹ ಸನ್ನಿವೇಶದಲ್ಲಿ ನಾವು ನಿಂತಿದ್ದೇವೆ. ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಜರುಗಿದ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವು ವ್ಯವಸ್ಥಿತವಾಗಿ ಹಾಗೂ ಕ್ರಮಬದ್ಧವಾಗಿ ನಡೆಯಿತು. ವಿದ್ಯಾರ್ಥಿಗಳು, ಶಿಕ್ಷಕರು ಮತ್ತು ಪೋಷಕರು ಉತ್ಸಾಹದಿಂದ ಪಾಲ್ಗೊಂಡರು. ಲಘುವಾದ ಆಸನಗಳು ನಮ್ಮೆಲ್ಲರ ಮನಸ್ಸನ್ನು ಲಘುವೆನಿಸುವಂತೆ ಮಾಡಿತು. ಆರೋಗ್ಯ ಎಂಬುದು ಮನುಷ್ಯನ ಜೀವನಾಡಿ ಅದನ್ನು ಉಳಿಸುವುದು, ಸಮಸ್ಥಿತಿಯಲಿ ಕಾಪಾಡುವುದು ನಮ್ಮ ಬಾಳಿನ ಅವಶ್ಯಕತೆ ಎಂಬುದರ ಅರಿವು ಮೂಡುವಂತಾಯಿತು.

ಶ್ರೀ. ಪ್ರಶಾಂತ್ ಎನ್
ಶಿಕ್ಷಕರು



ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿವಸ

२१ जून को योग दिवस मनाने के लिए प्रधानाचार्य, शिक्षकगण, बच्चों व अभिभावक पाठशाला के प्रांगण में एकत्रित हुए। हमारे पाठशाले के डी. एच. एम. गणेश भट व प्रशिक्षिका दीपिका जी के सहयोग से आयोजन का आरंभ हुआ। उन्होंने कई प्रकार के योगाभ्यास, प्राणायाम व उनसे होने वाले लाभ के बारे में हमें अवगत कराया। योग हमारे जीवन के लिए अत्यंत आवश्यक हैं। योग केवल हमारे स्वास्थ्य के लिए ही फायदे मन्द नहीं हैं, बल्कि यह हमारे मानसिक विकास के लिए भी लाभ दायक है, इसलिए योग को हमें अपने दैनिक दिनचर्या में अपना कर इसका लाभ उठाना चाहिए।

श्रीमति. सुमन भट
अध्यापिका



Togetherness with Yoga

I arrived a few moments before the event began and watched while staff made the final preparations frantically wiping water off the stage. A sea of students sitting on their mats in the amphitheatre impressed me. One could give many reasons for not attending. It was an early, dreary, and cold Sunday morning after all. What excuse could the school give for making such a demand of their students? But the call to arms was from a higher source, the Prime Minister himself who impressed the world (and made international news) when he practised what he preached and joined the throng of participants in Delhi.

So too with Excel Public School as Mr. Mathew took to the mat and joined the crowd of willing students. Students hadn't given excuses not to attend. The threat of rain had not kept them away. The early morning had not deterred them. They honored this special day when the world was reminded that India, and her people, has much to offer.

A special thanks to Mr. Ganesh Bhatt who performed each pose with poise and grace and Ms. Deepika Rao who led us from one moment to another, providing her own insights and experience adding depth and understanding. Their partnership was as beautiful as the scenery we observed behind them, that was the backdrop of green grass and healthy trees.

Congratulations to the gardeners as they quietly work in the background providing us, and the students' every day, with a surrounding that is beautiful and peaceful.

To all the staff and students, well done! The event was everything Prime Minister Modi would have wanted.

Dr. Colin Craggs
(Parent)



A unique experience

I was fortunate to have been a part of this celebration of INYD organised by the school in its splendid new campus. I had come to the school on that day to drop my daughter, an alumna of the school, for the event. Least did I know that it would turn out to be a nice Father's Day gift from her.

👤 Team EPS graciously welcomed me and many parents like me, to participate in the event, which I readily accepted though I wasn't prepared for it.

The event, true to EPS reputation, turned out to be a big success. Incidentally, the first ever INYD also happened to be the first event organized by the school in its new premises. What an appropriate way to begin in the new campus for a school whose philosophy is that all round development of a child is most important; that learning goes beyond books and classrooms and that a stress free atmosphere is the key to effective learning? YOGA, it is said, helps a person attain physical, mental, spiritual and social well-being and lead a stress-free life.

With Ms. Deepika highlighting the importance of Yoga and giving a step by step narration of a few simple asanas, equally matched by a live demonstration by Mr. Ganesh Bhat, we had a splendid time for an hour. With enthusiastic children around, a cloudy but clear sky above and a cool breeze all around, it was a refreshing experience.

Though not much of a man for Yoga myself, I enjoyed the event and certainly would love to be a part of any event that EPS organizes.

Thank you team EPS and All the Best!

Mr. K R Raveendra
(Parent)



👤 Awareness for wellbeing

As we assembled on Sunday, 21st June, at 7.a.m in the open air theater for the yoga session, I was awaiting to see what would unfold, as yoga was something I had never done before.

The pleasant morning, the cool breeze and the light drizzling added fervor to all the excitement I had. I was also a little nervous as I felt that I would not be able to do the asana. But as the session began, I just indulged in learning all the new postures and yoga asana. A sense of pride ran across my veins as I sat amidst the crowd, practicing yoga. During the meditation and prayer in the session, I could feel the positive energy and a refreshing, bright mood coming into me. I really felt good and happy about it. I also wish we would have more of such sessions in the days to come.



Ms. K Natasha Somayya
Class 9A



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