

Dear parents and well-wishers,

It is 7 years since India's contribution to the Good Health and Wellness sector was recognized on a global scale, when Yoga got its rightful due.

We, at Excel Public School, have always had the highest regard for holistic development of our wards, and have marked the International Day of Yoga (21st June) as a special day in the calendar year since this special observation began. Considering the unsettling turn of the previous academic year, and the pandemic continuing its stranglehold across the country, the event this year will be commemorated via the online platform.

Please join us on Monday, 21st June 2021, at 7:00 am, in the spirit of oneness and well-being for self, and the society, as the Intl. Yoga Day Celebrations will be made available to all through YouTube Streaming. **The link to join the event will be shared with the parents through SMS on Sunday. It will also be available on the school's website.**

It's an opportunity for us to show that we are proud of our heritage, and also care for our own physical and mental health by remaining proactive and positive as always. I welcome you all to join us on this special occasion.

The list of the 'asanas' as per the protocol for the day is given below.

Stay safe and healthy!



Mathew KG
(Principal)

International

YOGA

Day

Join the YouTube Streaming at 7:00 am, Monday, 21st June 2021

The link to the programme will be shared on Sunday and will also be displayed on school website.

www.excelpublicschool.com

Monday 21st June 2021 Time 7:00 am to 8:00 am



Prayer

Samgacchadhvam samvadadhvam
Sam vo manamsi janatam
Deva bhagam yatha purve
sanjanana upasate ||

May you move in harmony; May you speak in
unison; Let our mind be equanimous like in the
beginning; Just as the ancient Gods, Let the
divinity manifest in your sacred endeavours.



Neck bending



Shoulder movement



Trunk movement



Knee movement



Tadasana



Vrikshasana



Padahastasana-Ardhachakrasana



Trikonasana



Dandasana - Bhadrasana



Vajrasana - Ushtrasana



Shashankasana - Uttanamandukasana



Vakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandhasana



Uttanapadasana



Ardhalasana



Pavanamuktasana



Shavasana



Kapalabhati - Nadishodhana - Shitali



Bhramari - Dhyana

Om sarve bhavantu sukhinah sarve santu nirāmayāḥ
sarve bhadraṇi paśhyantu mā kaścid duḥkhabhāg
bhavet
Om śhāntiḥ śhāntiḥ śhāntiḥ

May all be happy, May all be free from illness, May all see
what is auspicious, May no one suffer.
Om Peace, Peace, Peace.