

E-Newsletter

International Yoga Day Celebration at **MSMS**



AZADI KA AMRIT

MAHOTSAV



FROM THE PRINCIPAL'S DESK



Dear Readers,

Greetings from Mahavir Senior Model School!

"The ground work for all happiness is good health"

This simple and short statement holds the most reliable truth about happiness. It has been proved by many researchers and psychologists around the world that good healthy practises have a great impact on one's happiness.

Being an institution that is conscientious of its multiple responsibilities, we, at MSMS, have undertaken numerous initiatives on a regular basis that being to children's fun-filled tasks promoting good healthy practices. International Yoga Day was also one such opportunity that we wanted to utilize in the most meaningful

and effective manner to reinforce these habits.

21 Day long yoga festival was organised, in which a plethora of activities and sessions were organised catering to all aspects of health and wellbeing. The school also partnered with CBSE for yoga presentation "Kasturi-the fragrance of yoga", presented by one selected students on 21st June 2022, International Yoga Day. The conduct of these activities is also a part of our sustainable development goals (SDG's) annual project through inter class and inter school events. These are not just reminders to students about the significant of good health but also manifestation of our commitment towards inculcating good health iteration in our students.

From my personal experience, health and wellness require consistency and commitment. Start small but stick to the plan, exercising self-discipline. As we were taught in our childhood, slow and steady wins the race, and never forget, our children are watching and learning from us.

Ruchika Sukhija
Principal

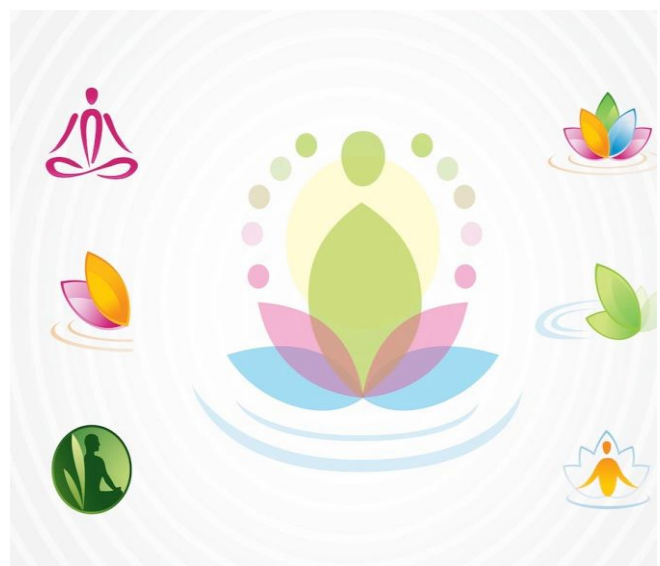
DAY- 1

MEDITATION @ MSMS



Meditation which is the practice of focused concentration, bringing yourself back to the movement over and over again actually addresses stress whether positive or negative.

Meditation is a way to relieve stress at the mental level and help us have a Healthy Mind.



DAY- 2

SURYANAMASKAR @MSMS

STEPS

- i. Prayer pose – Pranamasana
- ii. Raised arms pose – Hastauttanasana
- iii. Hand to foot pose – Hasta Padasana
- iv. Equestrian pose – Ashwa Sanchalanasana
- v. Stick pose – Dandasana
- vi. Salute with eight parts or points – Ashtanga Namaskara
- vii. Cobra pose – Bhujangasana
- viii. Mountain pose – Parvatasana
- ix. Equestrian pose – Ashwa Sanchalanasana
- x. Hand to foot pose – Hasta Padasana
- xi. Raised Arms Pose- Hastauttanasana
- xii. Standing Mountain pose – Tadasana



DAY-3

MEDITATION & YOGA

WITH STAFF @MSMS



Meditation & Yoga are the mean by which we experience love, peace, and stillness that is within ourselves.

Meditation is the highest form of prayer and unlocks the gates to the reservoir of untapped love that we carry with us. An important aspect of yoga is relaxation also.

DAY-4
YOGA DIFFERENT FORMATIONS @MSMS



DAY-5

YOGA DIFFERENT FORMATIONS @MSMS



Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Yoga is skill in action

Yoga is the means by which we experience the love, peace, and stillness that is within ourselves.



DAY-6

SUDOKU COMPETITION @MSMS

Sudoku is a knowledge-based number placement puzzle. The objective is to fill 9×9 grid so that each column, each row, and each of the nine 3×3 boxes contain the digits from 1 to 9, only one time each.

Students of class 5 A, B & C enthusiastically participated in this Sudoku competition.



DAY- 7

PUZZLE COMPETITION @MSMS

Puzzle contests are popular competitions in which the objective is to solve a puzzle within a given time limit, and to obtain the best possible score among the players.



DAY-8

ART WORK @MSMS



Yoga is a way of life, having its origin in ancient India. Yoga is all about the system that aims at the holistic wellness of humans including the body, mind and spirit.

To inculcate consciousness for yoga, Art Department gave some creative activities to students, i.e.

- ❖ Logo design,
- ❖ Paper Bag,
- ❖ Poster design.

All activities were based on the theme of Yoga.

Yoga is a light, once lit will never dim.

Students of classes 3rd to 10th participated in these activities.



DAY-9

HINDI SLOGAN WRITING ON YOGA @MSMS

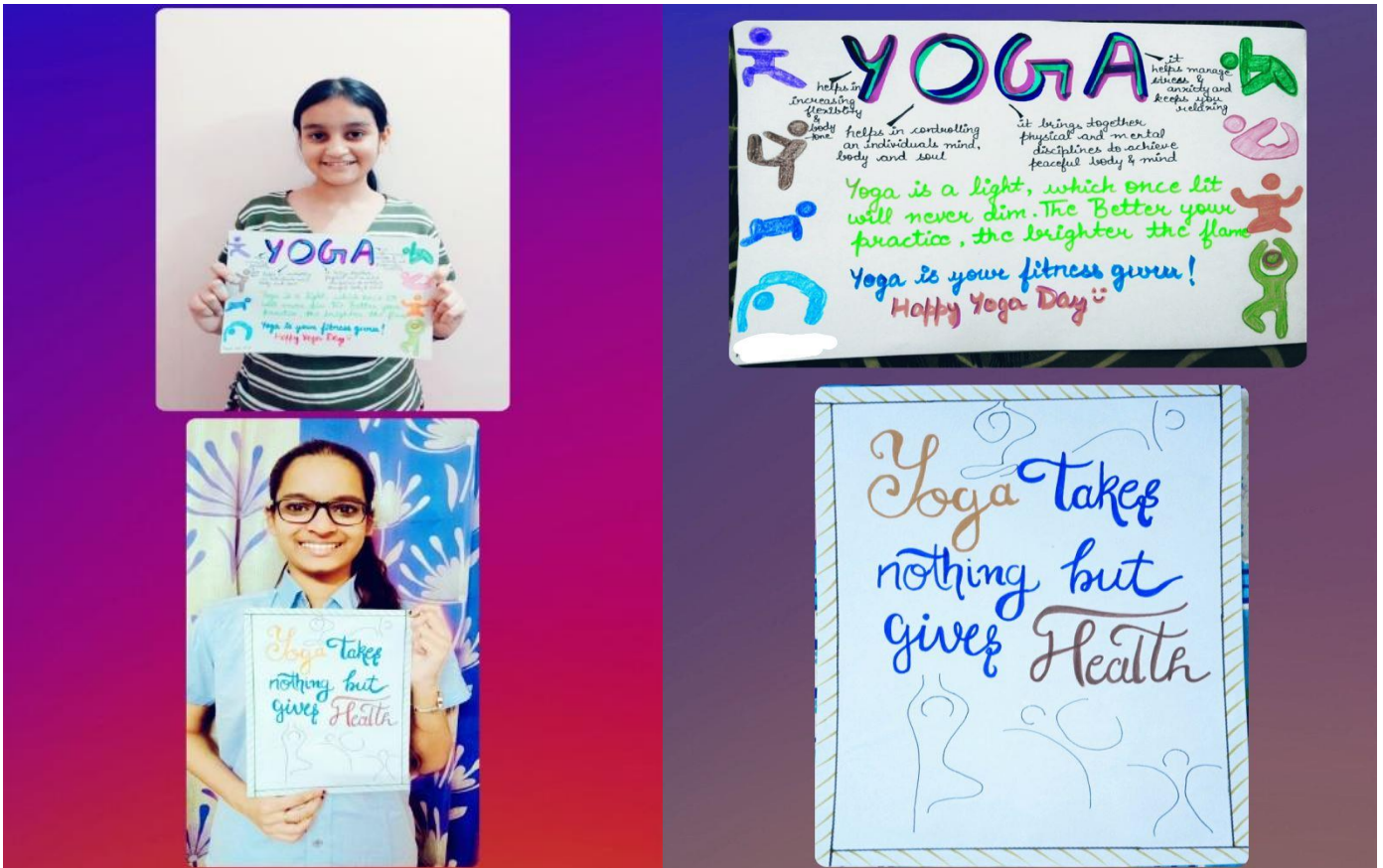
Students of class 6th participated in slogan writing activity on yoga.

**योग संगीत की तरह है,
शरीर की लय
मन की मधुरता और
आत्मा के सद्भाव मिलकर
जीवन को एक सुर में पिरोते हैं ।**



DAY-10

ENGLISH SLOGAN WRITING @ MSMS



Yoga is not a work-out

It is a work-in and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.

Students of class 12th participated in slogan writing activity on yoga.

DAY-11

YOGA FORMATIONS @MSMS



“Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life.”

Sports Department, took initiative to help students practice different formations with help of yoga asanas.

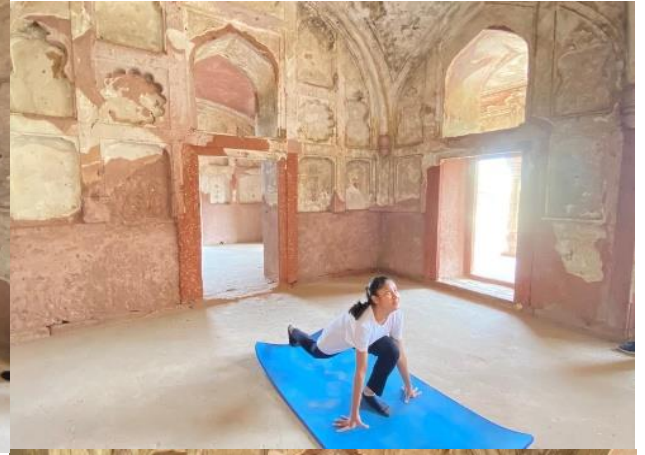


DAY-12

SURYA NAMASKAR



Sun Salutation or Salute to the Sun (Surya Namaskar: Sanskrit: सूर्यनमस्कार, is a practice in yoga as exercise incorporating a flow sequence of some twelve gracefully linked asanas.



Sports department, took little Mahavirians to Sheesh Mahal Park, Shalimar Bagh to perform Suryanamaskar.



DAY-13

YOGA CAMP FOR STUDENTS DAY 1 @MSMS

"Yoga is not just an exercise. It is much more- it expands your awareness, sharpens your intellect, and enhances your intuitive ability."



"Yoga does not just change the way we see things, it transforms the person who sees."

DAY-14

DIFFERENT POSES OF ASANAS



Yoga is the ultimate practice. It simultaneously stimulates our inner light and quiets our overactive minds. It is both energy and rest. Yin and Yang. We feel the burn and find our bliss.” — Elise



Sports department, took young Mahavirians to Sheesh Mahal Park, A Historic Monument at Shalimar Bagh and the young Mahavirians performed different Poses.



DAY 15
POWER YOGA AND LAUGHTER THERAPY CAMP
FOR PEOPLE OF DIFFERENT AGE GROUPS @ SHISH
MAHAL PARK

Laughter increases the essential antibodies in the body, that help fight infection; effectively improving one's immune system.



DAY-16

YOGA CAMP FOR STUDENTS DAY 2 @MSMS

"Yoga does not transform the way we see things; it transforms the person who sees."



DAY-17

YOGA CAMP FOR STUDENTS DAY 3 @MSMS



“योग से बड़ा कोई ऐश्वर्य नहीं,
योग से बड़ी कोई सफलता नहीं,
योग से बड़ी कोई उपलब्धि नहीं।”

FELICITATION OF WINNERS

YOGA QUIZ

The position holders of Yoga Quiz Competition organised by sports department on occasion of International Yoga Day ~ Azadi Ka Amrit Mahotsav



KASTURI - THE FRAGRANCE OF YOGA

Organised under the aegis of CBSE -West on the Occasion of International Yoga Day in Azadi Ka Amrit Mahotsav

Mahavirians are appreciated for their stellar performance in KASTURI - The Fragrance of Yoga - Organised under the aegis of CBSE -West on the Occasion of International Yoga Day in Azadi Ka Amrit Mahotsav by giving them appreciation certification by respected Principal Ma'am.





CULTIVATE YOUR INNER PEACE WITH YOGA

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