

YOGA

~ Paras Kaur (IX-B), Priya Singh (VII-B) ~

Reporters, Modern School Life Magazine

May 19, 2018

YOGA IS A GROUP of physical, mental and spiritual practices or disciplines which originated in ancient times. It is very beneficial for our health. Modern Senior Secondary School has again introduced yoga for its students this year. 90 students from primary wing, 35 students from middle wing and 6 students from senior wing have opted this activity. A professional yoga teacher, Mrs. Satinder Kaur has been appointed specially for this activity. The students are taught many asanas and pranayama such as Surya Namaskar, Ardhchakrasan, Tadasna Ushrasans (camel pose) Hala asana, Gomukh asana, etc. Mrs Satinder Kaur says that her aim is to keep all students in healthy state of mind, body and spirit. She always guides children about the benefits of doing yoga.

The children told us that they do the asanas and pranayama taught to them at their homes also. They also teach their parents about the various asanas which they learn from school. Yoga itself has many benefits, like; it relaxes our mind, helps to increase our height, sharpens our memory and helps us to stay physically and mentally fit. Last but not the least, yoga is very necessary for all of us to keep us mentally and physically, healthy. All the students in Yoga class were really enjoying various asanas and pranayama.