



G D GOENKA PUBLIC SCHOOL, SARITA VIHAR

REPORT: YOGA FOR IMMUNITY by Isha Foundation

DATE: Friday, June 18, 2021

PARTICIPANTS: Students, parents and teachers of **Nursery** to **XII**

Event Report

“Yoga adds years to your life and life to your years”

Yoga is a national pride and India's priceless gift to the world. To commemorate the International Day of Yoga, GD Goenka Public School Sarita Vihar organised an exclusive suggestion for the students, parents and the faculty of the school. The session was an apt tribute to this beautiful and ancient art of health and discipline and was held on Friday June 18, 2021.

The virtual yoga session focused on **Yoga for Immunity and Respiratory Health**. It was conducted by Ms. Mamta Rawat, a volunteer with Isha Sadhguru Organisation. The half an hour session comprised demonstration and practice of Simha kriya, Makarasana and Shastangasana, all of which boost the immunity which is the call of the day during this pandemic. The resource person steered the session with recordings by Shri Sadguru himself who talked about the right way and benefits of each asana followed by a demonstration of the same.

All the participants and attendees of the session were enlightened and appreciated the school's effort in bringing in awareness on good health and discipline amongst not only the students but their families as well.

