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| **MPVM Celebrates the International Yoga Day 2019** | **Jun-22-2019** |
| Maharshi Patanjali Vidya Mandir celebrated the Fifth International Yoga Day which was initiated, pioneered, emphasized and advocated by the Honorable Prime Minister of India        Sri Narendra Modi on 21 June 2015 with a vision to keep India  physically fit, mentally healthy and spiritually awakened.The Yoga session was well attended by the students, parents and the staff as the school believes that yoga brings positive vibes among us and if we do it regularly, it will help in bringing positive outcomes which is advantageous for us in many ways.The session started at 7 a.m. with a prayer and fundamental exercises. The Yoga Teacher        Mr. A. K. Singh demonstrated some ways and dimensions of Pranayama like Anulom- Vilom, Bhramari, Kapalbhati etc. as well as some Yogasans in various postures. The asans in standing positions included Tadasan, Vrikshasan, Uthanasan, Ardh Chakrasan and Trikonasan. These were followed by asans in lying position which included Bhujangasan,  Makarasan, Pawanmuktasan, Shalabhasan and Shavasan. The NCC and Physical Education students, along with a few senior teachers also celebrated the day along with students from 45 CBSE Schools under the banner of Allahabad Sahodaya Schools at Vidya Vahini School, Prayagraj.The Principal Mrs. Sushmita Kanungo also participated in the yoga session. Speaking to the assembly she pointed out the contribution of Yoga in maintaining fitness and good health. She said that yoga is the scientific way of living healthy and happy. It brings a divine glow on the face and makes us wise. She told that Yoga is a mental, physical and spiritual practice that needs to be carried out everyday hence Yoga is a part of MPVM School Curriculum, training the students regularly.  The programme culminated at 8.30 a.m. with a pledge to practice Yoga every day and chanting of the hymn ‘Sarve Bhavantu Sukhinah, Sarve Santu Niramaya’. |