

JAYPEE PUBLIC SCHOOL, NOIDA

REPORT ON YOGA PERFORMANCE BY JVM ANOOPSHAHR STUDENTS

"Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony, an invigoration in relaxation and the journey of the self, through the self, to the self."

In order to propagate the very dream, to make yoga a way of life, of the founder Chairman Sir, Shri Jaiprakash Gaur ji, among all the stakeholders, the students of Jaypee Vidya Mandir, Anoopshahr presented a plethora of Musical Yoga performances on 10 April 2023, at JPS Noida under the aegis of Jaiprakash Sewa Sansthan.

The coveted event was graced by the eminent President Education, Cdr S J Singh, Manager, Shri SPS Tomar, JVM Anoopshahr and the revered Principal, Ms. Anjali Malik, JPS Noida.



This musical yoga troop was a part of the G-20 UP Yoga League and many of its members hold their names in the Worldwide Book of Records. The congruous and eurhythmic synchronisation of the musical dance movements and breath-taking asanas left the audience in complete stupefaction. Their stunning and pre-eminent presentation coaxed everyone to sway on its lively beats. The pyramid formations and diya presentation were the prime attraction of the event.

The Principal, JPS Noida motivated and enlightened the gathering with her words of wisdom about the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat.

These young achievers along with their coach, Ankit Kumar Suran, President, District Yogasan Sports Association and Secretary, Bulandshahr Yoga Association, were congratulated and applauded for their indelible efforts and were felicitated with Appreciation Certificates by the dignitaries.