

JAYPEE PUBLIC SCHOOL NOIDA

Yoga Camp and International Yoga Day Celebrations

Jaypee Public School, Noida organized an online yoga camp “Yogalution” for its students, parents and teachers from June, 2nd to 20th, 2021 to help them manage stress and anxiety in the current scenario.

During the camp, participants were empowered with the knowledge and practices of different asanas and breathing techniques useful for covid management and boosting immunity under the guidance of qualified PET’s.

Through this 3-weeks long online yoga camp, our school intended to promote health & fitness among students, their families and teachers to strengthen community fitness by incorporating yoga in every day routine for enjoyment of happy & healthy life. It was also aimed at reducing the effects of stress & physical ailments, especially during the online schooling and work from home culture where each one of us are left with limited options to stay active.

The highlights of the camp were self-care through breathing techniques, prone for Covid-19 management asanas to improve immunity & overcoming general health problems. Approx. 400 Students from classes pre-primary to XII, their parents and teachers took an active part during the camp and made the event a great success.

On this occasion, the principal Ms. Anjali Malik appreciated parents for their active involvement and contribution in achieving quality education during online schooling and emphasised the importance and the need of practising yoga regularly to stay fit and healthy.

Students of classes VI to XII were also encouraged to participate in online yoga quiz and other related activities, initiated by Ministry of Ayush.

The camp concluded with the virtual workshop organised by SAI LNCPE Trivandrum and CBSE in collaboration with fitness 365 on International Yoga Day on June, 21st, 2021.

where students were asked to join with their families and make yoga an integral part of their life.

The Day concluded with a pledge where all the participants were motivated by the school to take an online pledge on this occasion and make sincere efforts towards making yoga rooted in individuals and family lives.

Participants also received autogenerated certificates from Ministry of Ayush and myGOV for the pledge.