

SAN ACADEMY PALLIKARANAI
INTERNATIONAL YOGA DAY CELEBRATIONS
2022 – 23

MASS DISPLAY OF SURYA NAMASKAR

On the eve of International Yoga Day, San Academy Pallikaranai performed Mass Display of Surya Namaskar at Pallikaranai Marshland Heritage site with enthusiastic 150 students of grade VIII. The Pallikaranai marsh reserve is a popular spot for watching birds like Flamingos, coot, munia, strokes, and pelicans. It is a reserved forest area which comes under National Heritage site.

Surya Namaskar and its benefits:

Sun Salutation or Salute to the Sun is a practice in yoga as exercise incorporating a flow sequence of some twelve gracefully linked asanas. The asana sequence was first recorded as yoga in the early 20th century, though similar exercises were in use in India.

Benefits of Surya Namaskar:

- Helps with weight loss.
- Strengthens muscles and joints.
- Improved complexion.
- Ensures a better functioning digestive system.
- Helps combat insomnia.
- Ensures regular menstrual cycle.
- Useful in treatment of frozen shoulders.
- Spinal cord and abdominal muscles are stretched.

Our students were rejuvenated after performing the 12 postures of Surya Namaskar.

POSTER MAKING

- ❖ Poster making drive on the eve of International Day was conducted at San Academy Pallikaranai for class VI & VII where students expressed their creativity through their artistic form. Students in groups worked out on theme basis and presented excellent charts about Yoga.

AWARENESS SESSION ON YOGA & ITS BENEFITS WAS GIVEN BY PADMAPRIYADHARSINI, FOUNDER OF “YOGATATHVA” – TO THE STUDENTS OF CLASS X & XII

The highlights of the session were,

- ❖ Yoga is not only for physical well being but also for mental well being
- ❖ Yoga is to be inside everyone and it has to be practiced through out
- ❖ Yoga calms a person down and improves concentration and helps to focus to achieve their goal.
- ❖ Students attending board exam have to practice yoga for better results and to avoid stress.