

## Yoga Workshop at School

A Yoga Programme was organised by Sarva Siksha Mission, North 24 Parganas in collaboration with Devarshi Yogapith, Howrah at Banamalipur Priyanath Institution, Barasat, from 21<sup>st</sup>. May to 6<sup>th</sup>. June, 2013.

The main objectives of the programme, named as Yog Persona, were:-

- 1) To reduce the stress level through meditation.
- 2) To improve the health standards of the students and helping them to perform better in today's competitive world.
- 3) To increase the desire to learn and understand things better.

Fifty students of different Classes, mostly of Classes VI-VIII, participated in the Yoga programme in summer-camp mode. On each day, camp started at about 10 AM and it ended by 1 PM.

The programme was specially designed by questionnaire to analyse the physical and mental health of each participant. A child specialist performed health check-up for assessing the physical health of the students. Along with this, individual counselling for every student enriched them mentally and physically. On each



Students in Yoga class



Individual counselling

day, yoga programme was conducted through various types of Asanas, Pranayam and meditation. The parents and teachers also got beneficial access to the workshop to meet up their queries.

On 6<sup>th</sup>. June, 2013, the entire workshop ended through feedback session in which the students, parents and teachers of the school gave their valuable feedback to the Yoga-gurus of Devarshi Yogapith, District Magistrate, North 24 Parganas and other officials of the district administration. The general opinion was that the camp had enriched them a lot and would help them to maintain their physical and mental

health and to lead stress-free life. As per them, it also helped to increase their concentration level. They vowed to carry out the Yoga activities at their houses in future.

It was a small endeavour from the part of the district administration to make the students aware to keep their body and mind fit. We endeavour to continue such programmes in other schools in future.

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