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'Yoga is a Journey of the Self'

It is a matter of great pride that incorporating of Meditative Asanas, Relaxative Asanas and Cultural Asanas along with Mindfulness Meditation is a constant process and has been a part of school curriculum from Pre Pandemic to Pandemic times. NEP guidelines of making Yoga a part of daily life plays a significant role in promoting active and healthy life of students. Different kinds of Pranayama and different forms of breathing like Colour Breathing, Belly Breathing etc. by our yoga experts improves concentration, increases attention span and helps them to keep them calm. All in all the saviour of life from all kinds of diseases and ailments during these rough and tough times is to make our students traverse on this age old path of spiritual consciousness. Thus, it cannot be denied that Yoga is a journey of the self, through the self and to the self.



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