



## Guru Gobind Singh Public School Sector V/B, B.S. City

**"In this century we realize that Yoga has united the world"**

Guru Gobind Singh Public, Bokaro celebrated International Yoga Day on 21st June in its premises with simplicity under the guidance of Mr Soumen Chakraborty, Principal GGPS, Bokaro and under the supervision of Physical Education Teachers. The event was graced by the auspicious presence of Mr. Tersem Singh, President, GGES, Mr. S.P. Singh, Secretary, GGES and the active participation of GGPISIANS in respect to promote health and wellness of GGPISIANS.

As we know, An invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature, and a holistic approach to health and well-being.

Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the International Yoga Day by the United Nations General Assembly. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in which attention was given more to prevention rather than the cure.

Centuries ago one of the most popular Sanskrit poets Bhartrhari, while highlighting the specialty of Yoga, said:

धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी

सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः।

शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं

एते यस्य कुटुम्बिनः वद सखे कस्माद् भयं योगिनः॥

Meaning that by regularly practicing Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practise of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger. On this occasion Mr Soumen Chakraborty, Principal stressed on the supreme significance of Yoga in the life of all men, women and children of the nation. The event ended with National Anthem.