

VIRTUALLY CELEBRATING



INTERNATIONAL YOGA DAY

JUNE 21, 2021

VII TO X

9:00 AM to 9:45 AM

III TO VI

10:00 AM to 10:45 AM

NURSERY TO II

11:00 AM to 11:45 AM



AT MICROSOFT TEAMS



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

CBSE AFFILIATION NO. 1730974

SUMMER BREAK – INTERNATIONAL YOGA DAY

“YOGA AT HOME WITH FAMILY”

Dear Parents and Students,

Yoga is a part of our Indian Culture. You can enhance your working capacity and get optimum results in your life through Yoga. Physical Education department of BPSG is organising The International Yoga Day on 21ST June 2021 to improve immunity and develop basic strength of muscular system.

For class: Nur, LKG, UKG, I, & II

Timings: 8 a.m. – 8:45 a.m.

Asanas for Nursery Class

1. Bhujangasana

Procedure

- Lie flat on your stomach keeping your legs straight.
- Rest the palm of your hands by the side of your chest, your arms must be close to your body with elbows pointing outward.
- Rest your forehead on the floor and relax your body.
- Inhale and raise your forehead, neck and then shoulders. Using your back muscles raise your chest, now use the strength of your arms to raise your trunk. Look upward breathing normally.



2. Balasana

Procedure

- To start the asana first sit on knees with buttocks touching on your heels.
- Place your hand on thighs and palms down.
- While exhaling slowly bring your chest between your knees and swinging hands forward





Asanas for L.K.G. Class

1. Pavanamuktasana

Procedure

- Lie flat on your back and keep the legs straight and relax. Breathe deeply and rhythmically.
- Inhale slowly and lift the legs and bend in the knee. Bring upwards to the chest till your thigh touches to stomach.
- Hug your knees in place and lock your fingers.



2. Tadasana

Procedure

- Stand straight on the ground, and take a small gap between your feet.
- With deep breathing (inhale), raise your both arms.
- Keep your arms upward by joining your hands like a prayer.



Asanas for U.K.G. Class

1. Vayu Nishkasana

Procedure

- Squat with the feet about hip-width apart.
- Keep your arms upward, interlock fingers and raise your both arms upward.



2. Vajrasana

Procedure

- Start by kneeling on the floor.
- Pull your knees and ankles together and point your feet in line with your legs.
- Exhale as you sit back on your legs.
- Put your hands on your thighs.



Asanas for Class I

1. Halasana

Procedure

- Lie on your back.
- Keep the palm flat on the ground.
- While exhaling press the palm on the ground and raise both the legs upwards straight then try to touch the ground just behind.



2. Supta Pawanmuktasana

Procedure

- Lie down on your back with your hands by the side of the body.
- Bend your right knee, interlock your fingers around the right shin bone and try to pull the knee as close to the chest as possible.



Asanas for Class II

1. Ardha Halasana

Procedure

- Lie down on your back with your hands by the side of the body.
- Raise your one leg upward the leg perpendicular to the ground keeping the knee straight.





2. Vrksasana

Procedure

- Stand straight on the ground, and take a small gap between your feet
- Bring your hands into prayer position towards sky.
- Shift your weight onto one of your feet. I usually start with the right foot. Bending at the knee, bring the opposite foot up and place the sole of your foot as high as you can on the opposite thigh.



For class: III, IV, & V

Timings: 9 a.m. – 9:45 a.m.

Asanas for Class III

1. Ustrasana

Procedure

- Stand on the knees. Keep the thighs fully straight.
- Keep the knees and feet together. But if one feels more comfortable with maintaining a little distance between them, they may do so.
- Lean in the backward direction. Slowly move more backward. Reach the right heel with the right hand, and the left heel with the left hand. Avoid straining the body.
- Push the hips in the forward direction. The thighs should be kept vertical.
- Then bend the head and the spine as backward and as far as possible without straining.
- Relax the body and the muscles of the back.
- Support the body weight equally on the legs and arms.
- Keep the arms in such a way that they anchor the shoulders to maintain the back arch.





2. Adho Mukha Svanasana

Procedure

- Come onto your hands and knees, with your hands shoulder-width apart and your knees hip-width apart.
- Lift your hips up and form an inverted 'V' with your body and heels should be touched on floor.



Asanas for Class IV

1. Setu Bandha Sarvangasana

Procedure

- Lying on your back and fold your knees.
- Place your hands straight and close to ankle
- Lift your hips upwards.



2. Matsyasana

Procedure

- Start by the kneeling on the floor
- Pull your knees and ankles together and point your feet in line with your legs
- Lie down your upper body backward and hands must be straight pointing towards the knees
- Pull your chest upwards.



Asanas for Class V

1. Trikonasana

Procedure

- Stand straight with your legs apart
- Simultaneously, slide your left arm down along your left leg till your fingers are at your ankle
- At this point your right must be horizontal as your head is tilted left.





2. Sarvangasana

Procedure

- Lie down on your back
- Raise your back slowly upward and bring it to a 90° angle
- Bring the legs towards the head by raising the buttocks up
- Raise the legs, abdomen and chest try to form a straight line
- Place the palm on your back for support.



For class: VI, VII, & VIII

Timings: 10 a.m. – 10:45a.m.

Asanas for Class VI

1. Sasakasana

Procedure

- Sit on knees while buttocks touching the heel
- Now hold onto your heels slowly using your hands
- Pull your forehead in towards your knees while raising your buttocks simultaneously
- Gently place the upper part of your head on mat.
- Hold your heels with your hands.



2. Shalabhasana

Procedure

- Lie down on your stomach, legs straight and join each other.
- Take your both hands under thighs.
- Lift your legs from waist.





Asanas for Class VII

1. Navasana

Procedure

- Sit down with legs and back in straight position
- Now with the help of palm, slowly rise up the legs and bend the knees a bit
- Now legs must be straight and form and hold your body in V-position.



2. Chakrasana

Procedure

- Lie flat on your back on the ground.
- Bend your knees and bring your heels closer to touch your hips.
- Now raise your hands and bring your palms under your shoulders.
- Now while inhaling press your palms and feet on the ground and lift your body up.
- Try to raise your hips as much you can.



Asanas for Class VIII

1. Chaturanga Dandasana

Procedure

- Take push ups position, Keep your arms fully extended and keep your spine completely erect.
- Breathe out, bend your elbows, and keep down your lower body towards the ground but not touching it, stop at a point when you are few inches away from the floor or ground.
- Keep your body parallel to the ground and your hips ought to be straight. Turn your legs inward during this position.
- Your elbows ought not to be spread outwards but rather be pushed back downwards towards the heel.





2. Uttanasana

Procedure

- Stand straight on the ground.
- move your torso forward from the hips.
- Continue to bend till your hands touch your feet.
- Hold your ankles with your hands.



For class: IX & X

Timings: 11a.m. – 11:45a.m.

Asanas for Class IX

1. Virabhadrasana I

Procedure

- Stand with legs apart.
- Turn your upper body to right side.
- Raise your arms upwards to join both the palms right over your head.
- Forward leg bend and backward leg straight, look towards sky and backward bend of your spine.



2. Parighasana

Procedure

- Starting Position: Kneel on your yoga mat. Keep the knees and ankles together.
- Stretch out the right leg to the right side keeping it straight. Firmly place the right foot on the floor. Keep the right leg tightened at the knee.
- Turn the right hip outwards so that your right knee face upwards. Left thigh must remain perpendicular to the floor. Right heel must be in line (aligned) with the left knee.
- Inhale and raise your arms in line with your shoulders and parallel to the floor. Keep the palms facing either up or down.
- Exhale and bend your torso towards the right leg as far as you can (without straining). As you bend, place the right hand on your shin with palm facing up.
- Turn the left palm upwards and stretch your left arm as far as you can. Turn the head in upward direction.





Asanas for Class X

1. Virabhadrasana II

Procedure

- Stand with legs apart.
- Turn your upper body to right side.
- Forward leg bend and backward leg straight
- Arms: Keep the arms in line with your shoulders and parallel to the floor. Stretch the arms outwards.
- Head: keep the head to the right and look straight right over the right arm.
- Torso: Keep the torso erect and straight.



2. Ardha Pincha Mayurasana

Procedure

- Start the Asana by getting down on your knees and hands.
- Keep your forearms on the floor; ensure that your elbows and shoulders are in the parallel line.
- Now raise your spine (back) and buttocks as you tuck your toes and keep your legs straight.
- Make sure that, your shoulder blades should be firm and into your ribs.



Requirement

- Mat

NOTE

- ***EACH ASANAS HOLD FOR 30 SECONDS EXCEPT OPTIONAL ASANAS.***
- ***STUDENTS ARE FREE TO PREFORM ANY TWO ASANAS WITH 10 SECONDS HOLD.***

**Everyone is welcome for participation.
STAY TUNED DOING YOGA, STAY JOYFUL, STAY SAFE AT HOME**

**Regards
BPSG**