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## The Telegraph YOUNG METRO

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### Lessons on how to think positive

Delhi Public School, (Joka) South Calcutta

■ The students of Delhi Public School, (Joka) South Calcutta, celebrated the 9th International Yoga Day with fervour on June 21.

Swami Bodhisattva Vedanuragananda Maharaj from Ramakrishna Mission, the vice-principal and examination controller of Vivekananda Centenary College, Rahara, was the chief guest on the occasion.

The theme of this year was *Vasudhaiva Kutumbakam* or one world and one family.

The programme commenced with a speech by principal Writuparna Chatterjee, where she stressed on how the power of yoga can bring out the energy stored within one's body and mind.

The students presented an inaugural song followed by a yoga demonstration by Classes VI and VII.

They performed to the



chanting of yoga sutras penned by ancient mystic Patanjali.

The programme concluded with a mass yoga presentation by students of Class VII followed by a vote of thanks by the head girl Suhita Desai of Class XII.

"This year the International

Yoga Day was celebrated in the school with great fervour as we had Swami Bodhisattva Vedanuragananda Maharaj from Ramakrishna Mission as the chief guest. It was an enlightening session for all of us to learn from him the power of yoga - that unites the body, mind, thoughts and action -

and be one with our selves, the nature and the whole world around us. A brief session on meditation by *Swamiji* was quite interesting. He made the students practice some simple techniques to reflect only on the positive thoughts for positive and constructive actions," said the principal.