“SWASTHYA”

AT IRA INTERNATIONAL SCHOOL

Health in general condition of a persons mind and body, is to be free from all sorts of illness and pain. Achieving and maintaining health is on going process. Shaped by evaluation of health knowledge and practices. Now a days work place wellness programs are adopted by companies and institutions for improving the health and well being of their employees. In schools health services are given to improve well being of children. The great positive impact of health program is widely acknowledged. Working on this principle “health is wealth” Ira International School organized the fifth “Swasthya” Competition on 22nd January 2014. In today’s busy world man is all surrounded with responsibilities and is stressed. The concept of meditation positive thinking, stress management ,Yoga help in reducing the response to stress and uncertainty and thus building confidence and making the person optimistic.

The main program started with the lightning Traditional Lamp which signifies light drives away all darkness and lightens up the mind and soul of people. The lighting of Lamp was done by the Chief Guest Dr. Arun Gadkari Rtd . Director Phy. Ed, Nagpur University and a gamet of guests along with the School Principal. This was followed by a welcome speech by Sanchita Bhramachari and welcome dance by the students of the school. The guests were felicitated with a bouquet and memento by the school Principal Mrs. Reena Dargan. The guest were introduced to the gathering by Yasmeen Begum and Sachita Brahmachari.

Yoga teaches us to cure what need not be endured and endure what can not be cured. Working on this the students of Ira International School displayed a Yoga Act who had be trained by Shahid bux PTI. Music and exercise go hand in hand as their sole purpose is to relax the body and mind. An Aerobic demonstration was performed which truly showed how music and exercise can be effective. The competition was declared open by the chief Guest Dr. Arun Gadkari. In his address he said that Physical development is the combination of mind , Physical and emotional development. The entire development is moulded during childhood. Yoga and Aerobics in today’s Struggling World makes children develop their personality.

He narrated a story about an athlete Laurence Laming who participated in rowing in the Olympics. Laurence when was on the verge of cross the final line saw his opponents boat getting drowned. He jumped to save the other opponent rather aspiring for the gold medal. Although he lost the gold medal but was a winner.

And was proclaimed with life achievement award. Here he appealed to the students in a competition never to long for winners trophy. In a competition participation and dedication matters a lot. In concluding his address he wished luck and good health to all the participatants and believed all are winners. A gamat of dignitaries like Dr. Amit Kanwar , Dr Praveen Patil, Dr Neeta Shah, Dr Kalpana Jadhav, Dr Swarna Bhalerao whose presence made the entire event more colorful. All the dignitaries felicitated the principal Mrs. Reena Dargan for receiving Nachiketa Award and her contribution in the field of education. This year More than 200 hundred students of various schools participated and every year the increasing number makes the event the huge success. The founder parents Shri OP Lohia and Mrs,. Rimple Lohia Dream of world with healthy children. This event is an effort which will make their dream and vision true. The student s were into categories A and B. for both Aerobics and Yoga. Many breath Taking Aerobic and yoga acts were performed by the students with flexibility of body ,concentration and focus . The Yoga asaanas were judged by Dr Asif Sheikh , Dr. Rajratan Durge, Dr Praveen Labkhede and Dr Banerjee respectively. All the judges are well known masters in the field of education. The aerobic exercises were judged by Dr Mohite and Dr. Gulaxse Who are well known scholars in the field of physical education.

The results for the various categories were

YOGA CATEGORY A (INDIVIDUAL) : 1ST prize, Runnerup, Consolation Prize – Ira International

School

YOGA CATEGORY B (INDIVIDUAL) : 1st Prize –Centre Point , Amravati Road.

Runner up & consolation Prize --- BKVV School

YOGA CATEGORY A (GROUP) : 1st Prize -- Centre Point Wardhaman Nagar.

Runner up --- Ira International School

Consolation Prize : Datt Vidya Mandir

YOGA CATEGORY B ( GROUP) : 1ST prize BVB RIL Mouda

Runnerup ----- Modern School Koradi

Consolation Prize – Ira International School

AEROBICS CATEGORY A ( GROUP) 1st Prize ---Ira International School

Runnersup And Consolation ---BVB RIL Mouda

AEROBICS CATEGORY B 1ST pprize --- Ira International School

Runnerup --- Centre point Warshamna Nagar

Consolation prize--------- CDS Hazari Pahad.

BEST FORMATION TROPHY: Modern School, Koradi road

Rolling trophy was won by Ira International School, but as tradition it was handed over to the next winning school, BVB RIL, Mouda.

Vote of thanks was proposed by Mrs. Reena Dargan , Mrs. Rimple Lohia President of the school congratulated the staff and the students of Ira for the successful conduction of the competition.

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