



INTERNATIONAL YOGA DAY

Date: 22nd June 2023 (Thursday)

Timing: 12:15-12:55 pm

Report on 'Yoga Day Celebration' held at Isaac Newton Global School



1. Introduction:

Yoga Day is an annual event celebrated worldwide to raise awareness about the benefits of yoga and promote a healthy lifestyle. Isaac Newton Global School, known for its emphasis on holistic education had organized Yoga Day celebration on 22nd June 2023. The event aimed to foster physical and mental well-being among students and staff, promoting the importance of yoga in daily life.

2. Objectives:

The Yoga Day celebration at Isaac Newton Global School had the following objectives:

- Promote the practice of yoga for physical fitness and mental relaxation.
- Educate students about the history, philosophy, and benefits of yoga.
- Create awareness about the importance of a healthy lifestyle and stress management.
- Encourage students to adopt yoga as a regular part of their routine.
- Provide a platform for students to showcase their yoga skills and talents.

3. Activities:

The Yoga Day celebration at the Isaac Newton Global School encompassed a variety of activities, including:

a. Demonstration of Asanas:

To showcase their proficiency in yoga, selected students from different grades performed various asanas. The participants received enthusiastic applause from their peers and teachers.

b. Meditation Session:

A guided meditation session was conducted to introduce students to the practice of mindfulness and inner tranquillity. The session aimed to enhance concentration, reduce stress, and promote mental clarity among participants.

4. Participation and Impact:

The Yoga Day celebration witnessed active participation from students, teachers, and administrative staff. The event had a positive impact on the participants in the following ways:

a. Increased Awareness:

Students gained a deeper understanding of the origins, principles, and significance of yoga. They became aware of the numerous physical and mental benefits associated with regular yoga practice.

b. Skill Development:

The demonstration of asanas allowed students to showcase their yoga skills, boosting their confidence and self-esteem. Students learned various postures, enabling them to incorporate yoga into their daily routines.

c. Stress Reduction:

The guided meditation session provided a calming experience, helping students alleviate stress and improve their mental well-being.

Conclusion:

The Yoga Day celebration at Isaac Newton global School proved to be a successful event, achieving its objectives of promoting the practice of yoga, creating awareness about its benefits, and instilling a sense of well-being among the participants. The event not only educated students about yoga but also encouraged them to adopt it as a lifelong practice for a healthier and more balanced life. The school's commitment to holistic education was further demonstrated through this event, showcasing the importance of yoga in nurturing both the body and mind.