



The Bassein Education Society's
ISAAC NEWTON GLOBAL SCHOOL (CBSE Affiliation No. 1131196)

Date: 21st June 2023

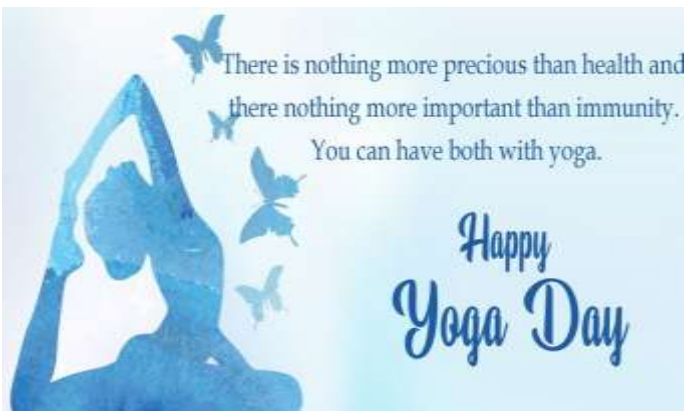
Time: 9:30 am to 11:30 am

Venue: Assembly Area

Conducted by: Sheyon sir and P.E. team

Chief Guest: Mrs. Priti Sethi

Special assembly on International Yoga Day and Music Day



The school assembly is a great way to bring the school together. A new day starts with a new belief, strength, and endless possibilities. So to inspire and illuminate the morning, Isaac Newton Global School conducted a special assembly on the occasion of International Yoga Day and World Music Day.

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

The assembly began with morning prayer followed by a prayer song. Information related to the importance of the day, facts and thought for the day was given out.

After the assembly, our beloved trustee, Mrs. Priti Sethi who is also a trained yoga teacher and practitioner conducted a yoga session. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. She encouraged students to practice regular yoga to remain fit.

