



St. Joseph's School- Abu-Dhabi

2023-24

International Yoga Day Report

Date: 21st June 2024-25,

Place: Bishop Gremoli Memorial Hall

Time: 7.30am to 8.10am.

Attendees: Sister Suranjana, PE Teacher, teachers and **Grade 4, 7 and 8 students**

Activity Name: International Yoga Day Program

Teacher In charge: Mugdha M.More and Nisha Ravi

Summary- International Yoga Day Program Conducted on 21st June 2024, during 1st period. Grade 4 (13) students participated in this yoga program. Grade 7 and 8 all division's students participating.

Objective: To increase awareness regarding the advantages of yoga and to foster harmony in the body, mind and environment. To improve students Holistic health and well-being, strength and capacity.

Yoga Day is celebrated among the students and teachers to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind.

Grade 5 primary head girl Swastika and Grade 8 student Nethra explained the importance of yoga in life; she explained that regular practice of yoga would help the students achieve better mental and physical health.

Grade 4 (13) student performed yoga dance. It was mismaraising performance.
Train by sport teacher Mugdha More

Grade 7 and 8 students did the sitting yoga postures in sun formation. They performed yoga postures. Train by spots tr.Nisha Ravi



