



# ST. JOSEPH'S SCHOOL, ABU DHABI

REPORT : CELEBRATION  
OF THE DAY OF YOGA

**THE FLEXIBLE CREW OF  
THE PRIMARY AND  
SECONDARY GRADES**



# **SOME DETAILS :**

**DATE : 21 JUNE , 2024**

**LOCATION : AUDITORIUM**

**ATTENDEES : SR. SURANTANA ,P.E TEACHERS,  
TEACHERS AND PRIMARY AND SECONDARY STUDENTS**

**TEACHER IN CHARGE : TR. NISHA RAVI AND TR.  
MUGHDA MORE**

**SUMMARY : ON 21 JUNE, THE PRIMARY AND  
SECONDARY STUDENTS HAD TWO DIFFERENT  
PROGRAMMERS TO CELEBRATE THE POWER OF YOGA.**

**OBJECTIVE : TO HELP STUDENTS TO UNDERSTAND  
THE IMPORTANCE OF YOGA AND WHY WE HAVE TO  
DO YOGA DAILY.**

**SOME OF THE BENEFITS OF YOGA :**

- **IMPROVES STRENGTH AND FLEXIBILITY**
- **BENEFITS HEART HEALTH**
- **MANAGING STRESS**

# EVENTS THAT TOOK PLACE :

## PRIMARY GRADE

- ON 21 JUNE, THE PRIMARY STUDENTS HAD A PROGRAMME IN WHICH SOME STUDENTS OF GRADE 4 DID A YOGA DANCE.
- WITH AMAZING STUNTS, THEY KEPT THE AUDIENCE MESMERIZED WHILE TEACHING THEM THE VALUE OF YOGA.



PRACTICE  
yoga

# A SNAP OF THE YOGA BY PRIMARY GRADES :



KEEP CALM  
AND  
DO YOGA



# EVENTS THAT TOOK PLACE :

## SECONDARY GRADE

- ON 21 JUNE, THE SECONDARY STUDENTS ' YOGA PROGRAMME WAS KICKED OFF BY A TRANSITIONAL YOGA PERFORMANCE BY 12 GRADE 7 STUDENTS , 3 FROM EACH HOUSE ( BLUEBELL, ROSE, SHAMROCK, SUNFLOWER ).
- AFTER THEIR PERFORMANCE , ALL GRADE 7 AND 8 STUDENTS DID SOME SITTING YOGA EXERCISES.



# SNAPS OF THE SECONDARY STUDENTS' YOGA :



# A SNAP WITH OUR TEACHERS AND SISTERS IN CHARGE WHO HELPED US PRIMARY GRADE :



- IN THE PICTURE , GRADE 4 STUDENTS, SR. SURANTJANA ( OUR PRINCIPAL ) TR. NISHA RAVI , TR. MUGHDA MORE, GRADE 4 TEACHERS.
- WE THANK ALL THESE TEACHERS AND OUR PRINCIPAL FOR THEIR CONSTANT SUPPORT WHICH HELPED THE GRADE 4 STUDENTS TO PULL OF AN AMAZING PERFORMANCE.

# SNAPS WITH OUR TEACHER IN CHARGE:



IN THE PICTURES, GRADE 7 PERFORMERS AND TR. NISHA RAVI

WE ALSO THANK TR. NISHA RAVI AND OUR PRINCIPAL FOR DOING EVERYTHING POSSIBLE TO MAKE THIS WHOLE PROGRAMME A SUCCESS!





**THANK YOU**



The background is a light green color with a subtle, scattered pattern of small pink and purple floral petals. The text 'THANK YOU' is centered horizontally and is rendered in a large, bold, black, serif font. The text is partially overlaid by a horizontal band of colorful roses in shades of pink, purple, and orange, with green leaves. The overall design is elegant and celebratory.