



INTERNATIONAL DAY OF YOGA

Date and Day	19-06-2026, Friday
Objectives	• To promote physical fitness, flexibility, and healthy lifestyle habits. • To develop mindfulness, concentration, and emotional well-being.
Conducted by	Ms. Maria and Ms. Rafia
Participants	Grade 1 and 2 students
Activity	To celebrate International Day of Yoga, the students of Grades 1 and 2 enthusiastically participated in a yoga session. They performed a variety of simple yoga poses and breathing exercises under guidance, promoting physical fitness, mindfulness, and overall well-being. The session encouraged students to develop healthy habits while enjoying the benefits of yoga in a fun and engaging environment. It also helped them improve concentration, balance, and flexibility while creating awareness about the importance of maintaining a healthy body and mind.
Learning outcome	• Students performed basic yoga postures and breathing exercises with confidence. • Students demonstrated improved focus, balance, and body coordination. • Students understood the importance of yoga in maintaining physical and mental well-being.

