



International Yoga Day

Date and Day	18-06-25 (Wednesday)
Objectives	<ul style="list-style-type: none">● To raise awareness about the importance of yoga for physical and mental well-being.● To encourage students to incorporate yoga into their daily routine.● To demonstrate basic yoga postures and breathing techniques.
Conducted by	Class teachers
Participants	Grade 1&2 students.
Activity	Students were shown a video highlighting the importance of yoga in daily life. A PowerPoint presentation explained the benefits of various yoga postures. Afterward, students actively participated in a guided yoga session, performing basic asanas and breathing exercises. The event emphasized mindfulness, discipline, and healthy living.
Learning outcome	<ul style="list-style-type: none">● Students understood the significance of yoga in promoting overall health.● They learned simple yoga poses and breathing techniques.● Students experienced the calming effects of yoga and were encouraged to practice it regularly.

