

ST. THOMAS SCHOOL, LONI

INTERNATIONAL YOGA DAY

SESSION 2023-24



On 21 June, 2023, ST. THOMAS SCHOOL, LONI celebrated International Yoga Day with great enthusiasm and participation from students, teachers, and staff members. The event aimed to promote the significance of yoga in maintaining physical and mental well-being.

The celebrations began early in the morning at 7.00 am with students and teachers gathering in the school grounds. Our teacher proficient in yoga led the participants through a series of yoga asanas (postures) and pranayama (breathing exercises).

The event emphasized the importance of yoga in reducing stress, improving concentration, and fostering a healthy lifestyle. Students were encouraged to practice yoga regularly as a means to enhance their overall fitness and mental clarity. During the yoga session, participants were guided through various poses, such as Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), and Shavasana (Corpse Pose). The instructor also explained the benefits of



each asana and the proper way to perform them. Apart from physical postures, the participants engaged in breathing exercises like Anulom Vilom, Kapalbhati etc to experience the calming and rejuvenating effects of pranayama. The event concluded with a short meditation session, during which the participants focused on mindfulness and inner peace. This provided an opportunity for the students and teachers to experience the meditative aspect of yoga and its positive

impact on mental well-being.

The International Yoga Day celebration at ST. THOMAS SCHOOL, LONI served as a reminder of the importance of incorporating yoga into daily life and fostering a healthy and balanced lifestyle.