



IRIS INTERNATIONAL SCHOOL

NALASOPARA-EAST

CBSEAff.No.1131176

(We are SCHOOL with very NEW concept)

International Yoga Day

21.06.2022

Our school has organised **International Yoga Day** on 21/06/2022. The students of grade VIII and IX have participated and presented different yogasanas. The celebration was attended by the students of grade I to XII.

The below listed students have performed in the event:

- **SPEECH**
Mst.Om Tiwari
- **SONG**
Mst.Amar Dwivedi
Ms.Kashish Tiwari
Ms.Vedika Goswami
- **PARTICIPANTS VIII**
Mst.Ankit Singh
Mst.Ankit Yadav
Ms.Shreya Jaiswal
- **PARTICIPANTS IX**
Mst.Krishna Chauhan
Mst.Anuj Yadav
Mst.Shivaji Mishra

Event purpose:

- To increase the flexibility & strength of muscle and to inculcate yoga in daily life.
- To make students aware of the treatment of many physical and mental diseases by practicing yoga.

Some glimpses of the event:





Outcome of the event:

After participating in the event our students gained with-

- The feeling of remaining calm under pressure.
- The effective ways to treat various physical and mental disorders by yogic asanas and meditation.

WISH U ALL, THE BEST.