



IRIS INTERNATIONAL SCHOOL

NALASOPARA-EAST

CBSE Aff. No. 1131176

(We are SCHOOL with very NEW concept)

INTERNATIONAL YOGA DAY

21.06.2023

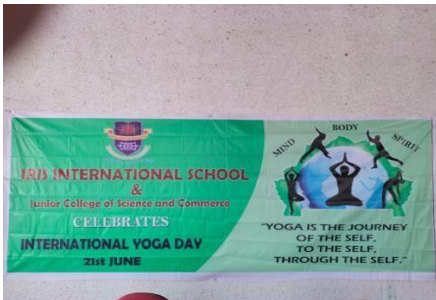
Our school has organized an activity YOGA for all students in grades NR to X. The venue for performing exercises was fixed inside in our assembly area. All the students of the grade Nursery to tenth std were present to attend this activity.

Event detail:

Name : INTERNATIONAL YOGA DAY
Date : 21ST JUNE
Time : 7:30 AM to 9:30 AM
Venue : IRIS INTERNATIONAL SCHOOL

- Event purpose:**
- To imbibe the knowledge of yoga amongst students.
 - To spread awareness about the exercises that we perform in our day to day life .

Some glimpses of the event:



Outcome of the event:

After participation in the event, our students gained with –

- The importance of strength, balance and flexibility.
- Self-regulation skills, Relaxation skills, Imagination & creativity. Communication & confidence. Persistence and Teamwork.

WISH U ALL, THE BEST

