



Don Bosco Senior Secondary School, Nerul

International Yoga Day Report

Name of the Event: International Yoga Day

Grade: I - XII

Venue - Ground Floor Assembly hall,

Fourth Floor Assembly hall

Organizing Team: Physical Education department

Date of the Event: 21st June 2024

Theme: Student empowerment

What did you learn?

The celebration highlighted the benefits of yoga in enhancing concentration, reducing stress, and improving overall physical health.

Key takeaways:

A session of yoga can help reduce stress and enhance the learning throughout the day.

How is it relevant to your school context?

The integration of yoga into the school's curriculum aligns with Don Bosco School's mission to foster well-rounded development in students. In the current educational context, where academic pressure and screen time are prevalent, yoga serves as a valuable tool to help students manage stress, enhance focus, and build resilience. It supports the school's objective of promoting a balanced lifestyle and instilling healthy habits from a young age.

How will you apply it with students in the classroom/beyond?

Students can be taught that yoga helps in improving their overall mental and physical health.

What could have been better?

It could have been better if the venue was open air as yoga is most beneficial when done in the midst of nature.

What was done well?

Planning, organizing and execution of the event was done well.

Do you have any suggestion?

We could collaborate with local yoga studios or wellness centers. A resource person could also

Rating: (Highlight in Green)

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|--------------------|---|---|---|---|---|
| Choice of Topic | 1 | 2 | 3 | 4 | 5 |
| Speaker | 1 | 2 | 3 | 4 | 5 |
| Presentation | 1 | 2 | 3 | 4 | 5 |
| Engagement | 1 | 2 | 3 | 4 | 5 |
| Satisfaction Index | 1 | 2 | 3 | 4 | 5 |

(1 being lowest, 5 being highest)

Photographs:







