

J.B.S.P SANSTHA'S
M. N. MHATRE VIDYALAYA &
T. N. GHARAT JR. COLLEGE OF SCIENCE
GAVHAN- KOPAR

Report Writing on International Yoga Day

Date:- 21st June 2023

Venue:-M.N.M.Vidyalaya & T.N Gharat Jr College of Scienc,Gavhan.

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

On 21st June 2022, M.N.M.V & T.N.G Jr College of science celebrated international Yoga Day. It was attended by our Yoga teacher Ms Shobha, our principal mam, Supervisor sir, teachers & primary section students. Students of our section performed very nicely each yoga steps with great enthusiasm.

The event began with a brief introduction on Yoga Day by our P.T teacher and by welcoming the guest of honour Ms Shobha.

Warm up exercises were taken and all the students practiced and performed sitting and standing asanas, importance of these were explained simultaneously. All faculties, staff and children were taught to maintain the harmony between body and mind.

The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.



International Yoga Day celebrations ended with a huge success under the supervision of the guest of honour Ms. Shobha. Principal mam, Supervisor sir and all our teachers.