



Dr. Nitave's
Darya Pratishthan's
GLOBAL INTERNATIONAL SCHOOL
Morochi, Tal- Malshiras, Dist- Solapur, 413109
(Affiliated to C.B.S.E, New Delhi Affiliation No:1131015)

Celebration of

International Day of Yoga 2023

Report

Date : 21/06/2023

This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

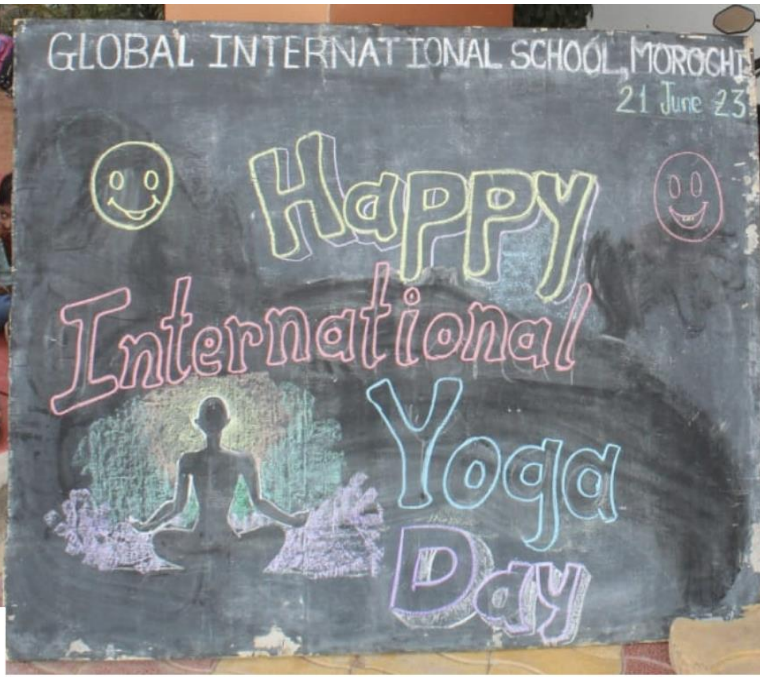
Global International School, Morochi celebrated the International Yoga Day, in its school premises, in a grand way.

The school organized a plethora of activities for students of all ages ranging from asanas, pranayam to Suryanamaskar. The students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity with English and Hindi instructions. Vrikshasana, Parvatasana, Padmasana, Vajrasana were the asanas, to name a few, performed on the occasion. The main attraction of the day was the performance of Suryanamaskar in which coordination of body and mind is very important.

Our schools **Respected Principal Mr Taher Shaikh** addressed the participants on the importance of yoga practice in our life. He said that True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived.” The art of practicing YOGA helps in controlling an individual's mind, body and soul. Yoga helps in all round fitness.

The function ended with a vote of thanks by Sport Teacher Mr. Samir Pathan.

Here are some glimpses of the event!!



In Memory Of Late ...
GLOBAL INTERNATIONAL SCHOOL MORO

