

**REPORT ON THE YOGA CLUB ACTIVITY FOR THE ACADEMIC YEAR 2024-2025**

**CLUB MENTOR: MR. THIRUVENGADAM**

**DATE: 21.06.2024**

**PARTICIPANTS: CLASS IV**

**TIME: 9.00 a.m. to 10.00 a.m.**

**THEME – YOGA FOR SELF AND SOCIETY**

- The International Day of Yoga was hosted by the Yoga Club at Vatika Premises.
- The event commenced with a warm and insightful introduction by Anika Ramesh of IV B, who eloquently highlighted the significance of Yoga in promoting physical, mental and spiritual well-being.
- The students of the Club enthusiastically participated in a special yoga session, embracing the practice that promotes physical, mental, and spiritual well being. Under the guidance of the Yoga teacher, students performed various yogasanas with dedication and mindfulness.
- The atmosphere was filled with tranquillity and focus, as students learnt the importance of incorporating yoga into their daily routines for a healthier lifestyle.
- This collective practice not only enhanced their flexibility and strength but also fostered a sense of unity and inner peace among the participants.
- The event concluded with a collective meditation session, leaving everyone feeling rejuvenated and connected.
- In conclusion, the International Day of Yoga, which was organised by the Yoga Club was meaningful and well-received.
- Students not only learnt about the benefits of yoga but also experienced its positive impact first-hand. The day's activities fostered a sense of unity, inner peace, and well being among all participants.

**“Harnessing Inner Strength through each pose: Celebrating the essence of yoga”**



