

## **Shri Mahiman International School Celebrates International Yoga Day with Enthusiasm and Unity**

**NIPHAD, NASHIK – June 21, 2025** – Shri Mahiman International School today joyfully observed International Yoga Day, bringing together students from Grade I to Grade X in a harmonious celebration of physical, mental, and spiritual well-being. The school campus resonated with positive energy as young yogis embraced the ancient practice, highlighting its profound benefits for a holistic lifestyle.

The day's events commenced with the guidance of Chairman **Mr. N.R.Gite**, Vice chairman **Mrs. Shalini Gite**, Secretary **Mr. Sujay Gite** a special assembly where commenced by Principal, **Mrs. Sonal Gite**, addressed the students, emphasizing the importance of yoga in today's fast-paced world. "Yoga is not just about physical postures; it's a way of life that instills discipline, focus, and inner peace," stated **Mrs. Sonal Gite**. "By embracing yoga, our students are not only nurturing their bodies but also cultivating resilient minds, which are essential for academic success and overall well-being."

Following the address, students from different grades participated in age-appropriate yoga sessions led by trained instructors and the school's physical education department.

- **Grades I-V** engaged in fun and interactive yoga poses, designed to improve flexibility, balance, and coordination through playful animal poses and storytelling. Their sessions focused on building foundational movements and fostering a love for physical activity.
- **Grades VI-VIII** delved into a more structured practice, learning various asanas, breathing exercises (pranayama), and basic meditation techniques. The emphasis was on understanding the connection between breath and movement, and how yoga can help manage stress and improve concentration.
- **Grades IX-X** participated in advanced yoga sequences, including Surya Namaskar (Sun Salutations), and explored deeper aspects of mindfulness and relaxation. These sessions aimed to equip older students with tools for stress reduction, enhanced focus, and improved self-awareness, especially crucial during their formative academic years.

Throughout the day, students showcased remarkable enthusiasm and discipline, demonstrating various postures with grace and precision. The event underscored yoga's ability to promote physical fitness, improve concentration, reduce stress, and enhance overall emotional regulation, all vital for a student's growth and development.

International Yoga Day at Shri Mahiman International School served as a powerful reminder of the timeless wisdom of yoga and its relevance in fostering a healthier and happier generation. The school remains committed to integrating such enriching activities into its curriculum, ensuring the holistic development of its students.

Principal

Shri Mahiman International School

