



Don Bosco Senior Secondary School, Nerul

Report on International Yoga Day

International Yoga Day Report

Section: Foundational Stage I

Name of the Place: Dominic Savio

Kindergarten – Nerul

Date of the Event: 20th June 2025

Occasion: International Yoga Day

What did you learn?

The celebration highlighted how even the youngest students can engage meaningfully with wellness practices like yoga.

The session was designed to be interactive, age-appropriate, and playful, allowing children to explore physical movement and calm breathing through cheerful guidance and music.

Children enthusiastically followed along as they practiced poses such as:

Standing Asanas:

Tadasana (Mountain Pose)

Vrikshasana (Tree Pose)

Virabhadrasana (Warrior Pose)

Sitting & Floor Asanas:

Baddha Konasana (Butterfly Pose)

Bhujangasana (Cobra Pose)

Balasana (Child's Pose)

Shavasana (Corpse Pose – Relaxation)

Breathing Exercises:

Anulom Vilom (Alternate Nostril Breathing)

Key takeaways:

Yoga improves balance, concentration, and self-awareness in early learners.

Interactive methods—music, stories, and teacher participation—made yoga fun and memorable.

Respected Principal Ma'am-Mrs Kalyani Choudhari and Vice Principal- Fr. Shekhar also joined the session with delight, actively participating with the children. Their joyful presence elevated the spirit of the event and motivated all participants.

Wellness practices like yoga, introduced early, lay the foundation for lifelong healthy.

How is it relevant to your school context?

The event beautifully reflected Dominic Savio Kindergarten's philosophy of holistic, joyful, and values-based education. It emphasized that physical and emotional wellness are essential components of early childhood learning. The active involvement of school leaders reinforced the importance of community and shared experience.

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

Yoga poses and breathing techniques will be integrated into classroom routines to promote calmness and focus. Children will be encouraged to share their favorite poses, and yoga-based storytelling can be used to support language and imagination development. The experience lays the foundation for future activities that combine movement with mindfulness.

What could have been better?

While the session was very successful, incorporating a follow-up take-home activity (such as a yoga chart or practice diary) could help reinforce learning at home and encourage family participation.

What was done well?

The session was age-appropriate, interactive, and thoughtfully structured.

Teachers used engaging and playful techniques to make yoga accessible to young children.

The delightful participation of Principal Ma'am- Mrs. Kalyani Choudhari and Vice Principal -Fr. Shekhar created a joyful and motivational environment.

Children were visibly relaxed, focused, and happy, reflecting the positive impact of the students.

Do you have any suggestions?

Include a "Yoga with Parents" segment in future events to strengthen school-home connections.

Add a small takeaway like a yoga coloring sheet or sticker badge to extend the learning experience.

Rating: (Highlight in Green)

Category	1	2	3	4	5
Choice of					
Topic					
Speaker					
Presentation					
Engagement					
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