

Report- Special Assembly on the Theme: Yoga for Mind and Body

Class: 5A

Date: 14th to 18th July 2026

A week-long special assembly on the theme "Yoga for Mind and Body" was conducted by the students of class 5A:

Day 1: The assembly began with a talk on the importance of yoga and meditation, followed by a short conversation between a mobile phone, a student, and a yoga teacher, highlighting the benefits of yoga over excessive screen time.

Day 2: Ten students shared interesting facts about yoga. They also demonstrated different yoga asanas and explained their health benefits.

Day 3: Students presented interesting facts about breathing exercises and meditation. The assembly concluded with a two-minute guided meditation session, encouraging everyone to experience calmness and mindfulness.

Day 4: A short skit on "Yoga versus Gym" was presented, emphasizing that while both are beneficial, yoga promotes physical, mental, and emotional well-being through a holistic approach.

The assemblies effectively spread awareness about the importance of yoga and inspired students to adopt a healthy lifestyle.

https://youtu.be/i1_LmPzGCRE

<https://youtu.be/Gcy8bG6Z60o>

<https://youtu.be/CcaUkDyUlfc>

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