

**Event:** Happy Sunday Morning- International Yoga Day

**Date:** 22.6.2025

**Time-** 8am- 9am

**Venue:** New Horizon Gurukul

**No. of Participants:** 134

**Objectives:**

1. To motivate parents to adopt yoga as a regular practice, promoting physical fitness and mental well-being and encouraging a healthier and more balanced lifestyle within the community.
2. To raise awareness among parents about the wide-ranging benefits of yoga such as stress relief, enhanced flexibility and improved mental focus, while equipping them with practical techniques to seamlessly integrate yoga into their daily routines.

**Event Details:**

On June 22nd, New Horizon Gurukul organized a special celebration of International Yoga Day under the banner of 'Happy Sunday Morning', exclusively for parents. The event promoted community wellness and strengthened parent-school engagement. It commenced with a welcome address highlighting the significance of yoga for holistic well-being. Experienced yoga instructors led the session, guiding parents through a series of asanas suitable for all experience levels. Relaxation and mindfulness activities added to the calm and refreshing ambience. The event concluded with a 'Laughter yoga', a practice combining laughter exercises with yoga breathing techniques. It offers numerous physical and mental benefits, leaving everyone feeling rejuvenated. This meaningful initiative reinforced the importance of incorporating yoga into daily life while fostering a deeper connection between the school and parents.



Budget and Expenditure: