

New Middle East International School

THE SEVENTH INTERNATIONAL YOGA DAY CELEBRATIONS

"The nature of yoga is to shine the light of awareness into the darkest corners of the body."

The Girls of grade Eleven, New Middle East International School, celebrated 'The 7th International Yoga Day' under the leadership of Ms Sameena Parveen. This day, they started the program by seeking the blessings of Almighty and Dua Recitation by Eiman Ashraf (11B). It was fluently recited. It enlightened the audience with guidance from the Almighty. The event was hosted by Yusra Fatima (11B) and Zainab Fatima (11C) who did a splendid job. Yusra brought to light how pandemics influenced lifestyles and why Yoga is considered a must during these times. She introduced them to the theme of International yoga day "Yoga at Home, Yoga with Family". Maimuna Joella (11B) and Kerin Sheen Thomas (11C) presented a marvellous presentation enriched with information about why yoga day is celebrated, how yoga can help us in days of Covid-19, and the theme of the international yoga day. Zainab Fatima introduced the upcoming video presented by Sameena who displayed a video on the benefits of some Yoga Asanas, the demonstration, and how to perform them. Some of the asanas were Padmasan, Anulom Vilom, Single nostril breathing, and Kapal Bhati. After this, The Sectional Supervisor Jyothi Ma'am enlightened and encouraged with some wonderful words that described the root importance of yoga in lives. She said that breathing is the smallest thing that is keeping us alive and it's our duty to keep our body healthy, so we should practice yoga for ourselves. Umaina Teacher, Sreelekha Teacher, and Sangeeta Teacher appreciated the whole event and shared their opinions on yoga. It was time for Ms Padmini Nair, Teacher of English Language, to address the audience. She mentioned that when the whole world is combating the coronavirus disease

pandemic, Yoga remains a ray of hope! The theme 'Yoga for wellness' was beautifully presented thereby creating awareness amongst the students she was very happy that her students had presented the topic very well.

The students thanked Padmini Teacher for her constant support and guidance. She always showed immeasurable faith in them. Zia Fatema (11C) concluded the assembly with a lovely Vote of thanks recapitulating the whole event. Ms Sameena the team leader was obligated to everyone who made this event possible and thanked wonderful classmates who attended it. She hoped that they would inculcate something from this event and would implement it for their better future.

Thanks and Regards

Senior Secondary Section

NMEIS

Report by: Mrs. Padmini U. Nair

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