



INDIAN SCHOOL AL MAABELA

(ISO 9001:2015 CERTIFIED INSTITUTION)

EVENT REPORT

2023-2024

ISAM/FR/ADM/RP/04

OMAN YOGA YATRA

The students of Indian School Al Maabela earnestly took part in Oman Yoga Yatra, organised by the Embassy of India in Oman, on Thursday, 4 May 2023 at school premises. This specially designed five-month-long series of Yoga events, aiming to promote Yoga in Oman, provided a splendid platform for the students to experience perfect harmony between body and mind, by indulging in various yoga postures and breathing exercises and thereby enhancing their physical and mental wellness.

The sessions were conducted section-wise, for 448 participants, by a team of PE teachers. 120 students of the Senior Section performed Vrikshasana, Bhujangasana, Chakrasana, Makrasana, Veerabathrasana and Sukasan Dhyana while 48 students of the Middle Section performed Trikonasana, Padmasana, Vajrasanayogamudhra and Parshwachakrasana. As the young Yoga enthusiasts of the Primary Section, who were 160 in number, practised Surya Namaskar, Sukasan Dhyana, Vajrasana, Trikonasana and Breathing exercises, 120 students of the Pre-Primary Section explored the benefits of Vrikshasana, Utkatasana and Meditation. As the students practiced and performed, the importance of Yoga practice was explained simultaneously. The buoyant and enthusiastic participation of the large number of students in the Yoga sessions, concluded on an exuberant note.