

St. Xavier's Institute of Education

Healthy hearts of SXIE 2020-2021 21.6.2021

Virtual Assembly on International Yoga Day : Theme: 'Yoga for well-being'

Conducted : Gmeet

Host and Assembly presentation: Healthy hearts of SXIE

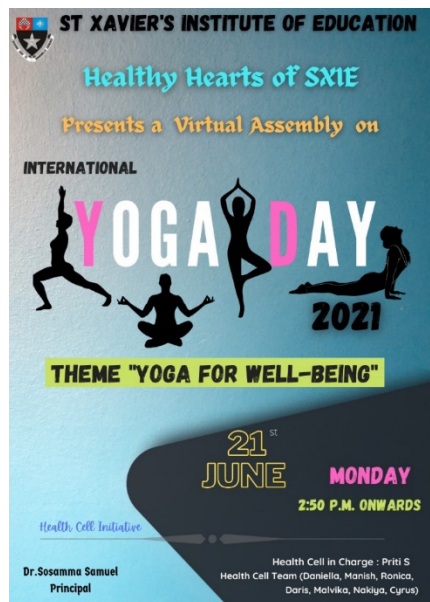
Staff team-in-charge: Ms. Priti S.

Team members: Cyrus, Daniella, Daris, Manish, Malvika, Nakiya, Ronica

No of Student Participation: 48

No of Teacher Participation: Principal, Staff Coordinator & Teaching & Non-Teaching Staff Members.

Invitation Flyer:



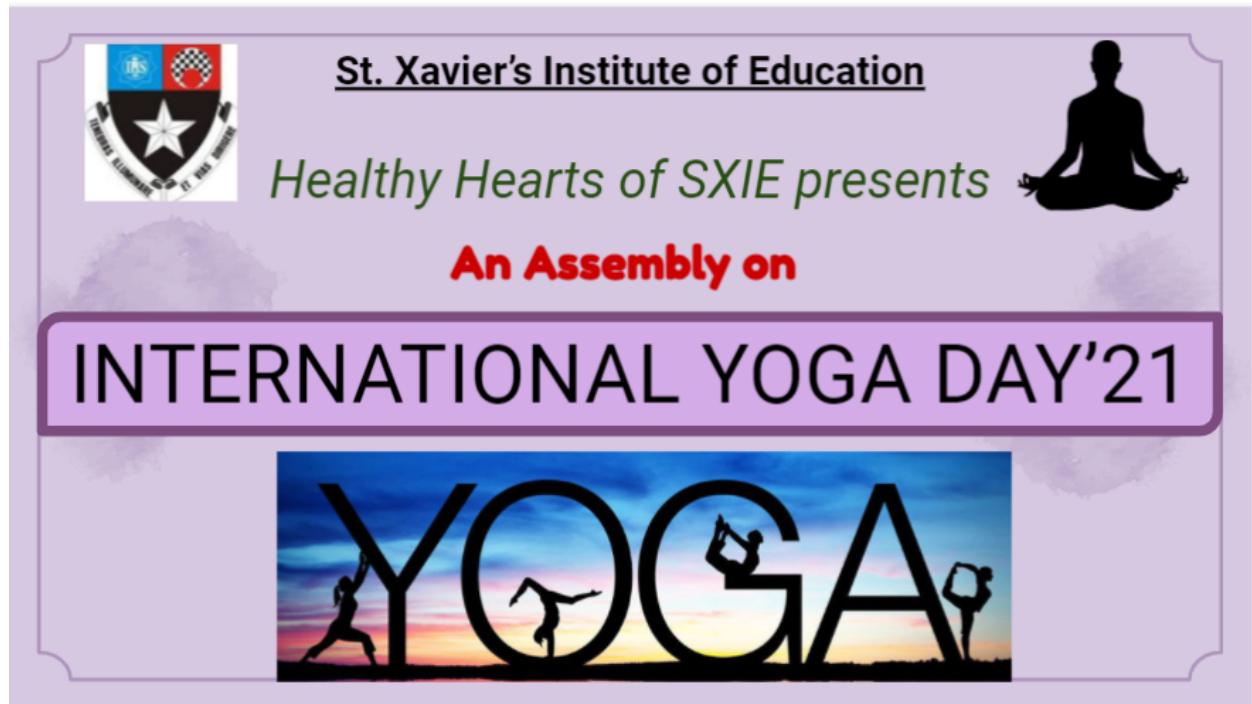
HIGHLIGHTS:

Planning:

- ❖ Chalking out the activities to be conducted. Assembly, Peer participation, Short video/ comic on the importance of Yoga, Quiz.
- ❖ Assembly topics and roles assigned.
- ❖ Peer participation through posting pictures of performing Yoga.
- ❖ Video/ comic scripting and editing.
- ❖ Quiz questions and Google forms.

ASSEMBLY

Execution of the Assembly:



Introduction	Priti Sivaramakrishnan
Prayer & Theme	Malvika Tiwari
Theme	Manish Ram
History of Yoga	Daris Baptist Lobo
Comic Strip	Cyrus William Pereira
Video on Yoga	Cyrus William Pereira & Manish Ram
Benefits of Yoga	Nakiya Teliya
Vote of Thanks	Nakiya Teliya
Report Writing	Ronica Rodriques, Daniella Pinto

Presentation

Link

:

https://docs.google.com/presentation/d/1W4URHprh9yCieeQVW1w040wzhc9K4_mMDe0zh3Uz3xQ/edit?usp=sharing

Video Recording of the Assembly

<https://drive.google.com/file/d/1imkBGeLi8f5dfUFSj-KUonzfROL16w3D/view?usp=sharing>

- **Introduction:** Introduction and Addressing for the Yoga Day Assembly celebration was done by Ms. Priti S.
- **Prayer:** Prayer was conducted before leading into the session.
- **Theme:** The theme of the Day, 'Yoga for well-being', very relevant to the current Pandemic scenario was put forward.
- **History of Yoga:** A briefing about the origin, history and historic evidence of Yoga was done.
- **Benefits of Yoga:** An idea about the health benefits of Yoga generally, its benefits to the students were highlighted. A video centralizing Meditation and stating its benefits was put up.

Comic strip highlights: Comic strip along with the poetry part was presented. Peers and staff were encouraged to read the comic strip and give their reviews.

Video on Yoga

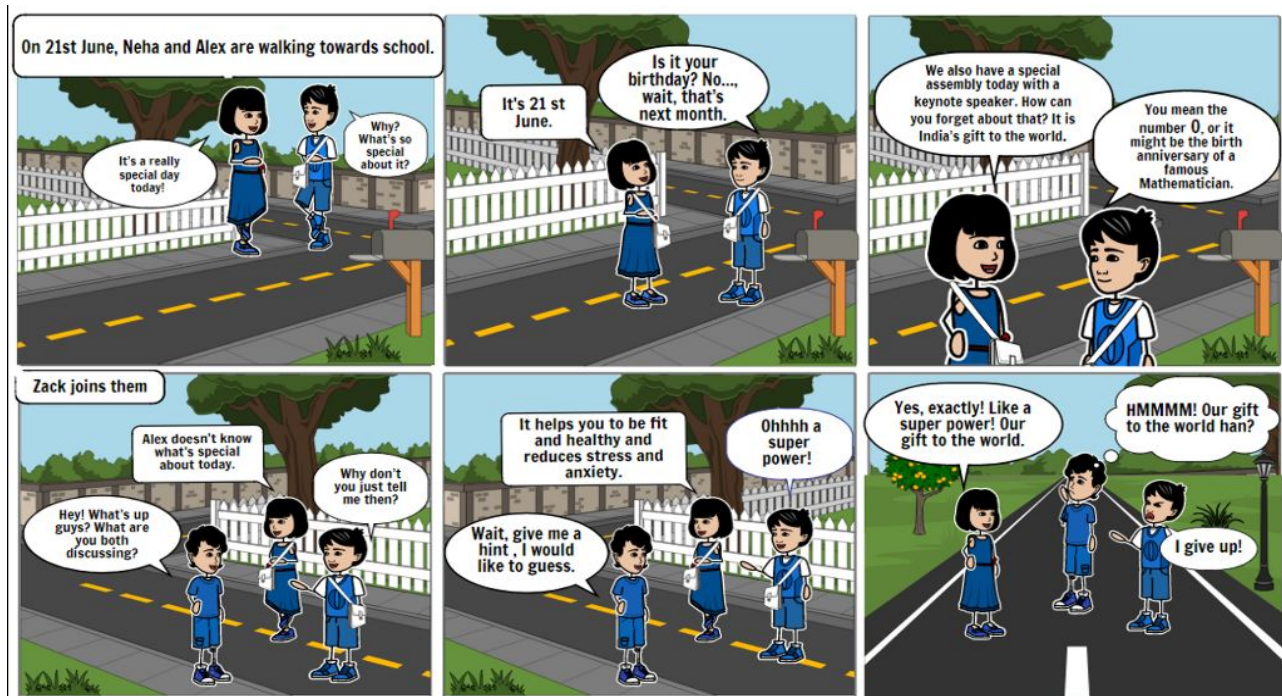
Students and staff practicing yoga were asked to share their images of different yoga poses after which a combined video was prepared.

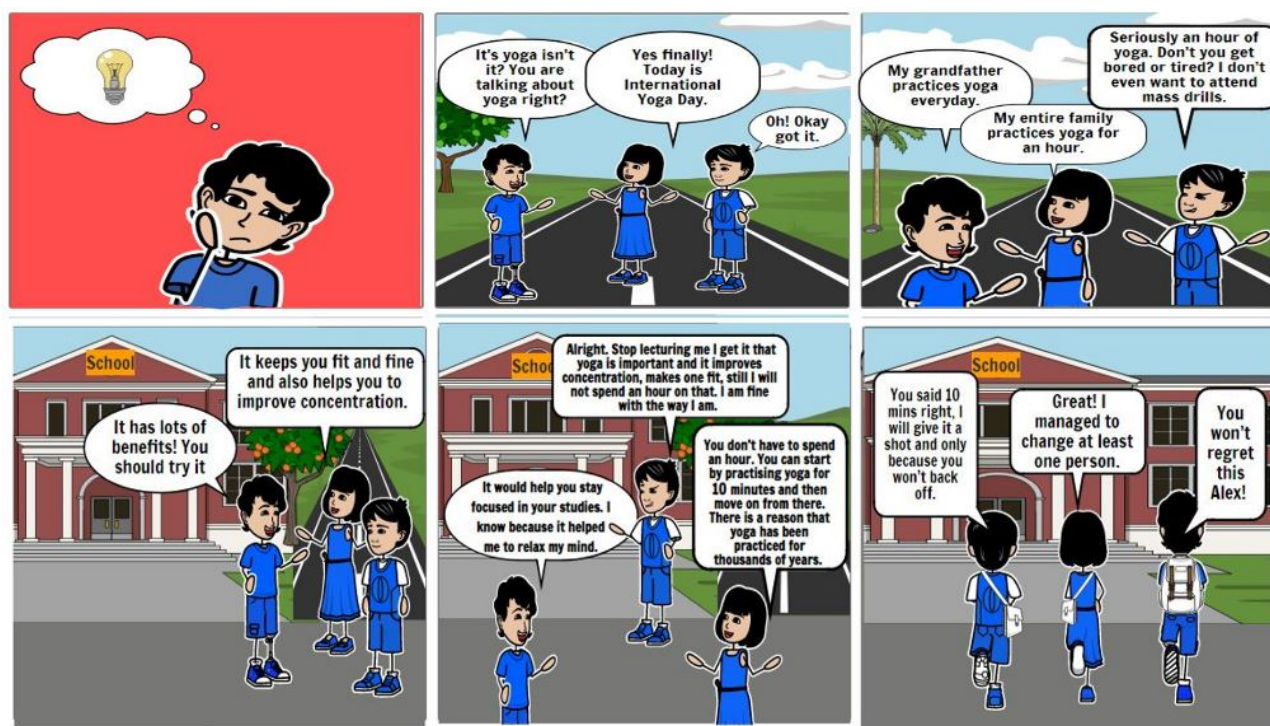
Link of Video:

- **Reflections:** The platform was made open for reviews and reflections. The Principal addressed the students with encouragement and a message of advice.
- **Concluding instructions:** An informal vote of thanks was given and the Quiz was made available for peers to participate in.
- Feedback form for the session in general was circulated with the class.
- **Report Writing :** The report on the health cell assembly was prepared by Ms. Ronica Andrew Rodrigues

Peer participation: Student-teachers participated by putting their photos of performing Yoga. Teachers also participated in the activity. Photos were collected and the video of the collection was presented during the assembly.

Video/ comic scripting and Editing: A short storyline was planned and scripted. Script edits were done. The final script was put up in the form of a short animated video. The video majorly highlights the importance and the benefits of performing Yoga daily. Also the comic strip pointed out the need and importance of Yoga.





Blog Link : [International Yoga Day 21st June 2021 \(healthyheartss.blogspot.com\)](http://InternationalYogaDay21stJune2021(healthyheartss.blogspot.com))

Quiz: The Quiz highlighted the important dates, different forms and benefits of Yoga. It was a form of briefing of the session.

https://docs.google.com/forms/d/1Sy5pc5tzvumk6wEAmDK_0c1u7USA2xYxsuav12XcG8I/edit?ts=61bf01c9#responses

Feedback on the Health Cell Assembly

How has the assembly benefitted you?

Very interesting to know about yoga, Motivating me to do yoga in life, Informative and Interesting session, Learned asanas for relaxation, Benefits of Yoga, Learnt about the origin and history of yoga, Learnt about the different forms of yoga, Video of teachers and fellow students practicing yoga motivated me to practice yoga, how 10 to 15 minutes of yoga makes a difference.

How motivated you are to practice yoga?

Will make time and practice yoga, Very motivating, Motivated consistently to continue, Meditation to release stress, Beginning will be a tiring process and to begin with the process is half

battle done, Health is primary concern and to keep away from illness, yoga is important to practice yoga, practice yoga with meditation.

If yes, how do you plan to practice yoga?

Surya Namaskar, Meditation, Small basic asanas, Practice on daily basis, Basic yoga postures, chair yoga and postures help in healthy breathing habits, Rejoining yoga course at Santacruz, Strengthening back to improve posture, Practice yoga to as part of routine to help me feel fit and healthier, Learn in detail about yoga positions, mudras and it's benefits, Start practice for lesser time and gradually increase the amount of practices and time to become a regular yoga practitioner. 25 minutes of practicing yoga daily or on weekends for 45 minutes. Practice one or two types of yoga daily, Simple yoga asanas and practice chair yoga.

Screenshots from the Assembly:

