

YOGA SESSION IN SLUM SCHOOL
YOGA DAY CELEBRATION- NSS ACTIVITY
4TH JUNE 2022



NSS Unit of Gitarattan International Business School is celebrating International Yoga Day from 1st June- 21st June 2022. Under this a Yoga session was organized at a slum school run by the NGO Sabki Paathshaala, at Bhairo marg, Pragati Maidan on 4th June 2022.

The purpose of this event was to generate awareness among children especially economically weaker sections of the society to understand the importance of Yoga in their life. It also aimed at boosting the confidence of children and helping them in becoming better individuals and responsible citizens. It was held to help these slum children to become physically fit and become mentally stable. To help inculcate good habits in them and help them stay away from bad influences.

The participants of the event would be invited in the GIBS college campus on the valedictory ceremony of Yoga celebrations on 21st June 2022 and would receive certificates from our Chief Guest Mr. Bhartiji and Mr Abhodhji. All participants would be given the stage to perform yoga which they learnt on the occasion.

Prepared by: Ms Muskan Grover, Assistant Professor, GIBS