

FEAST OF ST. ALOYSIUS

AND INTERNATIONAL YOGA DAY

21st JUNE 2025

On the morning of 21st June 2025, St. Aloysius School, Gaur, Jabalpur, hosted a vibrant and spiritually enriching Special Assembly to mark the Feast of Saint Aloysius Gonzaga, the patron saint of the school, and to commemorate International Yoga Day.

The programme began with a solemn prayer service, invoking the blessings of the Almighty and paying tribute to Saint Aloysius Gonzaga—an epitome of youthful sanctity, purity, and sacrifice. A brief yet impactful biographical speech highlighted his unwavering commitment to faith, service, and compassion, inspiring students to emulate his virtues in their daily lives.

The assembly then transitioned into a celebration of wellness and discipline through yoga. Students from classes IX and X enthusiastically participated in a yoga demonstration, showcasing asanas that promote physical health, mental clarity, and inner peace. A trained instructor guided the session, emphasizing the theme of this year's Yoga Day—"Yoga for Self and Society".

The school Principal addressed the gathering, encouraging students to balance their spiritual and physical well-being, drawing inspiration from the life of Saint Aloysius and the holistic practice of yoga. The event concluded with a pledge to uphold the values of discipline, humility, and self-care in everyday life.

The special assembly reflected the school's commitment to nurturing spiritual growth, physical health, and moral integrity, staying true to its mission of forming individuals who are "men and women for others."