

International Yoga Day 2025 Celebration (Report)

Date: 21st June 2025

Venue: School Playground

On 21st June 2025, our school celebrated **International Yoga Day** with great enthusiasm and active participation from students and teachers. The event was organized to promote the importance of yoga in maintaining a healthy lifestyle and to spread awareness about its physical, mental, and spiritual benefits.

The celebration began early in the morning with a brief introduction about the significance of the day. The respected Principal Ma'am, Ms. Rajbir Kaur addressed the gathering and emphasized how yoga helps improve concentration, build discipline, and reduce stress, especially in students and parents.



Our school's Physical Education teachers Ms. Rita and Mr. Sanjeev led the session. Students along with their parents gathered in the school playground, dressed in comfortable attire, ready to participate. The session began with a warm-up, followed by a series of **Asanas** (postures) including **Tadasana**, **Vrikshasana**, **Bhujangasana**, **Padmasana**, and **Surya Namaskar**. Breathing exercises like **Pranayama** and a short **meditation** session helped students relax and become more mindful.



Teachers also actively participated, setting a great example for the students. Posters and banners related to yoga were displayed around the school, and a small exhibition on the history and benefits of yoga was also organized by the students.

The event concluded with a vote of thanks by respected Principal Ma'am. Refreshments were distributed to the participants, and students left the venue feeling energized and inspired to include yoga in their daily routine.



Overall, the celebration was a great success and served as a reminder of the importance of a balanced and healthy lifestyle.