



REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2026-27

Day and Date	Friday, 19.06.2026
Time	8:00AM -10:45 AM
Venue	Indoor Auditorium
Participants	Grades 3- 10 students
Presented by	Art of Living Faculties
Objectives	● To promote awareness of physical and mental well-being through simple yoga practices. ● To encourage active student participation in International Yoga Day celebrations.
Outcome	● Students learned easy chair yoga techniques that can be practiced daily for better posture and focus. ● The auditorium performance enhanced students' confidence and teamwork while highlighting the benefits of yoga.

BRIEF REPORT

As part of the International Yoga Day celebrations, Wise Indian Private School organized a special yoga session on 19th June 2026 at the School Auditorium. The session was conducted by experienced faculty members from the Art of Living Foundation for both students and teachers.

The programme aimed to create awareness about the importance of yoga in maintaining physical fitness, mental well-being, and a balanced lifestyle. The instructors demonstrated various yoga postures, breathing exercises, and relaxation techniques, encouraging participants to incorporate these practices into their daily routines.

Students and teachers enthusiastically participated in the session and experienced the benefits of mindfulness and physical activity. The programme emphasized the significance of leading a healthy and stress-free life through regular yoga practice.

As a continuation of the celebration, a Chair Yoga Session was conducted on 20th June for students from Grades 3 to 10 in their classrooms. A student trained by Ms. Athira demonstrated chair yoga postures, which were followed by all students. Videos were shared with class teachers to guide the activity effectively.

The celebration concluded successfully with active participation from all attendees, reinforcing the message of harmony, wellness, and holistic development.

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PHOTOGRAPHS TAKEN

