

Report on International Day of Yoga 2026

Theme: “Yoga for Healthy Aging”

Date: 19th June 2026

Venue: Don Bosco Senior Secondary School, Nerul, Navi Mumbai

Don Bosco Senior Secondary School, Nerul, celebrated the International Day of Yoga on 19th June 2026 with great enthusiasm and active participation from students, teachers, and staff members. The event was organized in accordance with the global theme “**Yoga for Healthy Aging,**” which emphasizes the importance of yoga in maintaining physical health, mental well-being, emotional balance, and a positive lifestyle throughout all stages of life.

The programme was conducted in a systematic and well-organized manner across different grade levels. The yoga sessions were held simultaneously at designated venues within the school premises and were conducted under the guidance of the physical education department and trained teachers from **The Art of Living**. Classes I and II participated from 8:35 a.m. to 9:10 a.m. under the supervision of **Ms. Aarti Khurana** and **Ms. Neena Gandhi**. Classes VII and VIII attended the session during the same time slot under the guidance of **Ms. Bindu Chowdhury**, **Ms. Sapna Kohli**, and **Ms. Shipra**.

Classes III and IV participated from 9:15 a.m. to 9:50 a.m., guided by **Ms. Asha Poojari**, **Ms. Jigna Soni**, and **Ms. Shakuntala Nair**. Simultaneously, Classes IX and X attended their session under the supervision of **Ms. Yamini Dhamelia** and **Ms. Jagruti Sapariya**. The final sessions were conducted from 10:25 a.m. to 11:00 a.m. for Classes V and VI under **Ms. Meenakshi Raut** and **Ms. Sumati**, while Classes XI and XII were guided by **Ms. Aparna Chillara**, **Ms. Charu Malani**, and **Ms. Suhasini Pradhan**.

The programme began with a brief introduction highlighting the significance of International Day of Yoga and the numerous benefits of regular yoga practice. Students were informed about how yoga helps improve flexibility, strength, concentration, posture, and overall health. They also learned how yoga promotes inner peace, self-discipline, and emotional stability.

During the sessions, students performed a variety of yoga asanas, stretching exercises, breathing techniques (Pranayama), and relaxation practices. The instructors carefully demonstrated each posture and explained its benefits, ensuring that students performed the asanas correctly and safely. The students participated enthusiastically and displayed remarkable discipline, focus, and coordination throughout the programme.

The celebration served as an excellent opportunity to create awareness about the importance of adopting healthy habits and incorporating yoga into daily life. It reinforced the message that yoga is not merely a form of exercise but a way of achieving harmony between the body, mind, and spirit.

The International Day of Yoga 2026 celebration concluded successfully, leaving students motivated and inspired to continue practising yoga regularly. The event was a meaningful and enriching experience that promoted wellness, mindfulness, and a healthy lifestyle among all participants.

Prepared By:

Physical Education Department

Don Bosco Senior Secondary School, Nerul