

Report on 12th International Day of Yoga 2026 Celebration at SLS DAV Public School, Mausam Vihar, Delhi-110051

SLS DAV Public School, Mausam Vihar celebrated **12th International Day of Yoga 2026** with immense enthusiasm and allegiance reaffirming its commitment to promoting holistic health and well-being through the ancient practice of yoga while observing this year's theme of **"Yoga for Wellness, Wisdom & World Peace"** in addition to **"Yoga for Healthy Ageing"**.

The programme commenced with the formal inauguration by madam Principal, by rotating a globe, which symbolically conveyed the universal significance of yoga as it unites humanity and transcends geographical boundaries, followed by a soulful rendition of the DAV Gaan, invoking a sense of unity and discipline among all present.

The students presented Ganesh Vandana, through graceful yoga postures, seeking the blessings of Lord Ganesha for health, wisdom, and success.

The programme proceeded further with the energizing Surya Namaskar and the calming Chandra Namaskar, highlighting the balance between energy and serenity followed by a boisterous musical display of various yoga techniques by students emphasizing their role in improving flexibility, digestion, posture, concentration, and overall physical and mental health.

An impressive and inspiring yoga performance was given by our specially abled student, Purti of Class V which served as a true example of perseverance and inner strength.

The School Yoga teacher, Ms. Shanta, addressed everyone on the importance of incorporating yoga into our daily lives followed by the yoga practice of various beneficial yoga asanas including Pawanmuktasana, Mandookasana, Tadasana, Bhujangasana, Vajrasana, Shashankasana, Setu Bandhasana, Shavasana and Pranayama, wherein parents, students, and teachers enthusiastically participated.

Namasvi of Class III recited a beautiful poem on Yoga and Health Awareness, motivating everyone to adopt healthy habits and lead a balanced lifestyle through yoga.

A mesmerizing performance by students on the theme "Shiva – The Origin of Yoga," portraying Lord Shiva as the eternal source of yogic wisdom was presented. The programme concluded with an impressive display of advanced yoga asanas by the students.

The school Principal Ms. Navita Arya appreciated the efforts of the participants, their mentor, teachers and coordinators and thanked the administrative and support staff in extending their cooperation in organising the event successfully. She encouraged everyone to practise yoga regularly and incorporate yoga as a daily routine for a healthier and happier life. She also deliberated on the theme of International Day of Yoga 2026 i.e. 'Yoga for Healthy Ageing' and

highlighted yoga as a lifelong practice that can be adapted to our changing needs to promote physical vitality, mental resilience, mobility, independence, dignity & preventive healthcare across all stages of life.

The session ended with the recitation of Shanti Paath praying for world peace.

