



NATIONAL PUBLIC SCHOOL KENGERI, BENGALURU REPORT ON INTERNATIONAL YOGA DAY 2025

“Yoga is not just about touching toes. It is what is learnt on the way down.”

International Yoga Day was celebrated on 23rd June 2025 with great zeal and active participation by the students, teachers, and support staff. The event commenced with a warm welcome, followed by a speech on the significance of the day, highlighting its vital role in maintaining physical, mental, and emotional well-being.

The Yoga Anthem was sung in unison, creating a serene and focused atmosphere. Students then presented the SAPA song in three levels, symbolizing the progressive stages of a yogic journey—from discipline to mastery. The key highlight of the day was the live yoga demonstration by our esteemed Chief Guest, Mr. Prasanth Kumar M, founder of “Yoga Vantha” Yoga Class. With over 15 years of experience in the field, his presentation of advanced yoga asanas and breathing techniques deeply inspired the audience. His motivational speech emphasized the long-term benefits of integrating yoga into one’s daily routine.

The students performed a vibrant dance themed on the five elements—Earth, Water, Fire, Air, and Space—symbolizing harmony and balance, to reinforce the connection between yoga and nature. Adding a joyful note to the morning, a humorous skit by the students brought laughter and valuable life lessons to the stage.

An important segment of the celebration was the Staff Members’ Yoga Session, where the teaching faculty actively participated in performing yoga asanas under the guidance of our school yoga mentors. Everyone’s enthusiastic involvement served as a motivating example for students, highlighting yoga as a lifelong practice.

The Principal addressed the gathering, applauded the dedication of the organizing team and encouraged students to adopt yoga as a way of life. She appreciated the discipline, energy, and mindfulness exhibited by all participants.

The event concluded with a heartfelt vote of thanks to the Chief Guest, performers, teachers, and support staff. The celebration truly reflected the spirit of International Yoga Day, leaving everyone rejuvenated, motivated, and deeply connected to the ancient wisdom of yoga.