



NATIONAL PUBLIC SCHOOL, KENGARI, BENGALURU

Report on International Yoga Day '26

National Public School, Kengeri, celebrated International Yoga Day on 22 June 2026 with great enthusiasm and reverence. The programme, centred on the theme “Yoga for Healthy Ageing,” aimed to create awareness about the importance of yoga in promoting physical health, mental well-being, and inner harmony. The event commenced with a warm welcome, followed by an enlightening presentation on the significance of International Yoga Day and the global recognition of yoga as India's invaluable gift to humanity. The gathering was graced by the presence of Mrs. Divya B.S., the Secretary, whose participation added significance to the occasion. The programme also highlighted the rich cultural and spiritual heritage of India through the recitation of divine verses by the students.

The celebration featured a series of engaging performances that showcased the students' understanding and practice of yoga. A melodious song presentation, aptly titled “Melodies of Mindfulness,” created a serene atmosphere and emphasized the connection between music and inner peace. The audience was then taken on a fascinating “Journey through Asanas,” where students of various grades demonstrated a range of yogic practices with remarkable discipline, flexibility, and confidence. Grade 5 students presented Surya Namaskara and Chandra Namaskara, illustrating the balance between energy and calmness, while Grades 6 and 7 impressed the audience with basic and intermediate yogasanas that reflected dedication and focus.

One of the highlights of the programme was the dynamic presentation by Grade 8 students, who combined Yogasana with Kalaripayattu, the ancient Indian martial art. Their performance beautifully showcased strength, agility, coordination, and self-control, earning appreciation from everyone present. The event further underscored the holistic benefits of yoga and inspired students to adopt healthy lifestyle practices. Through each performance, the students demonstrated that yoga is not merely a form of exercise but a way of achieving harmony between the body, mind, and spirit.

The programme concluded with an inspiring address by the Principal, Mrs. Geeta Dikshit, who emphasized the importance of incorporating yoga into daily life to achieve physical fitness, emotional balance, and mental resilience. She encouraged students to embrace yoga as a lifelong practice that contributes to overall well-being. The event ended with a heartfelt vote of thanks. The International Yoga Day programme was a memorable and enriching experience that reinforced the values of health, mindfulness, and holistic living among the school community.