



DELHI PUBLIC SCHOOL GANDHINAGAR
Academic Session 2026-27
Event Report

Title: INTERNATIONAL YOGA DAY	Date: 21/06/2026
Venue: ATRIUM	

“Yoga is the journey of the self, through the self, to the self.” – Bhagavad Gita

Delhi Public School, Gandhinagar observed International Yoga Day on 21 June 2026 with great enthusiasm and mindfulness, embracing this year's theme, “Yoga for Healthy Ageing.” The celebration highlighted the importance of yoga as a timeless practice that promotes physical well-being, mental balance, and a healthy lifestyle at every stage of life. The programme commenced with a rejuvenating yoga session led by Mr. Anand, Ms. Hina, and Mr. Ashish. Teachers and staff members participated wholeheartedly in a series of warm-up exercises, yoga asanas, pranayama, and meditation techniques. The instructors guided the participants through each posture with precision, emphasizing proper alignment, breathing, and mindfulness to enhance the overall benefits of the practice.

The session provided an opportunity for participants to experience the calming and restorative effects of yoga while reflecting on its role in maintaining health, flexibility, strength, and emotional well-being. The theme, “Yoga for Healthy Ageing,” underscored the significance of adopting yoga as a lifelong companion that supports graceful ageing, promotes vitality, and enhances quality of life. The observance served as a reminder that yoga is not merely a physical exercise but a holistic discipline that nurtures harmony between the body, mind, and spirit. The programme concluded on a positive note, inspiring all present to incorporate yoga into their daily routines and embrace a healthier, more balanced way of life.

The celebration reaffirmed DPS Gandhinagar’s commitment to fostering wellness and holistic development, encouraging its community to move towards a future marked by health, mindfulness, and inner harmony.

Glimpses of the Activity:





