



DELHI PUBLIC SCHOOL GANDHINAGAR
Academic Session 2025-26
Event Report

Title: INTERNATIONAL YOGA DAY	Date: 21/06/2025
Venue: Delhi Public School, Gandhinagar	

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

On 21st June 2025, Delhi Public School, Gandhinagar celebrated International Yoga Day with immense zeal embracing this year's powerful theme — One Earth, One Health, One Practice. The celebration served not only as a tribute to the ancient practice of yoga but also as a reflection on its relevance in nurturing holistic well-being.

The event commenced with an invigorating yoga session that witnessed active participation from teachers and staff members. The session began with gentle warm-up exercises designed to awaken the body and increase flexibility. Participants then engaged in a series of yoga asanas, each demonstrated and guided by trained and experienced yoga instructors. The instructors paid close attention to detail, ensuring that every posture was executed with accuracy in alignment and synchronization of breath, thereby maximizing its benefits and minimizing the risk of strain or injury.

By integrating the principle of "One Earth, One Health, One Practice" the event emphasized the idea that personal health cannot be isolated from the environment we live in — a clean, balanced and peaceful Earth nurtures healthy individuals, and vice versa.

The initiative resonated deeply with the DPS Gandhinagar community, instilling a renewed appreciation for yoga. It served as a powerful reminder to incorporate yoga into daily routines, not just for personal transformation but also as a collective step towards building a healthier, more mindful, and sustainable future for all.

