

## SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS, NEW DELHI

The 11th International Day of Yoga was celebrated with energy and enthusiasm at SVISG, in proud collaboration with the National Council for Promotion of Sindhi Language, Ministry of Education, Govt. of India. With this year's powerful theme "Yoga for One Earth, One Health" — the celebration emphasized the deep link between inner well-being and the health of our planet 🌍. Under the inspiring leadership of Principal Dr. Santosh Vyas, the event brought together students, parents, teachers, and staff for a unifying yoga session. Esteemed alumni, Ms. Oshin Satija (Health & Wellness Coach) and Ms. Akshuna Tanwar (National Yoga Player), led the session, inspiring active participation from all age groups. The atmosphere was filled with positivity, peace, and a collective commitment to well-being. The event served as a beautiful reminder that yoga is a lifelong path to balance, sustainability, and harmony both within and around us. #InternationalYogaDay2025 #YogaForOneEarthOneHealth #SVISG #YogaDay #WellnessMatters #MindBodySoul #SadhuVaswaniSchool #YogaForAll #HealthyLiving #AlumniPride.

