



SHIKSHA BHARATI GLOBAL SCHOOL DWARKA, SECTOR-8, NEW DELHI 110077



Harmony of Mind and Body: International Yoga Day Celebrations

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Shiksha Bharati Global School,

In an era where holistic wellness is more important than ever, Shiksha Bharati Global School celebrated International Yoga Day with great fervour, discipline, and enthusiasm. The events organized aimed to inculcate the habits of mindfulness, flexibility, and physical fitness among the students, ensuring their overall well-being.

The Inaugural Address



The day commenced in the school auditorium with an insightful introductory session. Students gathered to understand the profound benefits of incorporating yoga into their daily academic lives. Respected principal, madam and vice principal, madam, speakers and educators took to the podium to emphasise how yoga is not just about physical postures, but a disciplined way of life that enhances concentration, relieves stress, and promotes inner peace. The attentive students set a positive and receptive tone for the activities that followed.

Mass Asana Practice



Following the assembly, the school's halls were transformed into vibrant spaces of focus and tranquillity. Students rolled out their colourful mats to participate in a synchronised mass yoga session. Guided by the school's physical education & sports department, the students seamlessly transitioned through various traditional asanas (postures).

Highlights from the mass sessions included:

Ustrasana (Camel Pose) & Bhujangasana (Cobra Pose): Students demonstrated excellent spinal flexibility and breathing control.



Paschimottasana (Seated Forward Bend): Large groups stretch, collective



performed this calming showcasing impressive discipline.

Buddha asana (Butterfly Pose): A foundational posture practiced with great focus to improve posture and mindfulness.



Inter-House Yoga Competition



The pinnacle of the day's events was the highly anticipated Inter-House Yoga Competition. Representatives from different houses proudly wore their respective red and yellow sports uniforms as they took to the stage.

The participants were judged on their balance, flexibility, and the precise execution of complex postures. The stage witnessed remarkable displays of concentration, particularly during the Vrikshasana (Tree Pose), where students exhibited perfect equilibrium. The competitive spirit was palpable, yet it remained beautifully grounded in the core yogic principles of mutual respect and harmony.

A Commitment to Holistic Health

The International Yoga Day celebrations at Shiksha Bharati Global School were a resounding success. The active participation across all grade levels highlighted the school's unwavering commitment to the physical and mental health of its students. By integrating these ancient practices into modern physical education, the school continues to empower its students to build resilient bodies and focused minds, preparing them for academic success and beyond.

By: Physical Education Department

