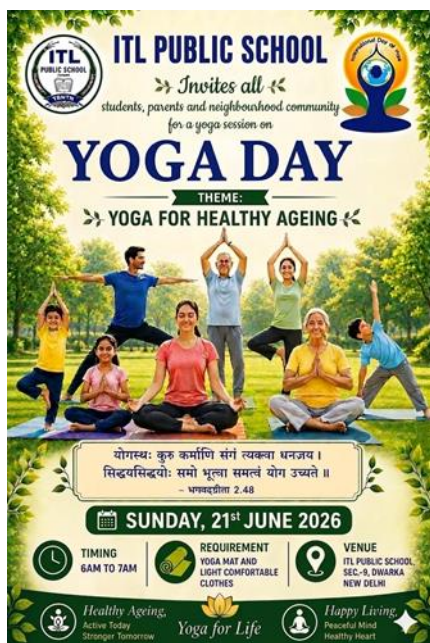




INTERNATIONAL DAY OF YOGA

DATE	: 21st June, 2026
NAME OF COMPETITION	: International Day of Yoga
CONDUCTED BY	: Sports Department
NAME OF TEACHERS IN-CHARGE	: Mr. Rajput

ITL Public School enthusiastically celebrated the 12th International Yoga Day on 21st June 2026 with the inspiring theme, “Yoga for Healthy Aging.” The event witnessed active participation from students, teachers, parents, and staff members, all coming together to embrace the timeless practice of yoga and its numerous benefits.

The programme commenced with a brief introduction highlighting the significance of International Yoga Day and the relevance of this year’s theme. Through a series of yoga asana, breathing exercises, and meditation sessions, participants experienced how yoga contributes to maintaining physical fitness, mental clarity, emotional balance, and overall well-being throughout different stages of life.

The theme, “Yoga for Healthy Aging,” emphasized the role of yoga in promoting a healthier and more active lifestyle as individuals grow older. Regular yoga practice enhances flexibility, improves posture and balance, strengthens muscles, supports cardiovascular health, reduces stress, and boosts immunity. It also nurtures mindfulness and inner peace, enabling individuals to lead fulfilling and independent lives. The celebration served as a reminder that yoga is not merely a form of exercise but a holistic way of life that harmonizes the body, mind, and spirit. By incorporating yoga into our daily routine, we can cultivate discipline, resilience, and a positive outlook towards life. Through this meaningful initiative, ITL Public School reaffirmed its commitment to fostering health awareness and encouraging students to adopt healthy habits from an early age. The event concluded with a collective pledge to make yoga an integral part of everyday life and to spread the message of wellness within the community. The successful celebration of the 12th International Yoga Day reflected the school’s belief that “Yoga is a gift of ancient wisdom that empowers people of all ages to lead healthier, happier, and more balanced lives.”

