

DAV Public School, Kirandul

11th International Day of Yoga 2025

On 21st June 2025, DAV Public School, Kirandul, celebrated the 11th International Day of Yoga with great enthusiasm and collective spirit. The event witnessed the active participation of students from Class VI to XII, alongside teachers, staff, and the school Principal.

The celebration began with a short welcome speech emphasizing the importance of Yoga in everyday life. The school was honoured to host renowned Yoga Gurus – Mrs. Deepak Sahu and Mr. Amrit Tandon, who led the Yoga session with expertise and grace. The program commenced with a warm-up routine, followed by a sequence of yoga asanas including Surya Namaskar, Vrikshasana, Trikonasana, and Pranayama techniques.

The Yoga Gurus also shared their personal experiences and highlighted the numerous benefits of incorporating Yoga into one's daily lifestyle. They explained how regular practice of Yoga can help improve physical health, mental clarity, emotional stability, and stress management – all essential for a balanced life, especially for students and educators.



Programme Highlights

1. Opening Ceremony

- The event commenced with an introductory speech from the Principal highlighting the significance of the 11th International Day of Yoga.
- Emphasis was placed on the theme of **mind-body balance**, stress relief, and overall wellness.

2. Expert-Led Yoga Session

- **Mrs Deepak Sahu** and **Amrit Tandon**, renowned local yoga gurus, led the session.
- They guided participants through the **Common Yoga Protocol**, including basic asanas like Surya Namaskar, Trikonasana, and Pranayama techniques.
- Their detailed instruction and calming presence helped students maintain proper posture, breathing rhythm, and mindfulness.

3. Student Engagement

- Across Classes VI–XII, students performed synchronized asanas under the guidance of the yoga gurus and teachers.
- Many shared how Yoga helped them feel calm, improve concentration, and strengthen flexibility.

- Teachers joined hands, fostering a supportive and unified atmosphere, modeling healthy habits for students.

4. Teacher Participation

- Beyond supervising, several teachers shared personal experiences of how Yoga helped them manage stress and maintain energy.
- This created genuine engagement and enthusiasm among the school community.

5. Closing

- The Principal Mr. S K Srivastava concluded the program with wishes encouraging continuous practice at home.
- **The Principal and teachers participated alongside students, setting a strong example of unity and healthy living. The session concluded with a meditation practice and a vote of thanks, appreciating the efforts of the organizers and the valuable guidance of the Yoga experts.**

