



VISHWA BHARTI PUBLIC SCHOOL, NOIDA

The March Is On...



INTERNATIONAL YOGA DAY 2026

"YOGA FOR HEALTHY AGEING"

International Yoga Day was celebrated with great enthusiasm and zeal at Vishwa Bharati Public School, Noida, on June 21, 2026. On this occasion, students and teachers participated collectively in various yoga asanas and pranayama exercises and gained a deeper understanding of the importance of yoga.

The objective of the programme was to create awareness among students and teachers about physical, mental, and spiritual well-being. Under the guidance of yoga instructor Mr. Akshya Kaul, participants practised the chanting of Om and performed several yoga postures, including Tadasana, Vrikshasana, Bhujangasana, and Vajrasana. Through meditation and pranayama, the programme also conveyed the message of adopting a healthy lifestyle.

The Chief Guest for the occasion was Dr. Saroj Kaul, Senior Member of the School Management Committee. In her address, she spoke about Vishwa Bharati's remarkable 75-year contribution to the field of education and highlighted that yoga is an invaluable part of India's cultural heritage, playing a significant role in maintaining harmony between the body and mind. She encouraged all students to make yoga a regular part of their daily lives.

The Principal, Mrs. Amita Ganjoo, expressed her gratitude to all the participants and guests.

The programme concluded with a collective pledge to practise yoga regularly for a healthy and positive life. The Yoga Day celebration proved to be inspiring, enriching, and beneficial for both students and teachers.





GLIMPSES OF INTERNATIONAL YOGA DAY