



INTERNATIONAL INDIAN SCHOOL BURAI DAH INTERNATIONAL YOGA DAY-2026

"Yoga brings harmony between mind, body, and soul."

International Yoga Day is celebrated annually on June 21 to raise global awareness about the physical, mental, and spiritual benefits of practicing yoga. The theme for the 12th International Day of Yoga (June 21, 2026) is **"Yoga for Healthy Ageing."**

INTERNATIONAL YOGA DAY SPECIAL ASSEMBLY

Ms. Ajeena Manaf and Ms. Nighat Parveen led the yoga practices. Principal Interim Ms. Bindu Kumar, Mr. Hafiz Afzal HOD Boys and Ms. Anitha Shaji HOD Girls explained the advantages of practicing yoga. A big column of students practiced yoga in Boys Section as well as in Girls Section. It was a well-coordinated event. The Head Boy Master Talal and The Head Girl Zainab highlighted the benefits of being fit physically, mentally and emotionally.





Conclusion:

The celebration of International Yoga Day was a successful and meaningful event. It helped students understand the importance of yoga in maintaining physical fitness, mental peace, and overall well-being. The program inspired everyone to make yoga a regular part of their daily lives and promoted the message of a healthy and balanced lifestyle.

"Yoga is not about touching your toes; it is about what you learn on the way down."