

INTERNATIONAL YOGA DAY CELEBRATION

"समत्वं योग उच्यते" – Balance and harmony of mind is called Yoga.

DAV Public School, Thane, celebrated International Yoga Day with great enthusiasm and fervour on 21st June 2026, reaffirming its commitment to holistic education and the well-being of students and staff. The programme commenced with the chanting of the Gayatri Mantra, invoking divine blessings, followed by the DAV Gaan, which echoed the values and ideals of the DAV family. The event formally began with a Green Welcome extended to the respected Principal, Mrs. Simmi Juneja, symbolizing the school's dedication to environmental consciousness and sustainable living.

Under the guidance of Principal Mrs. Simmi Juneja, the school organized an Online Yoga Olympiad, Yoga Pledge, Special Assembly, Teachers' Yoga Session, Parents' Yoga Session based on the Common Yoga Protocol (CYP), Yogasana Competition, and Yogasana Demonstrations. The celebrations witnessed the participation of 1,526 students, 180 teachers, and 57 parents.

The Yogasana Competition included 85 Secondary Section students judged by Mr. Ganesh Tikam from Yogasana Bharat, Mumbai Division, and 132 Primary Section students judged by Mrs. Raji Rajgopal from Ambika Yoga Kutir and Mr. Konar Subramaniam, Principal and Yoga Teacher, Saint Mary School, Thane. A total of 210 students participated, out of which 33 students emerged as winners.

On 21st June 2026, students showcased various yoga postures and participated in the Common Yoga Protocol Practice along with parents and teachers. The 33 winners were felicitated by Principal Mrs. Simmi Juneja and awarded medals and certificates.

Addressing the gathering, Principal Ma'am emphasized the significance of yoga in today's fast-paced world and encouraged everyone to incorporate yogic practices into their daily routine for a healthier and more balanced life. A major highlight of the celebration was the Yoga Demonstration presented by the students.

Displaying remarkable discipline, flexibility, and coordination, the students performed a series of asanas and breathing exercises that showcased the physical, mental, and spiritual benefits of yoga. Their performance reflected months of dedicated practice and inspired the audience to embrace yoga as a way of life.



To reinforce the importance of wellness and mindfulness, students and teachers collectively took the Yoga Pledge, committing themselves to adopting healthy habits and integrating yoga into their daily lives. The programme also witnessed the felicitation of the winners of the Yoga Competition, who were recognized for their outstanding performance, dedication, and excellence in the practice of yoga.

A special felicitation was accorded to Dr. Ajay Ravindra Kumbhar, Yoga Expert and Spiritual Speaker, for his invaluable contribution towards promoting yoga among students. Holding a Ph.D. in Yoga, a Master's Degree in Yoga, and being UGC-NET qualified, Dr. Kumbhar has been instrumental in guiding students towards physical fitness, mental well-being, and self-discipline through the practice of yoga.

A special yoga and wellness session was also organized for the parents and teachers, highlighting the importance of incorporating yoga into everyday life. Conducted by Dr. Ajay Ravindra Kumbhar, the session focused on simple yet effective yogic practices, breathing techniques, stress management, and the role of yoga in maintaining physical and mental well-being. The interactive session was highly appreciated by the participants, who gained valuable insights into leading a healthier and more balanced lifestyle through the regular practice of yoga.

The celebration concluded with a heartfelt Vote of Thanks, expressing gratitude to the Principal, teachers, students, and all those who contributed to the success of the event. The programme ended on a patriotic note with the singing of Vande Mataram.

The celebration served as a powerful reminder that yoga is not merely a form of exercise but a way of life that fosters inner peace, self-awareness, and holistic well-being. The event left everyone inspired to embrace the timeless wisdom of yoga and work towards a healthier and happier future.

