



DAV RAO HARISHCHANDRA ARYA PUBLIC SCHOOL NAGPUR

Report on International Yoga Day Celebration 2026

DAV Rao Harishchandra Arya Public School, Nagpur

Date: 21 June 2026

Venue: School Campus

Time: 6:30 A.M.

Theme: Yoga for One Earth, One Health

DAV Rao Harishchandra Arya Public School, Nagpur, **celebrated International Yoga Day 2026** with great enthusiasm and active participation from students, teachers, parents, and staff members. The programme was also graced **by the virtual presence of the Hon'ble Principal** Ma'am, who addressed and encouraged everyone to adopt yoga as a way of life.

The programme commenced at **6:30 A.M. with the Maharashtra Gaan, followed by the DAV Gaan and the chanting of the Gayatri Mantra**, creating a serene and spiritually uplifting atmosphere. The event was gracefully anchored by Ms. Anushree.

The celebration began with a warm **Welcome Speech**, after which the teachers performed the **Lighting of the Lamp**, symbolizing the spread of knowledge, peace, and wellness. An informative session on the significance of International Yoga Day and this year's theme, "**Yoga for One Earth, One Health**," highlighted the importance of yoga in promoting physical, mental, and environmental well-being.

The yoga session was conducted by **Yoga Instructor Ms. Gaytri Saurabh Parwe**, who expertly guided the participants through **Warm-up Exercises, Surya Namaskar, Standing Asanas, Sitting Asanas, and Sleeping Asanas**. The session continued with the practice of **Kapalbhati Pranayama, Anulom Vilom Pranayama, Bhramari Pranayama, and Udgit Pranayama**, enabling everyone to experience relaxation, mindfulness, and renewed energy.

Students, teachers, parents, and staff enthusiastically participated in every activity, making the programme lively and inspiring. **The virtual presence of the Principal added great value to the celebration and motivated everyone to include yoga in their daily routine.**

The programme concluded with a heartfelt **Vote of Thanks** delivered by Ms. Anushree, expressing sincere gratitude to the **Principal Ma'am** for joining virtually, **Yoga Instructor Ms. Gaytri Saurabh Parwe**, the parents, teachers, students, and all the staff members for their wholehearted support and participation. The celebration concluded with the distribution of **refreshments to all the participants, adding a delightful end to the successful event.**

The celebration successfully conveyed the message that "**Yoga for One Earth, One Health**" is not just a theme but a way of life that promotes harmony, good health, and a sustainable future for all. The event left everyone feeling refreshed, inspired, and motivated to make yoga a part of their daily routine.

