

CHINMAY INTERNATIONAL SCHOOL

~ Educating for Life ~

INTERNATIONAL YOGA DAY

CELEBRATION REPORT

"Yoga for Health and Harmony"



Students practising yoga asanas together on the school playground

School	Chinmay International School
Affiliation	CBSE, New Delhi
Date	22nd June, 2026
Venue	School Campus, Anastu Road, Karjan, Gujarat – 391240

REPORT PURPOSE

International Yoga Day was celebrated to sensitize students to the importance of physical fitness, mental well-being, and inner balance. The program aimed to instil healthy habits, encourage active participation in yoga and meditation, and nurture mindful living in alignment with the vision of holistic education promoted by CBSE.

Introduction

Chinmay International School celebrated International Yoga Day on 22nd June, 2026 with immense enthusiasm, energy, and a deep sense of commitment towards health and well-being. The celebration was organized with the objective of creating awareness among students about the importance of yoga in daily life. Yoga Day serves as a meaningful occasion to remind everyone that yoga is a timeless gift of India's ancient tradition, harmonizing the body, mind, and spirit while building strength, flexibility, focus, and inner calm.

In today's fast-paced world, stress, sedentary habits, and declining physical activity among children have become growing concerns. Recognizing the importance of nurturing healthy habits early, Chinmay International School organized this special event to encourage students to embrace yoga as a lifelong practice for a healthier and more balanced future. The celebration also aligned with the CBSE vision of promoting experiential learning, physical well-being, and value-based education.

The entire school campus came alive with the enthusiastic participation of students from Pre-Primary to Grade XII, along with teachers, coordinators, and staff members. Students actively performed a variety of yoga asanas, breathing exercises, and meditation techniques on the school playground under the expert guidance of their teachers. The event was not merely a physical activity but also an enriching experience that inspired students to understand the deeper significance of a mindful, healthy lifestyle.

The celebration successfully combined learning with practice by encouraging every participant to experience the physical and mental benefits of yoga firsthand, fostering a school-wide culture of wellness.

Objectives of the Celebration

The International Yoga Day Celebration was organized with several educational and wellness-oriented objectives:

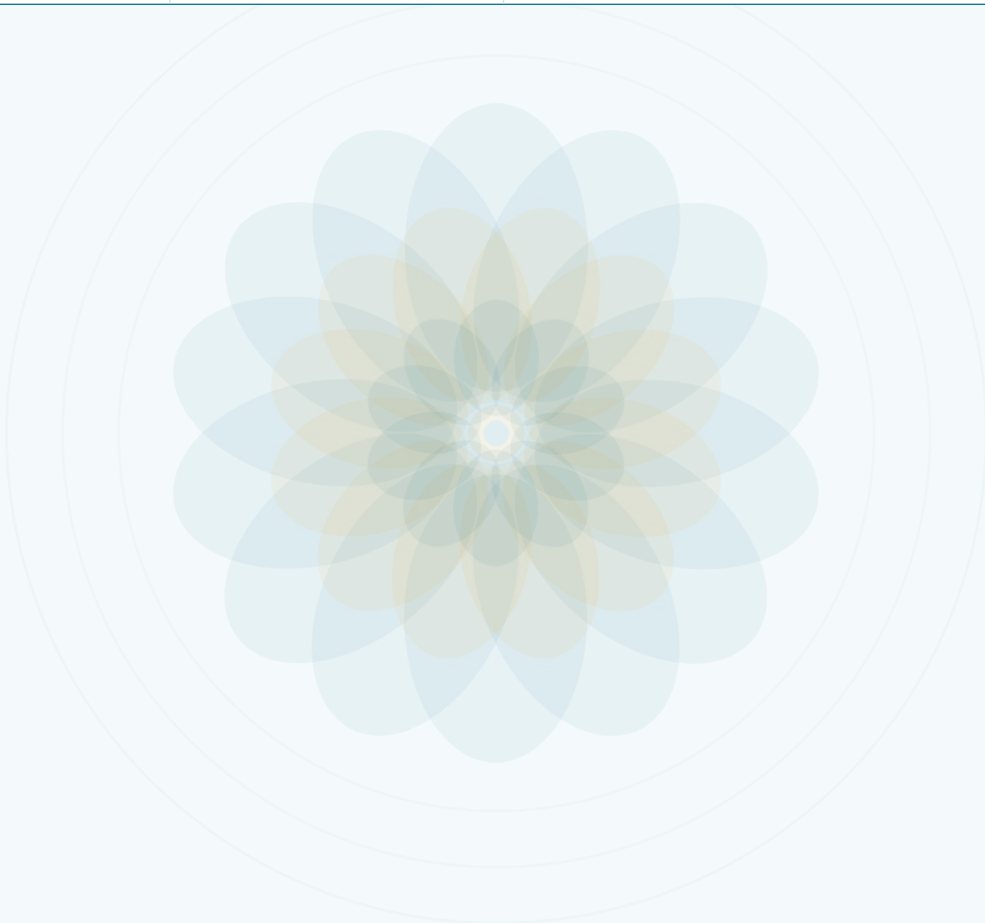
- To create awareness among students about the importance of yoga for physical and mental well-being.
- To encourage regular practice of yoga for a healthier, balanced lifestyle.
- To develop discipline, focus, and self-control among students.
- To educate students about various yoga asanas and their benefits.
- To promote inner peace and stress relief through meditation and breathing exercises.
- To instil values of patience, balance, and mindfulness from an early age.
- To inspire students to lead a holistic, health-conscious life.
- To encourage teamwork and active participation in wellness-based activities.
- To strengthen the mind-body connection through practical experience.
- To promote the ancient Indian tradition and science of yoga among the younger generation.
- To help students manage academic stress through relaxation techniques.



- To support the vision of a healthier, happier, and more mindful school community.

Celebration Highlights

Segment	Participants	Impact
Yoga & Asana Session	Nursery to Grade 12	Engaged students in age-appropriate yoga asanas, stretches, and guided postures under teacher supervision.
Meditation & Pranayama	All classes	Promoted calmness and focus through guided meditation and breathing exercises.
Documentation	Teachers and students	Recorded the event through photographs and shared highlights to promote wellness awareness.



1. Yoga Asanas & Practice Session

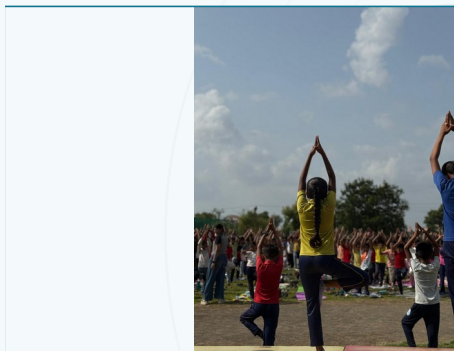
The yoga session was the central highlight of the celebration. Students from Pre-Primary to Grade XII enthusiastically performed a variety of yoga asanas across the school playground, guided by trained teachers.

Asanas and practices covered included:

- Vrikshasana (Tree Pose) – for balance and concentration
- Tadasana (Mountain Pose) – for posture and steadiness
- Simple stretching and warm-up postures suited to each age group
- Group formations to build coordination and discipline

Teachers demonstrated the correct technique, alignment, and breathing pattern for each asana, helping students understand both the physical form and the purpose behind each posture. Students were encouraged to focus on steady breathing, balance, and body awareness throughout the session, which promoted flexibility, strength, and confidence.

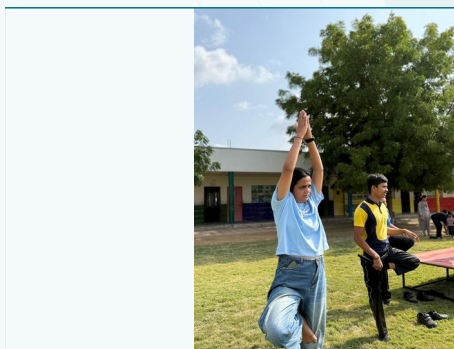
Photo Highlights – Yoga Asana Session



Practising Vrikshasana (Tree Pose)



Group asana practice on the field



Students focusing on balance and form



Warm-up and stretching exercises

2. Meditation and Pranayama

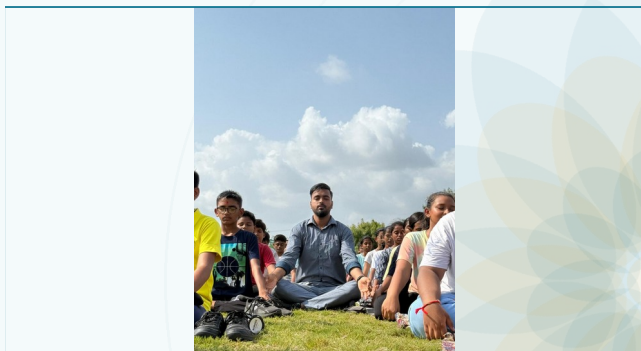
Following the asana session, students participated in guided meditation and pranayama (breathing exercises) to calm the mind and enhance concentration. Teachers explained the importance of mindful breathing for emotional balance, reduced stress, and improved focus in academics and daily life.

Sitting quietly with eyes closed, students experienced a sense of stillness and rejuvenation, understanding first-hand how yoga nurtures not just the body but also the mind.

“Yogash Chitta Vritti Nirodhah”

“Yoga is the stilling of the fluctuations of the mind.” – Patanjali, Yoga Sutra 1.2

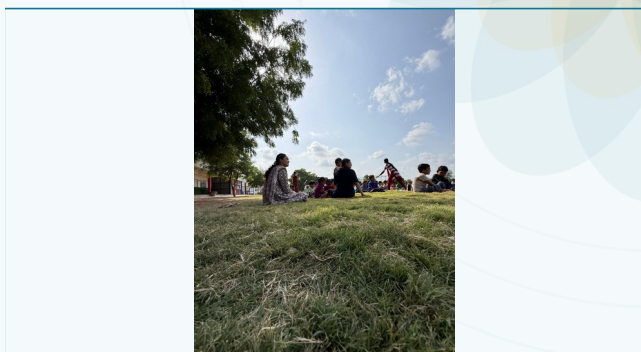
Photo Highlights – Meditation & Younger Learners



Guided meditation with teacher support



A quiet, reflective moment under the trees



Pre-Primary students exploring simple poses



A moment of stillness and focus

Environmental & Wellness Awareness Activities

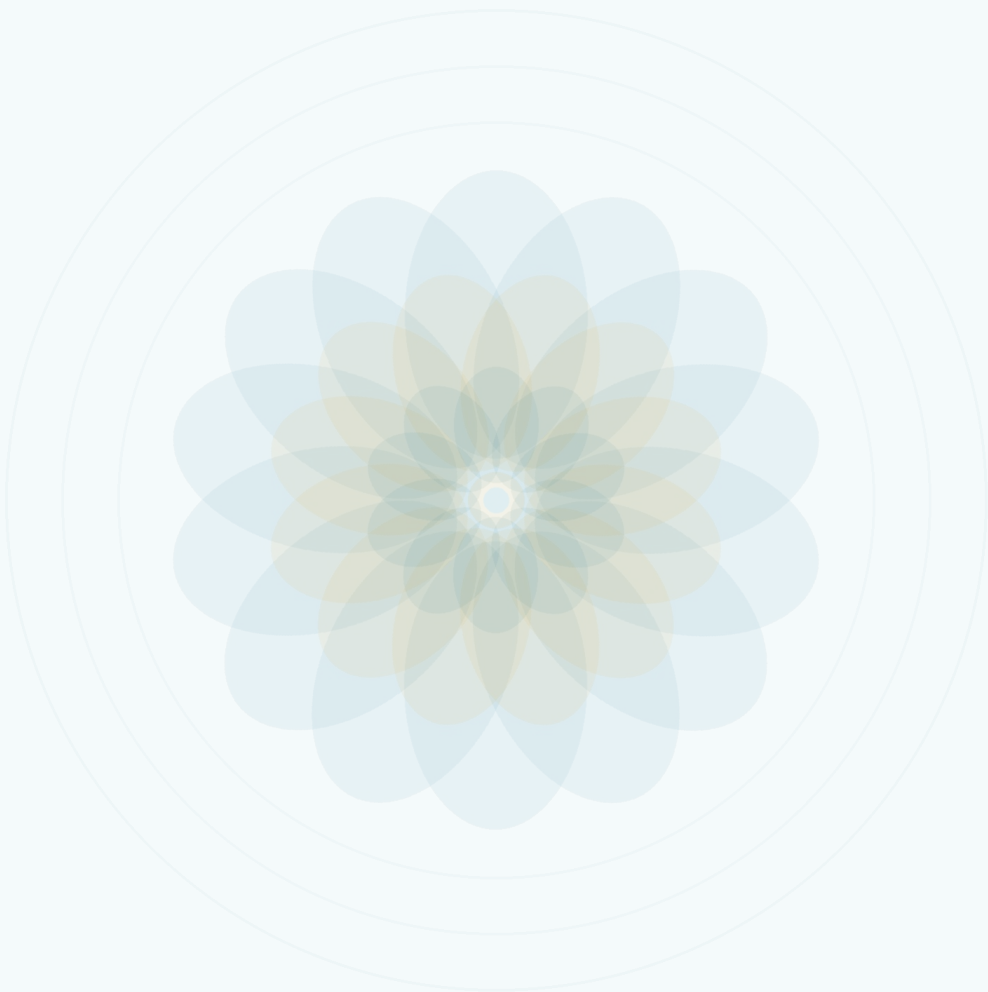
Alongside the physical session, teachers conducted interactive discussions to deepen students' understanding of health and well-being.

Topics covered included:

- Benefits of yoga for physical fitness and flexibility
- The role of breathing exercises in reducing stress
- Importance of a balanced diet and healthy routine

- Yoga's role in improving focus and academic performance
- Building emotional resilience through mindfulness

Students shared their own experiences and asked questions, making the session engaging and meaningful. Teachers encouraged students to practise simple asanas and breathing exercises daily, even outside school.



Student Pledge

As part of the celebration, all students collectively took a wellness pledge.

They pledged:

- To practise yoga regularly for a healthy body and mind.
- To maintain a balanced and disciplined daily routine.
- To manage stress through mindful breathing and meditation.
- To encourage family members and friends to adopt yoga.
- To respect and preserve India's ancient tradition of yoga.
- To become responsible ambassadors of health and well-being.

The pledge reinforced the values of discipline, self-care, and lifelong commitment to wellness.

Learning Outcomes

The International Yoga Day celebration enabled students to:

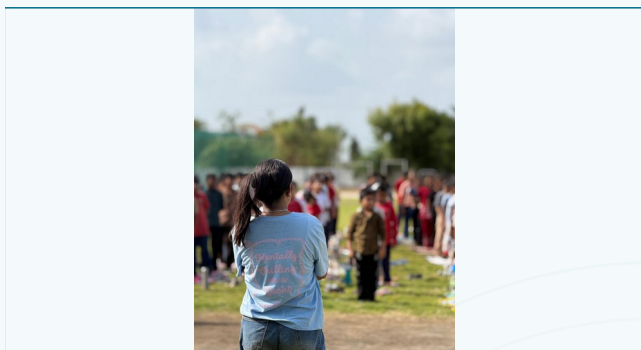
- Develop awareness of physical fitness and mental well-being.
- Understand the correct technique for basic yoga asanas.
- Learn practical breathing and relaxation exercises.
- Appreciate the connection between mind, body, and breath.
- Build focus, patience, and self-discipline.
- Strengthen teamwork through group practice.
- Experience experiential, activity-based learning beyond the classroom.
- Recognize yoga as a valuable lifelong habit for a healthy future.

Values Inculcated Through the Programme

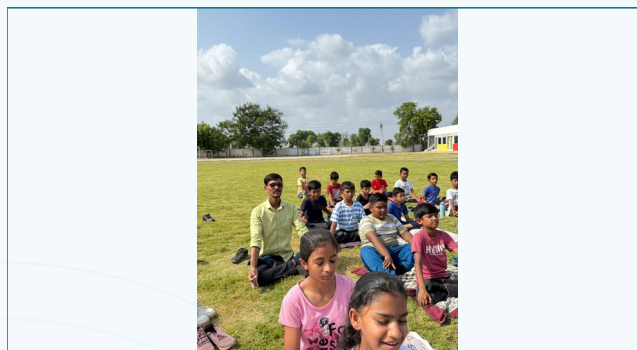
✓ Physical & Mental Wellness	✓ Discipline and Focus	✓ Mindfulness
✓ Self-care & Balance	✓ Respect for Tradition	✓ Teamwork and Cooperation

More Moments from the Celebration

A few more glimpses of the enthusiasm and togetherness that marked the celebration, as students gathered, prepared, and supported one another throughout the event.



Students assembled for the celebration



Students seated in orderly rows



Students in a calm, focused moment



Guided practice under teacher supervision

Conclusion

The International Yoga Day Celebration at Chinmay International School was conducted successfully with remarkable enthusiasm, dedication, and active participation from students of Pre-Primary to Grade XII, teachers, coordinators, and staff members.

The celebration achieved its objectives of promoting physical fitness, encouraging mindfulness, and instilling a sense of responsibility towards personal well-being. Through practical participation, guided sessions, and collective commitment, students gained valuable knowledge and developed a positive attitude towards a healthy lifestyle.

The event reflected the school's commitment to holistic education by combining academic learning with values of self-care, discipline, and inner balance. It served as a meaningful reminder that a few mindful minutes each day can nurture a healthier body and a calmer mind for years to come.

Overall, the International Yoga Day celebration was a grand success and will remain a memorable experience that inspired students to embrace yoga as a lifelong companion for health and harmony.

CLOSING MESSAGE

“Yoga for Health and Harmony – Together, let us nurture the body, calm the mind, and inspire a lifetime of well-being through the timeless practice of yoga.”