

Celebrating International Yoga Day

Pune, Maharashtra | 19th and 22nd June, 2026

"Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life."



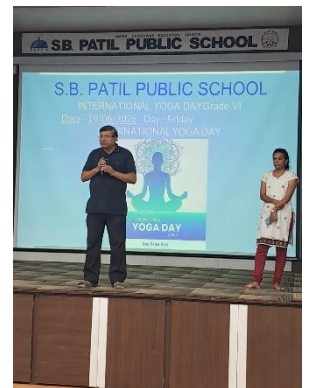
Yoga is not merely about physical exercise; it is a journey towards achieving harmony between the body, mind, and soul. Believing firmly in the holistic development of its students, S.B. Patil Public School enthusiastically celebrated International Yoga Day – which is annually celebrated on 21st June — by organising a series of yoga sessions across all sections of the school on the 19th and 22nd of June, 2026.

The celebration commenced with a special yoga session for the students of the pre-primary section. The tiny tots began the day by chanting Omkar mantras and practising meditation, helping them establish a connection with their inner selves. They enthusiastically performed various yoga postures such as Tadasana, Uttanasana, Vrikshasana, and Trikonasana, while learning about the importance and benefits of yoga in maintaining a healthy lifestyle.



Simultaneously, yoga sessions were organised for students of Grades I to IX and XI to promote health, wellness, and mindfulness among young learners. The programme was meticulously planned and coordinated by the CCA Team in collaboration with the Sports Department. To make the sessions more enriching and effective, experienced yoga trainers from Mindful Yoga Academy were invited to guide the students through various yogic practices.

The sessions were conducted under the expert guidance of Mr. Vishwas Pitre, Ms. Vaishnavi Pitre, Mr. Santosh Susveerkar, Ms. Pooja Susveerkar, and Mr. Eknath Khand kar. The trainers demonstrated a variety of yoga postures (asanas), breathing techniques (pranayama), and meditation practices, highlighting their role in improving concentration, flexibility, strength, emotional balance, and overall well-being.



Students across all grades participated with great enthusiasm, discipline, and dedication. They gained valuable insights into the significance of incorporating yoga into their daily routines and learned how regular practice can help reduce stress, improve focus, and foster a positive outlook towards life.

The celebration aligned with the theme of International Yoga Day 2026 – “Yoga for Healthy Ageing”, which emphasises the importance of yoga in promoting lifelong health and wellness. Through this initiative, the school reinforced its commitment to nurturing healthy habits and encouraging the overall physical, mental, and emotional development of its students from an early age.



The event concluded on a refreshing and rejuvenating note, leaving students inspired to embrace yoga as an integral part of their daily lives. The entire school campus resonated with positivity, peace, and vitality. The school extends its heartfelt gratitude to the yoga trainers from Mindful Yoga Academy, the CCA Team, and the Sports Faculty members for their invaluable contribution in making the celebration a grand success.