

# BHARATIYA VIDYA BHAVAN'S PUBLIC SCHOOL

BHEL TOWNSHIP:R.C PURAM:HYDERABAD-32

योग: शान्ते: शक्तेश्च स्रोतः

## Yoga – The Source of Peace and Strength



The school quadrangle blossomed into a haven of tranquillity and vitality as the students of Classes VII, VIII, and IX celebrated International Yoga Day on 20th June 2026 with great zeal and devotion. Reflecting this year's theme of fostering holistic well-being through yoga, the programme inspired students to embrace a healthy and balanced lifestyle.

The event was thoughtfully organized by Mr. Venkatachalem, Mrs. Jayaharika, and the Coordinators. Mrs. Chebolu Uma, Principal, delivered the welcome address and eloquently highlighted the timeless relevance of yoga in nurturing physical fitness, mental resilience, and inner peace. Miss Sakshi and Miss Afreen of Class X enlightened the gathering on the significance of International Yoga Day and the transformative power of yogic practices.

Students enthusiastically participated in Surya Namaskar, Tadasana, Vrikshasana, Bhujangasana, Shavasana, breathing exercises, and meditation. Their synchronized movements and focused participation created an atmosphere of serenity and discipline. The celebration beautifully showcased the essence of yoga as a pathway to harmony, strength, and self-discovery, leaving a lasting impression on all present.