



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR

INTERNATIONAL DAY OF YOGA 2026

22ND JUNE, 2026

Delhi Public School Kamptee Road, Nagpur celebrated 'International Day of Yoga 2026' with great enthusiasm and reverence. The event was organised around the global theme, 'Yoga for Healthy Ageing', highlighting the importance of adopting yoga as a lifelong practice for physical fitness, mental well-being and emotional balance. The event witnessed the active participation of teachers who came together to embrace the spirit of health, harmony and mindfulness.

The celebration commenced with a warm welcome to the esteemed Yoga Instructor and a valued stakeholder, Ms Deepa Ishan Jain. The Principal, Ms. Yogeeta Umalkar felicitated the guest for her valuable contribution to promoting wellness through yoga. The significance of the theme was shared with the participants, emphasising how yoga helps individuals maintain strength, flexibility and inner peace at every stage of life.

Ms Deepa Ishan Jain then conducted an enriching and rejuvenating yoga session. Through a series of yoga postures, breathing techniques and mindfulness exercises, she guided the participants on the importance of incorporating yoga into their daily routines. She also shared valuable insights on achieving holistic well-being and maintaining a healthy lifestyle through regular practice.

The event concluded on a positive and inspiring note, with participants expressing their appreciation for the informative and energising session. The celebration successfully reinforced the message of adopting yoga as a way of life and encouraged everyone to work towards better health, happiness and overall well-being.



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KAMPTÉE ROAD, NAGPUR



International Day of Yoga



International Day of Yoga 2026 - Cultivating Health, Harmony and Mindfulness!

Celebrating the theme 'Yoga for Healthy Ageing', the teachers participated in an enriching yoga session focused on physical fitness, mental well-being and inner harmony. Guided by expert insights and mindful practices, the event reinforced the importance of making yoga a lifelong companion for a healthier and more balanced life.