

Embracing Wellness Through Yoga: International Yoga Day Observed at M.K DAV Public School, Daltonganj

Today, the school marked International Yoga Day with enthusiasm and earnestness drawing students and teachers together in an occasion dedicated to healthy living and mindful engagement with everyday life. The celebration revisited yoga as an age-old practice whose relevance continues to grow in an increasingly demanding world.

The programme opened with a brief presentation on the origins of yoga and its continuing influence on personal well-being. Under the guidance of trained instructors, participants practised selected asanas, breathing techniques and meditation exercises. The session encouraged students to view yoga not simply as a means of maintaining fitness but as a discipline that can help them remain attentive, manage pressure more effectively and approach their daily responsibilities with a sense of composure.

Speaking on the occasion, the Honourable Principal, MRS. INDRANI CHATTERJEE , observed that familiarity with yogic practices enables young learners to understand themselves better and gradually adopt habits that contribute to a healthier way of life. She remarked that time spent on yoga can improve one's capacity to concentrate and offers students a constructive way to navigate academic expectations as well as personal challenges. Encouraging everyone to make yoga a part of their routine, she noted that even a few minutes of regular practice can bring about meaningful changes over time.

The observance concluded with participants expressing their willingness to incorporate simple yogic exercises into their daily schedules and acknowledging yoga as an enduring gift that continues to benefit people across generations.











