

20.06.26

Saturday

Report on

International Yoga Day Celebration



Air Force School celebrated International Yoga Day on 20 June 2026 with great enthusiasm and active participation from students and staff members. The programme aimed to spread awareness about the importance of yoga in maintaining physical fitness, mental well-being, and a healthy lifestyle.

This special assembly was conducted by Sukhoi House under the supervision of Mrs Pooja, Ms Reetu and Yoga Instructor Mr. Sandeep, who guided the participants through various yoga asanas, breathing exercises, and meditation techniques. He explained the benefits of regular yoga practice and encouraged everyone to make yoga a part of their daily routine.

Students actively participated in the session and performed different yoga postures with dedication and discipline. The programme created an atmosphere of positivity, concentration, and wellness throughout the school campus.