

ST. ANN'S SCHOOL ICSE & ISC KA-376

AKSHAYANAGAR, BENGALURU- 560068

INTERNATIONAL YOGA DAY - 21 JUNE 2026

"Yoga is the journey of the self, through the self, to the self."

— Bhagavad Gita





Students presenting a coordinated yoga formation

A Celebration of Balance, Discipline and Well-being

St. Ann's School ICSE & ISC commemorated International Yoga Day on 21 June 2026 with great enthusiasm and reverence for the ancient practice of yoga. The session was led by Mr. Subash, PE Instructor, who guided the students through a series of warm-up exercises, Surya Namaskar, various yoga asanas and mindful breathing techniques.

YOGA IN ACTION

Students • Focus • Flexibility • Harmony







YOGA FOR HOLISTIC WELL-BEING

The programme highlighted the profound significance of yoga in fostering physical vitality, mental harmony, emotional balance and holistic well-being. Students participated with remarkable enthusiasm and discipline, further enriching the celebration through an insightful speech on the importance of incorporating yoga into daily life.

"Breathe in peace. Breathe out stress. Live in harmony."