

D.A.V. PUBLIC SCHOOL, CHENNAI – 42

INTERNATIONAL YOGA DAY CELEBRATION - 2026

D.A.V. Public School, Velachery celebrated the 12th International Yoga Day on 20 June, 2026 with great enthusiasm and fervour. The theme for this year, "Yoga for Healthy Ageing", highlighted the importance of Yoga in promoting physical, mental, and emotional well-being across all age groups. The Celebration was hosted by the students of Classes IX and X and featured a series of meaningful programmes emphasizing the significance of Yoga in daily life.

The programme commenced with Tamil Thai Vazhthu, followed by a Yoga Prayer. The formal inauguration was marked by the lighting of the lamp. Dakshesh of Class X welcomed the gathering and gave a brief introduction to the importance of Yoga. Ms. Aswini introduced the Chief Guest, Dr. D. Dhananjayan, Founder of Master DJ Yoga, Yoga Ratna, Therapist, and Internationally Certified Yoga Master.

Under the guidance of the Yoga Master, Mr. Srinivasan M, students demonstrated various Yoga asanas and breathing exercises in line with the Yoga Protocol. Addressing the gathering, the Chief Guest emphasized the role of regular Yoga practice in maintaining physical health, mental well-being, and inner harmony. The Principal encouraged students to make Yoga an integral part of their daily lives for a balanced and healthy lifestyle. The Vote of Thanks was proposed by Adrianna of class IX.

In addition to the International Yoga Day Celebrations, several Community outreach programmes were also organised. On 17th June 2026, a Yoga session was organized at Seva Samajam, Pallippattu, IIT Campus, involving 60 students. On 19th June 2026, Yoga demonstrations were conducted for the residents of Bethel Avenue and VGP Selva Nagar at the Basketball Court. On 20th June 2026, a Mass Yoga Programme was organized for the students of Classes VIII and IX and students of Classes X and XII participated in a Special Meditation Workshop conducted by Sahaja Yoga, focusing on mindfulness, self-awareness, and inner peace.

The programme successfully inspired students and members of the community to embrace Yoga as a way of life and to work towards holistic health and well-being.

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No.19, Sitaram Nagar, Velachery, Chennai - 42

Plot No. 131, 132, 130 & 135, Bhuvanewari Nagar, 2nd Main Road, Velachery, Chennai - 42

DAY 2: 19.06.2026

INTERNATIONAL YOGA DAY CELEBRATION THEME: YOGA FOR HEALTHY AGEING



SPECIAL YOGA SESSION PERFORMED BY THE STUDENTS FOR THE SENIOR CITIZENS AT THE OLD AGE HOME



YOGA SESSION FOR THE CHILDREN OF SEVA SAMAJAM CHILDREN'S HOME

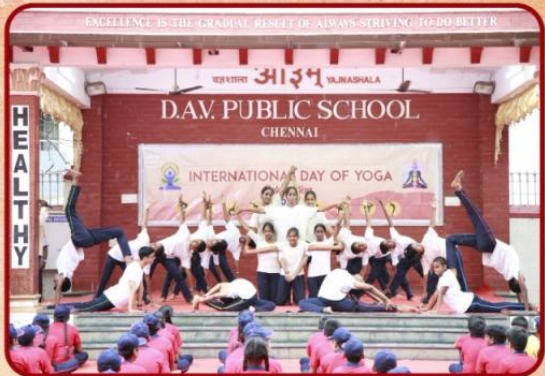
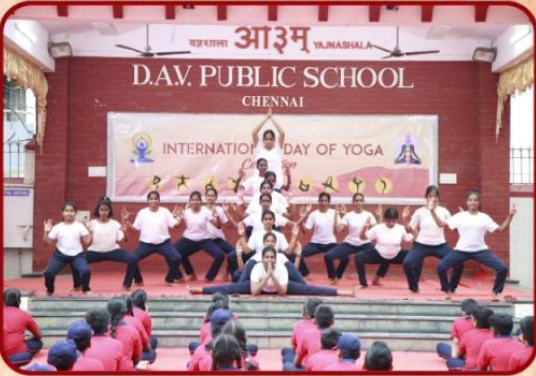
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DAY 3: 20.06.2026

INTERNATIONAL YOGA DAY CELEBRATION THEME: YOGA FOR HEALTHY AGEING



YOGA DAY CELEBRATION AT DAV PUBLIC SCHOOL, CHENNAI PRESIDED BY YOGARATNA DR. D. DANAJAYAN, YOGA VARMA AND THERAPIST



YOGA SESSION FOR THE NEIGHBOURING RESIDENTS OF BETHEL AVENUE AND VGP SELVA NAGAR

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INTERNATIONAL YOGA DAY CELEBRATION THEME: YOGA FOR HEALTHY AGEING



SAHAJA YOGA MEDITATION SESSION FOR THE STUDENTS



YOGA DEMONSTRATION AND FORMATIONS BY THE PRIMARY STUDENTS