

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

DATE : 21 June 2026

VENUE : School Quadrangle, EMHS, Sowparnika

INCHARGE : Mr. Suresh Handa & Ms. Ashwini

Sharada Residential School enthusiastically celebrated International Yoga Day on 21-06-2026 with great zeal and participation. Every year this program is being organised as a part of "YOGA DAY" to create awareness among students about the importance of Yoga in maintaining physical fitness, mental well-being and a healthy life style. The girls yoga day program was held in SRS main campus quadrangle.

Our Yoga Guru Shri P.V. Bhat was invited to guide and instruct the students. The program began with a brief introduction to the significance of International Yoga Day and the benefits of participating in Yoga regularly by our Principal Shri Vincent D'costa and Yoga Guru Shri P.V. Bhat.

The Yoga Guru demonstrated various Yoga postures (asanas), breathing exercises (Pranayama) and meditation techniques. Students from different classes actively participated in the session and performed the exercises with great interest and enthusiasm. The instructor also explained how Yoga helps improve concentration, flexibility, discipline and overall health.

The program was highly informative and inspiring.

The celebration concluded by Mr. Suresh Handa, Boys Hostel Co-ordinator & Ms. Ashwini, Girls Hostel Co-ordinator with a vote of thanks to our beloved Director Shri Vidyavanth Acharya for providing all facilities for the grand success of this program. Thanks were also conveyed to our Principal and Yoga Guru for sharing their knowledge and motivating the students to adopt Yoga as a way of life.

The event was a grand success and left a positive impact on all the participants.

Submitted by : Mrs. Suresh Handa & Ms. Ashwini

Hostel Coordinator

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Date : 23/06/2026