



BIRLA PUBLIC SCHOOL GANGANAGAR

CBSE affiliation no.1730974

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

A WORLD-CLASS AIR-CONDITIONED ENGLISH MEDIUM CO-EDUCATIONAL SENIOR
SECONDARY SCHOOL AFFILIATED TO CBSE, NEW DELHI

Session: 2025-26

“Uniting in Breath and Balance: A Digital Yoga Day Observance at Birla Public School Ganganagar”

In celebration of 11th International Yoga Day on 21st June 2025, Birla Public School Ganganagar organized a serene and impactful online yoga session, seamlessly blending ancient wellness traditions with a modern virtual platform. The event, streamed live from the school campus, aimed to cultivate mindfulness, inner harmony, and physical well-being among students, educators, and staff.

The session was graced by the presence of Principal Dr. Nitesh Kumar Singh, along with members of the sports department and the administrative staff, who performed yoga together on campus, setting an inspiring example. Students and teachers across all grades joined the session virtually from their homes, creating a collective atmosphere of calm and unity, despite the physical distance. Guided by trained instructors, the session began with a reflective introduction on the timeless relevance of yoga, followed by a sequence of thoughtfully selected asanas, pranayama (breathing exercises), and guided meditation. The practice emphasized balance, focus, and inner peace – core values aligned with the day’s global significance.

In his address, Dr. Nitesh Kumar Singh shared, *“Yoga is a gift from India to the world – a path to holistic health, clarity of thought, and emotional resilience. It is uplifting to see the entire school community embracing this path together.”*

The initiative stood as a testament to the school’s unwavering commitment to the all-round development of its students, extending learning beyond academics into the realms of wellness and conscious living. The event not only commemorated the spirit of International Yoga Day but also reinforced the importance of integrating such practices into daily life for a balanced and fulfilling future.



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