

# INTERNATIONAL YOGA DAY CELEBRATION 2026

## SIJOU ACADEMY, MUSHALPUR

A CBSE AFFILIATED SCHOOL  
DATE: 21<sup>ST</sup> JUNE, 2026

Sijou Academy, Mushalpur celebrated **International Yoga Day on 21st June 2026** with great enthusiasm, embracing this year's spirit of health, harmony, and holistic well-being.

All students and staff members participated actively in the morning yoga session held on the school campus. The programme began with a brief introduction to the significance of yoga in daily life and its role in fostering physical, mental, and spiritual balance.



Under the guidance of trained instructors teachers Shiva Nandan Kumar, Sukumar Basumatary, Amiya Boro, Pankaj Das, Gwrwbtha Brahma, Rasmi Rani Narzary, Nizwra Goyary, Sneha Narzary, participants performed various asanas, pranayama, and meditation techniques.

The session emphasized simple yet effective practices that students can incorporate into their daily routine for improved concentration, flexibility, and stress management.

Principal, Dr. Dwimalu Basumatary addressed the gathering and highlighted how yoga is an invaluable gift of India's ancient tradition to the world. He encouraged everyone to practice yoga regularly to build a healthy body and a peaceful mind.



The event was coordinated by the Sports Department with support from the teaching staff. It concluded with the collective recitation of the yoga pledge, reaffirming the school's commitment to promoting wellness and mindfulness.



Sijou Academy remains dedicated to nurturing healthy lifestyles and integrating value-based practices like yoga into its co-curricular framework.