



VIHAA
INNOVATIVE SCHOOL

19th June, 2026

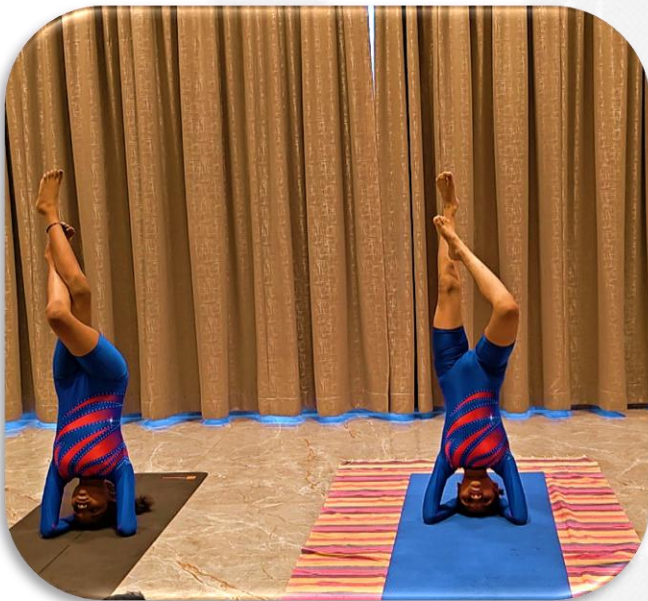
"Stretch, Breathe, Shine – Celebrating Yoga Day!"



Our school celebrated International Yoga Day with great enthusiasm and a spirit of wellness. We were privileged to have Mr. Dinesh Singh, a skilled yoga practitioner, conduct an engaging and rejuvenating yoga session for the students and staff. Participants actively performed various asanas and breathing exercises, gaining valuable insights into the benefits of yoga for physical health, mental well-being, and inner balance. The session fostered a sense of calm, focus, and positivity, encouraging everyone to embrace yoga as a part of their daily routine. The celebration concluded on a serene and uplifting note, inspiring all to lead a healthy, balanced, and mindful lifestyle



A peaceful mind, a healthy frame,
yoga shows the way,
To live a life of joy and calm,
each and every day.





**In every pose, in every breath,
lies strength so pure and true,
Yoga brings harmony in life,
refreshing all we do.**



"Breathe In Peace, Breathe Out Stress"

