

International Yoga Day Celebrated with Enthusiasm at Vana Vani MHSS

Vana Vani Matriculation Higher Secondary School celebrated International Yoga Day with great enthusiasm and spirit on June 19, 2026. The programme was organized in accordance with this year's theme, “**Yoga for Healthy Ageing,**” emphasizing the importance of yoga in promoting physical health, mental well-being, and a balanced lifestyle at every stage of life.

The event commenced with a soulful Prayer Song and Tamil Thai Vaazthu rendered by the school choir, creating a serene and positive atmosphere. The gathering was graced by the presence of the Chief Guest, Mr. Agnika M, Founder of Agnika Yoga Lounge and a dedicated Isha Hatha Yoga Teacher, along with Principal In-charge Mrs. Princy Tom, Vice Principal In-charge Mrs Akilandeshwari, section heads, teachers, and students.

The Welcome Address was delivered by **Ilavenba S** of Class IX B, who warmly greeted the dignitaries and audience and highlighted the significance of celebrating International Yoga Day.

A major highlight of the programme was the impressive **Surya Namaskar demonstration** presented by the students. Through the twelve postures of the Sun Salutation, the students showcased discipline, flexibility, concentration, and coordination, reflecting the true spirit of yoga. The audience appreciated their dedication and graceful performance.

The school was privileged to host **Mr. Agnika M**, Founder of Agnika Yoga Lounge and a dedicated Isha Hatha Yoga Teacher, as the Chief Guest.

Mr. Agnika demonstrated a few simple yet powerful yogic practices, including **breathing exercises, Nadi Shuddhi (alternate nostril breathing), and Thoppukaranam**, and actively involved the students in the session. He explained the benefits of these practices and emphasized the importance of incorporating yoga into daily life for improved health, focus, emotional balance, and overall well-being.

Addressing the gathering, Mr. Agnika shared valuable insights on the relevance of yoga in today's fast-paced world and encouraged students to embrace yoga as a lifelong practice. His inspiring words motivated everyone to understand yoga not merely as physical exercise but as a holistic way of life.

The programme concluded with the **Vote of Thanks proposed by Sai Darshan S** of Class IX A, who expressed gratitude to the management, chief guest, teachers, staff, volunteers, and students for their support and participation. The celebration concluded with the rendition of the National Anthem.

The International Yoga Day celebration served as a meaningful reminder that yoga is a timeless gift that promotes health, harmony, and happiness. The event inspired students to adopt healthy habits and embrace yoga as a pathway to a balanced and fulfilling life.