



**DELHI PUBLIC SCHOOL
SIDDHARTH VIHAR**

(under the aegis of DPS Society, East of Kailash)

From the Principal's Desk

International Yoga Day – June 21

**Celebrating Yoga:
A Journey from Awareness to Awakening**

Dear Parents, Students, and Esteemed Members
of the DPS Siddharth Vihar Community,
Greetings on the auspicious occasion of
International Yoga Day—a day that celebrates India's
ancient wisdom, spiritual depth, and
scientific understanding of holistic
well-being through the timeless
practice of **Yoga**.

In today's fast-paced world,
where children and adults alike
are grappling with increasing
stress, screen, fatigue,
anxiety, and emotional
imbalance, the relevance
of Yoga has never
been greater.





More than just a physical regimen, **Yoga is a philosophy** of life. It is a discipline that integrates the body, mind, and soul, and offers a pathway to inner calm, resilience, clarity, and strength.

At **DPS Siddharth Vihar**, we recognize Yoga as an essential pillar of 21st-century education. We do not see it as a once-a-year celebration, but as a **daily commitment**—woven into the rhythm of our school life. From guided morning yoga sessions and mindfulness breaks during the day, to structured wellness workshops and meditation practices, Yoga is a vibrant part of our ethos.

For our students, **Yoga is a life skill**, not just a school activity. It enhances their **concentration, self-awareness, posture, emotional regulation, and stress management**—all of which are critical to academic performance and personal growth. The structured introduction of yogic practices at an early age allows our children to build inner stamina, maintain emotional balance, and develop habits of discipline and self-care that stay with them for life.

Beyond the classrooms, our school has been a proud torchbearer of Yoga excellence on larger platforms.



Over the years, students of **DPS Siddharth Vihar** have **consistently brought laurels** to the school by winning numerous accolades in inter-school, zonal, district, and even state-level Yoga competitions. Their graceful performance, technical mastery, and deep-rooted commitment to the practice stand as a testament to the guidance of our dedicated yoga instructors and the passion of our learners.

On this special day, our campus once again came alive with the serene power of collective practice. Students across all grades participated in yoga demonstrations, mindfulness circles, and reflections on yogic values. The message was clear—**Yoga is not a destination, but a journey. A way of living that embraces both movement and stillness.**

This year's theme, “**Yoga for Self and Society,**” reminds us that inner peace creates ripples of outer harmony. When our students learn to centre themselves through mindful breathing or steady postures, they also become calmer peers, more focused learners, and empathetic individuals. In a world that is constantly in motion, Yoga offers them—and all of us—a precious opportunity to pause, reflect, and reset.



As the Principal of DPS Siddharth Vihar, I take immense pride in how our school community has embraced Yoga not just as a subject, but as a culture. I urge every parent, student, and educator to extend this culture into their homes and daily lives. Let Yoga be your anchor during stress, your refuge during anxiety, and your light during uncertainty.

Let this International Yoga Day be not just a celebration, but a **renewed commitment to physical vitality, mental clarity, and spiritual well-being.** May we continue to uphold this glorious tradition and inspire the next generation to walk the path of awareness, balance, and inner joy.

Wishing you all health, harmony, and happiness through Yoga.

Warm regards,
Ms. Vandana Midhaa
Principal
DPS Siddharth Vihar