

Yoga Day Curtain Raiser at FAIPS-DPS Sets the Tone for International Yoga Day 2025

As a prelude to the International Day of Yoga, celebrated annually on 21st June, FAIPS-DPS, under the guidance of the Embassy of India in Kuwait, organized a Yoga Day Curtain Raiser Programme on 27th May 2025, at the FAIPS-DPS auditorium.

International Yoga Day celebrates the physical, mental and spiritual benefits that yoga has brought to the global stage. The event was conducted with great enthusiasm, aiming to raise awareness about the importance of yoga among CBSE school students in Kuwait. Students from ten Indian schools in Kuwait joined the host school in this collective celebration of wellness.

The programme began with a brief inaugural address by Principal Mr. Ravi Ayanoli, who warmly welcomed the attendees. In his speech, he emphasized the holistic benefits of yoga in enhancing physical health, mental clarity and emotional balance. He also encouraged students to incorporate yoga into their daily routines for a healthier lifestyle.

The curtain raiser featured an introductory session by Mr. Roopesh R. Pillai, followed by a series of yoga demonstrations led by Mr. Ajay Bhabria and a team of four demonstrators designated by the Indian Embassy. The session included basic asanas such as Tadasana, Vrikshasana, and Garudasana, as well as simple breathing exercises. The instructors guided the participants through a focused 20-minute yoga session, highlighting proper posture, breathing techniques and mindfulness.

The Yoga Day Curtain Raiser proved to be both enlightening and energizing, leaving students and teachers alike inspired and refreshed. It successfully set a positive and spirited tone for the upcoming International Yoga Day celebrations on June 21.

The programme concluded with a note of heartfelt gratitude to the Embassy of India in Kuwait, especially to His Excellency Mr. Adarsh Swaika, Ambassador of India to Kuwait, for his support and encouragement. Appreciation was also extended to the principals of all participating schools for enabling their students to take part in this meaningful initiative.







