



USO@75: Seventy-Five Sparks

Small moments. Lasting impact. A legacy of learning.



Spark # 42

ROAD TO INTERNATIONAL DAY OF YOGA – (PART 1: WORLD RECORD DRIVE)

CATEGORY:
School Engagement

OBJECTIVE: To promote health, mindfulness, and holistic well-being among students, teachers, and families by encouraging participation in a nationwide yoga initiative, while fostering community engagement and supporting a culture of wellness through collective action.



TIMELINE & SCOPE

When: June 14, 2026
Scope: Pan-India Digital Participation

STAKEHOLDERS & FORMAT

Who: Students, Teachers, Parents & Families
Format: National Wellness Participation Drive

NATURE OF THE SPARK

A nationwide initiative promoting yoga, wellness, and mindfulness.

HIGHLIGHTS & IMPACT

- Connected the USO school network with the Habuild an initiative associated with MDNIY and the Ministry of AYUSH.
- Contributed to the Guinness World Record attempt for the largest yoga participation event.
- Encouraged healthy habits during the school vacation period.
- Fostered family participation alongside student and teacher engagement.
- Reinforced the importance of yoga in daily life and preventive health.
- Contributed to a large-scale collaborative initiative aligned with International Day of Yoga.

ENDURING VALUE

The initiative promoted wellness, mindfulness, and healthy living among students, teachers, and families. By encouraging collective participation in yoga, it reinforced the importance of physical and mental well-being while fostering a culture of healthy habits and community engagement.

"Wellness, mindfulness, and healthy habits together shape stronger futures."

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Seventy-Five celebrations by the United Schools Organisation of India (USO) highlighting milestones, moments, and initiatives shaping the future of education.