



USO@75: Seventy-Five Sparks

Small moments. Lasting impact. A legacy of learning.



Spark # 44

USO@75 SPARKS FAMILY YOGA CHALLENGE

CATEGORY:
School Engagement

OBJECTIVE: To encourage students, teachers, and families to embrace yoga as a way of life by promoting wellness, mindfulness, healthy ageing, and meaningful family engagement through collective participation on International Day of Yoga.



TIMELINE & SCOPE

When: June 21, 2026
(International Day of Yoga)
Scope: Pan-India Digital Participation

STAKEHOLDERS & FORMAT

Who: Students, Teachers, Parents & Families
Format: National Family Wellness Challenge

NATURE OF THE SPARK

A family-focused yoga challenge promoting wellness, mindfulness, and healthy living.

HIGHLIGHTS & IMPACT

- Engaged students, teachers, and families in a nationwide wellness initiative.
- Celebrated International Day of Yoga through meaningful family participation.
- Promoted healthy living and mindfulness across generations.
- Encouraged family bonding through shared physical activity.
- Amplified awareness of yoga's role in physical and mental well-being.
- Inspired participants to share and celebrate their wellness journeys within the USO community.

ENDURING VALUE

The initiative fostered a culture of wellness, mindfulness, and family engagement, encouraging participants to adopt healthy habits and strengthen intergenerational connections through yoga. It reinforced the importance of collective well-being and lifelong healthy living.

"Wellness begins at home and grows stronger when families practise together."

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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.