

JUNE 2025

YOGA & BEYOND

Official Newsletter

Celebrating Yoga, Embracing Wellness

This month, our community came together to celebrate International Yoga Day with heart and harmony. From the elderly finding strength in gentle stretches, to children laughing through breathing exercises, to differently-abled individuals embracing movement with dignity, and women discovering moments of calm and connection—the spirit of wellness flowed through every corner of our centers. More than a day, it became a reminder: that health is a right, not a privilege—and that even the simplest practice, like mindful breathing, can unlock healing.



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The girls from Namma Mane embraced the spirit of International Yoga Day with grace and enthusiasm. Through mindful stretches and breathing exercises, they discovered balance, strength, and inner calm. Their participation reflected Vidyaranya's vision of empowering young minds through wellness, one breath at a time.

The boys were equally enthusiastic in embracing wellness through Yoga. Our children from the residential schools actively participated, showing dedication to improving their physical and mental health. Their energy, discipline, and spirit reflected the growing awareness that self-care and mindfulness are essential for a balanced and healthier future.



Our elderly beneficiaries participated in Yoga Day with inspiring enthusiasm. With gentle movements and guided breathing, they embraced the practice as a path to strength, flexibility, and inner peace. Their commitment proved that wellness has no age, and that Yoga can bring comfort, vitality, and joy at every stage of life.



Other Monthly Updates



We're delighted to share that school admissions are complete, and over 40 new children have joined the Vidyaranya family.

With fresh faces, curious minds, and hopeful hearts, this growing community marks a new chapter in our journey of learning, nurturing, and empowering the next generation through education and care.

Our newly admitted students enthusiastically took part in a drawing activity, expressing their creativity and joy. At Vidyaranya, we ensure that every child feels welcomed and gradually adapts to a nurturing environment where they can learn, grow, and feel a true sense of belonging from the very beginning.



On World Environment Day, our residents came together to plant saplings across the campus, celebrating nature with action. At

Vidyaranya, we believe the only way to protect our future is by nurturing it today—one tree at a time. Every plant sown is a promise for a greener, healthier tomorrow.



Father's Day



On June 16, our residents celebrated Father's Day with heartfelt joy. Interestingly, many chanted "Happy Birthday!" instead of "Happy Father's Day," reflecting the deep sense of family they feel at Vidyaranya. Their laughter, songs, and pure affection turned the day into a warm celebration of love, care, and belonging.

Women, children, and the elderly came together to cut a cake on the occasion, making the celebration even more special. It was a joyful moment of unity, where every resident felt included and cherished—highlighting the family spirit that defines life at Vidyaranya.

Because when care replaces distance, strangers become family.



Picture Gallery



June was a bustling month at Vidyaranya, filled with new beginnings and fresh energy. With school admissions complete, children arrived with bright hopes and eager minds. Our women beneficiaries continued their skill development journey through trainings in tailoring and crafts, building paths to independence. With your support, we can extend these opportunities further and reach many more lives waiting for care, learning, and a second chance at dignity.



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