



INTERNATIONAL DAY OF YOGA

DATE	:	21ST June, 2024
NAME OF COMPETITION	:	International Day of Yoga
CONDUCTED BY	:	Sports Department
NAME OF TEACHERS IN-CHARGE	:	Mr. Rajput

Our school celebrated International Day of Yoga on 21st June, 2024. The International Yoga Day has been celebrated across the world annually on June 21st since 2015. A yoga session was conducted for students, parents and neighbourhood. Various practices like suksham kriyas, asana, pranayam, meditation and shanti mantra were the part of the session, importance of doing asanas, pranayama and meditation was explained simultaneously. Every year, people worldwide celebrate International Yoga Day to promote the numerous benefits of practicing yoga. This year's theme, "Yoga for Self and Society," emphasizes how yoga not only promotes self-healing and self-realization but also contributes to the betterment of society. By fostering self-awareness, boosting self-confidence, improving focus and concentration, and reducing stress, yoga enhances the well-being of individuals and, in turn, creates a more harmonious and balanced community. Yoga is a powerful tool for personal growth and societal improvement, paving the way for a better world of tomorrow. In the session Yoga Teacher taught the importance of Yoga in their life and how to maintain the harmony between mind and body. The session was ended with a prayer.

