

INTERNATIONAL YOGA DAY 2022



THE INTERNATIONAL DAY OF YOGA has been celebrated annually on 21 June since 2015, following its inception in the UNITED NATIONS GENERAL ASSEMBLY in 2014. The Indian Prime Minister Narendra Modi, in his UN addresses in 2014, had suggested the date of 21 June, as it is the longest day of the year in northern hemisphere. Yoga is a physical, mental and spiritual practice which originated in India. Yoga was developed to interconnect the mind, body and soul to step closer into enlightenment.

2022 Theme: Yoga for Humanity

Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects.

The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation.

Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" - how the practice of Yoga can promote the holistic health of every individual.

To spread awareness about YOGA, the students of THE AIR FORCE SCHOOL, CAMERO presented a special assembly. Adwita of class-V spoke about the significance of yoga day as well as the importance of yoga in our lives. The students displayed various yoga asanas and celebrated YOGA DAY with zest and enthusiasm.

