

REPORT ON INTERNATIONAL YOGA DAY

DATE: 21ST JUNE 2024

International Yoga Day, celebrated annually on June 21st, promotes the practice of yoga for physical, mental, and spiritual well-being worldwide. It emphasizes the holistic benefits of yoga and encourages global participation through events such as yoga sessions, workshops, and cultural performances.

Students of classes 6-12 participated in International Yoga Day and performed activities including yoga prayer, Surya Namaskar, and various asanas and pranayam. These practices offer numerous benefits, such as stress reduction, improved flexibility, and enhanced overall well-being, encouraging global participation in yoga sessions for holistic health promotion.