

AWARENESS DRIVE

Yoga se Hoga

Date- 21 June to 30 June



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 the 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.

To spread awareness about YOGA, the students of THE AIR FORCE SCHOOL, CAMERO organized an awareness drive "Yoga se Hoga ". Students presented a special assembly on 21 June on the occasion of "International Yoga Day". Adwita of class-V spoke about the significance of yoga day as well as the importance of yoga in our lives. Other events conducted were:-

- Classes- Lkg & Ukg : ACTIVITY - Performing Yoga poses/asanas
- Classes- I to III: Making posters on YOGA
- Classes- IV & V: Writing slogans on "Benefits of Yoga"
- Celebration of "International Yoga Day"- Various activities were conducted by the "Yoga teacher" throughout the day on 21 June 22.

