

## **INTERNATIONAL YOGA DAY CELEBRATION JUNE 2024**

**"The nature of yoga is to shine the light of awareness into the darkest corners of the body."**

International Yoga Day is celebrated annually on June 21st worldwide to promote the numerous benefits of practicing yoga. Army Public School, Jammu Cantt, enthusiastically celebrated this event on 21 June 2024, emphasizing the importance of physical and mental well-being among students, parents and staff.

The event started at 8:30 AM in the MP Hall of the school. The Yoga session began with a brief introduction to the history and philosophy of yoga by Ms. Ranjana Sharma who guided the participants through a series of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques.

The yoga session was tailored to suit all age groups, ensuring that everyone, from the youngest students to the oldest staff members, could participate comfortably. The participants engaged in various asanas such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Surya Namaskar (Sun Salutation). Ms. Sharma provided insightful answers and practical tips for integrating yoga into daily life, particularly focusing on managing stress and enhancing concentration. The session concluded with a guided meditation to promote mental relaxation and mindfulness.

The event concluded with a vibrant and energetic closing address by the Principal, who highlighted the significance of International Yoga Day and the benefits of incorporating yoga into daily routines. The Principal emphasized the holistic development of students through yoga, which aligns with the school's mission of nurturing well-rounded individuals. Light refreshments were served to all participants. This provided an opportunity for students, teachers, and parents to interact and share their experiences of the day.

The celebration of International Yoga Day at Army Public School, Jammu Cantt, was a resounding success. The event not only highlighted the physical benefits of yoga but also underscored its importance in promoting mental and emotional well-being. The enthusiastic participation from students and staff demonstrated the school's commitment to fostering a healthy and balanced lifestyle. The event was a memorable and enriching experience for everyone involved, reinforcing the value of yoga as a lifelong practice for holistic health.



