

INTERNATIONAL YOGA DAY - JUNE 21
YOGA MAHOTSAV - 2024
THEME: YOGA FOR WOMEN EMPOWERMENT

INCREDIBLE BENEFITS OF YOGA

Let's find some of the most incredible benefits of yoga before we discuss how the students and educators should celebrate International Day of Yoga 2024. These benefits have been backed by science.

** Yoga can alleviate stress. It calms your mind and body.

** Yoga has helped people to reduce anxiety. It might not treat your anxiety in an instant but will definitely help you find a sense of peace.

** Several types of research have proved that yoga can improve heart health and reduce the risks of heart diseases.

** Since yogic exercises help decrease the levels of cortisol, it can help you fight depression.

** When you do yoga regularly, your mood improves, and you start feeling more positive. Hence, it enhances the quality of life.

YOGA HAS ITS ROOTS IN ANCIENT INDIA. IT HAS TODAY BEEN ACCEPTED WORLDWIDE FOR ITS ENDLESS BENEFITS.

Here are some facts about yoga that you should know.

** Yoga can be traced to the Ramayana times which has been dated to at least 7000 years ago. Lord Rama's Guru Sage Vasishtha counselled and enlightened Rama through the treatise known as Yoga Vasishtha.

** Bhagavad Gita dating to around 5000 years ago, is a great treatise on the different Yogas, revealed by Lord Krishna to Arjuna.

** Rishi Patanjali documented the theory and practice of Yoga through his Yoga Sutras.

** Yoga is a Sanskrit term which means union. ** Yoga signifies the union of the Individual soul or Atma with the Supreme Soul or Paramatma.

** Yoga is not to be limited to asanas, postures alone. Yoga is the alignment of body, mind and breath to achieve harmony.

** Yoga has been practiced to achieve a higher state of consciousness, stay healthy, regulate mind and body, and improve self-awareness for better decision-making.

** Yoga helps prevent many lifestyle diseases like diabetes, obesity, heart problems, respiratory issues, etc. and alleviates symptoms of Alzheimer's disease, arthritis, PCOD (Polycystic Ovarian Disease and OCD (Obsessive-compulsive Disorder), among others.

** There are about 84 different yoga asanas or postures.

** The history of yoga has been classified into five different periods which include the Vedic period, pre-classical, classical, post-classical and modern yoga period.

"YOGA IS A STUDY OF LIFE, A STUDY OF YOUR BODY, BREATH, MIND, INTELLECT, MEMORY, AND EGO; STUDY OF YOUR INNER FACULTIES."



TIPS - CELEBRATE INTERNATIONAL YOGA DAY

- 🌱 LEARN A NEW YOGA ASANA
- 🌱 SHARE YOUR YOGA EXPERIENCE WITH SOMEONE NEW
- 🌱 EMBRACE YOUR IMPERFECTIONS
- 🌱 ORGANIZE YOUR SPACE
- 🌱 ORGANISE A NEW YOGA WORKSHOP
- 🌱 BUILD AFFIRMATION

Build affirmation when you self-talk. Yoga is not something you have to force yourself to do, but rather it should be something that lightens you. To feel that freedom, you must stay regular in your yoga practice. Be it any day, sit at least for five minutes if you can't find time throughout the day. With continuity, you will strengthen your core muscles while also learning patience and perseverance all the way. Practicing yoga regularly will build your self-confidence and help you proceed in the right direction.

- 🌱 MEDITATE
- 🌱 CHALLENGE YOUR COLLEAGUES TO DO ONE ASANA

Each Perfectly, Record and Circulate Pictures and Videos with us at +91 9944313953 and avail participation certificates

- 🌱 CHALLENGE OTHERS TO DO ONE ASANA - ORGANISE COMPETITIONS



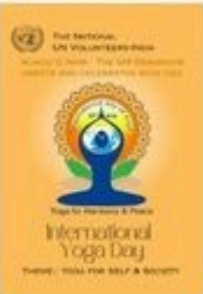
What a healthy way to live the day and inspire others in the process!

- 🌱 EAT HEALTHILY
- 🌱 STAY HAPPY

On this International Yoga Day, learn the key to happiness through yoga, meditation, and mindfulness. Connect with others and share your journey with them. Focus on your breathing pattern and remove all negativity from your mind. The key to happiness is simple; forgive and forget.



INTERNATIONAL YOGA DAY - JUNE 21

21 JUNE 24	International Yoga Day		21 JUNE 24	International Yoga Day	
THE NATIONAL UN VOLUNTEERS-INDIA			THE NATIONAL UN VOLUNTEERS-INDIA		
<p>"Yoga for Self and Society" 10th International Day of Yoga - June 21, 2024</p> <p> Kunju C. Nair The UN Designate</p> <p>We celebrate 'The International Day of Yoga', to spread awareness on Yoga and its holistic approach to profound benefits for health and well-being, restoring the balance in our modern busy life, chosen to celebrate in India and across the Globe on June 21.</p> <p>In 2024, we celebrate 10th International Day of Yoga, with the theme 'Yoga for Self and Society'. The theme was announced to focus on the transformative power to activate and inspire the community to enhance the well-being of individuals, and contribute for a healthier society, for sustainability and global development.</p> <p>"Yoga for Self and Society"</p> <p>As a part of 10th International Day of Yoga celebrations, as Yoga Mahotsav 2024, Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homeo), has supported to raise awareness about various benefits of Yoga, regardless of age and circumstances, addressing the physical, mental, emotional, social, and spiritual health, with special emphasis on promoting the well-being and empowerment. The theme for 'Yoga for Self and Society' was specifically being considered, as we are facing severe mental, physical and emotional strife due various situations.</p>	<p>International Day of Yoga - June 21</p> <p>International Day of Yoga, (International Yoga Day), is celebrated to spread awareness on the importance of Yoga and its significance on the health and its advantages to the world, is celebrated on June 21, every year. The first International Day of Yoga was celebrated in the year 2015, following its inception in The UN General Assembly in 2014, as per the suggestion of our Hon. Prime Minister Shri. Narendra Modi. Recognizing the significance and universal appeal, on Dec. 11, 2014, The UN proclaimed June 21, as the International Day of Yoga. The date 'JUNE 21' was suggested, as this day is the longest day in the year in the Northern Hemisphere (Shortest in the Southern Hemisphere), having special significance in many parts of the world. On this day, the Sun starts moving from North to South.</p> <p>'Yoga', the word derived from Sanskrit, was originated in India, is a significant soft power to unite human body and mind / consciousness naturally with physical, mental and spiritual discipline; with Asanas, Mudras, Kriyas, Shaktakarmas, and Meditation, to maintain a stable attitude with creativity and enhanced skills for different activities in the day-to-day life, promoting inner happiness; practicing with physical exercises (Asanas) and breathing exercises (Pranayams).</p>	 <p>Yoga for Harmony & Peace</p>  	<p>Benefits of Yoga</p> <p>A study of Yoga during the first wave of Covid-19 brought significant results and proved that 'Pranayama' help in fight against Covid-19. Besides this, those who practice yoga can attain many benefits. Some of them are:</p> <ul style="list-style-type: none"> • A sustained practice resulting in reducing weight • Improved blood circulation • Improved skin quality and texture • Delays overall ageing • Improves physical stamina • Good health and improved digestion • Enhances fertility and reproductive health • Improves sleep cycle • It makes you calm and happy • Improves concentration • Reduces stress • Improves immunity <p>Yoga as a Career</p> <p>Beginning with the celebration of International Day of Yoga, since 2015, Yoga has got much awareness along with popularity and a high demand, as a matter of uniting human body and consciousness, along with international values, with ethics. Yoga has vast scope of Career advancement in various fields of specializations. The career in Yoga is getting a special attention as it has a holistic value and growing as an alternative option for various medical treatments. You have to be trained and practiced to be specialized in Yoga, which is a set of physical postures and breathing exercises with holistic results and achieving the target of improvement in health.</p>	<p>Specializations in Yoga</p> <ul style="list-style-type: none"> • Yoga Exercises for Physical Fitness • Artistic Yoga • Spiritual Yoga • Yoga Therapy • Yoga for Kids • Yoga for Women • Yoga for Men • Yoga for Seniors • Yoga For Couples • Prenatal and/or Postnatal Yoga • Corporate Yoga • Private Lessons of Yoga • Retreats or Workshops <p>Beyond all, now a days, the physical and mental alignment are worse than ever before; due to the busy schedules, changing trend of nature of jobs with more responsibilities, risks and pressures, and diseases due to the modern life-styles; in the modern fast moving and changing world, where people have become more health conscious than ever before, Yoga has vast importance and significant in providing immunity, relaxation, happiness, satisfactions and requisite solutions to the needy with holistic mind, gaining the benefits of Yoga.</p> <p>With the declaration of 'International Day of Yoga' by the UN, the Yoga has become much popular, and has become an important part of our life, and even the people in the regional level, from the bottom to top, irrespective of their status, started practicing Yoga on a regular basis, realizing its benefits and impacts to human mind and body.</p>	<p>Features of Yoga</p> <p>- Yoga has eight limbs, they are:</p> <ol style="list-style-type: none"> 1. Yama (abstinences), 2. Niyama (observances), 3. Asana (yoga postures), 4. Pranayama (breath control), 5. Pratyahara (withdrawal of the senses), 6. Dharana (concentration), 7. Dhyana (meditation) and 8. Samadhi (absorption). <p>- It is an ancient art form of natural technique to keep the body and mind fit and healthy.</p> <p>- It helps people who practice Yoga improve mental wellness and relax.</p> <p>- It helps people who practice Yoga lowering respiratory ailments, hypertension, depression, stress, etc.</p> <p>- It helps in treatments for diabetes, pressure, etc.</p> <p>- It helps to increase the immunity power.</p> <p>- Yoga is practice and we have to spare time for practicing it.</p> <p>- While giving training, the trainers are also getting the same unique advantages.</p> <p>- Yoga is also considered as strengthening exercise.</p> <p>- It has presence spreading all over the world, where modern society started accepting Yoga as a part of fitness.</p>

KUNJU C NAIR, UN VOLUNTEER-INDIA

INTERNATIONAL YOGA DAY - JUNE 21
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INCREDIBLE BENEFITS OF YOGA

THE BENEFITS OF YOGA IN EDUCATION:
A Guide for School Parents

As a parent, you want the best for your child's education, and it's essential to consider their holistic development. Beyond academic success, emotional and physical well-being play a crucial role. One practice gaining traction in schools worldwide is yoga. Let's explore how integrating yoga into the curriculum can transform your child's experience.

WHAT IS YOGA?

Yoga combines physical postures, breathing exercises, and meditation. It promotes physical health, mental clarity, and emotional stability. Although rooted in Indian philosophy, yoga is universal and adaptable for all ages and abilities.

BENEFITS OF YOGA IN SCHOOLS

- **Enhances Physical Health:**
Improves flexibility, strength, and coordination.
Develops better posture and balance.
Teaches the importance of a healthy body.
- **Reduces Stress and Anxiety:**
Provides tools for stress management.
Mindfulness and relaxation techniques.
Calms the mind and lowers stress levels.
- **Improves Focus and Concentration:**
Enhances attention span and cognitive skills.
Fosters better classroom engagement.
- **Promotes Emotional Well-Being:**
Develops emotional intelligence.
Self-awareness, self-regulation, and empathy.
Positive relationships with peers and teachers.
- **Encourages Positive Behavior:**
Instills discipline and responsibility.
Teaches respect, patience, and kindness.
- **Enhances Social Skills:**
Group activities build teamwork.
Cooperation and strong relationships.

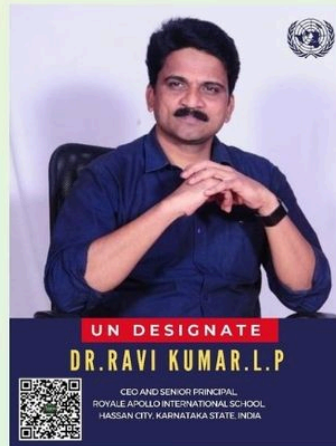
IMPLEMENTING YOGA IN SCHOOLS

- **Yoga Classes:** Dedicated sessions in physical education.
- **Mindfulness Sessions:** Short exercises during the day.
- **Teacher Training:** Integrating techniques into classrooms.
- **Workshops and Events:** Promoting a healthy lifestyle.

SUPPORTING YOGA AT HOME

- **Create a Calm Space:** Designate a quiet area.
- **Practice Together:** Bond through shared sessions.
- **Encourage Consistency:** Set a routine.
- **Provide Resources:** Use books and online videos.

Integrating yoga nurtures mind, body, and spirit, creating well-rounded individuals. Support this ancient practice for your child's overall well-being and academic success.



INTERNATIONAL Yoga Day

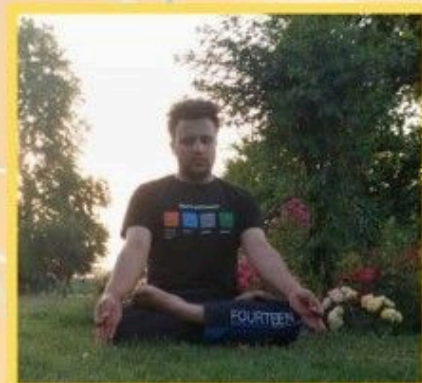


The National UN Volunteers-India

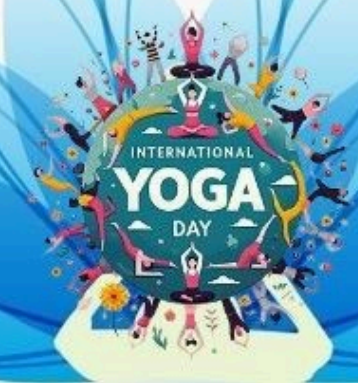
International Yoga Day - June 21, 2024



Srinagar, June 18, 2024: Mr. Muneer Abaas, a dedicated teacher at GD Goenka Public School in Srinagar, is set to inspire the student community through his daily yoga practice. Known for integrating yoga into his lifestyle, Mr. Abaas motivates students to embrace the practice's physical and mental benefits. His commitment comes ahead of International Yoga Day on June 21, aiming to encourage students to partake in this holistic discipline. The event underscores the school's commitment to fostering a healthy and balanced lifestyle among its students.



Mr Muneer Abaas is a National UN Volunteer-India





INTERNATIONAL YOGA DAY

SHWETA ROY - PGDC YOGA

Embrace the Spirit of International Yoga Day with Shweta Roy and The National UN Volunteers-India

As the world unites in harmony and tranquility, International Yoga Day on June 21 stands as a beacon of balance, well-being, and inner peace. This year, The National UN Volunteers-India is thrilled to collaborate with Shweta Roy, a distinguished yoga trainer with a PGDC in Yoga from Noida, to ignite a wave of wellness among school children and the general public.



In a heartfelt initiative, Shweta Roy will be guiding individuals through a curated series of yoga postures, designed not just as physical exercises but as pathways to mental clarity and emotional stability. Her passion for yoga and dedication to nurturing young minds blend beautifully in this endeavor, ensuring that participants of all ages can experience the profound benefits of this ancient practice.



Shweta's approach goes beyond the mat; it is an invitation to integrate the principles of yoga into daily life, creating a foundation for a healthier and more balanced lifestyle. Through her carefully crafted sessions, children will learn the fundamental postures that enhance flexibility, concentration, and calmness.



Meanwhile, the broader community will have the unique opportunity to engage with yoga in a way that is both accessible and profoundly transformative.

Join us in celebrating the essence of yoga under the guidance of Shweta Roy and The National UN Volunteers-India. Let June 21 be the day we come together to stretch beyond our limits, breathe with intention, and find our inner peace. This International Yoga Day, embrace the journey towards a harmonious self, and let the ripple of wellness spread across our communities.



INTERNATIONAL YOGA DAY - JUNE 21

18 JUNE 24

YOGACHARYA SHAHJAHAN AND DEEPU R S CHADAYA MANGALAM

INTERNATIONAL YOGA DAY



The National UN Volunteers-India International Yoga Day - June 21, 2024

June 18: Kollam: Deepu RS Chadayamangalam organized international Yoga Day celebrations at Sha Yoga retreat Center, Breez house Home Stay, Aliyirakkam Beach, Varkala, Thiruvananthapuram District, Kerala. Several Foreigners participated in the event.

Yoga Acharya Shajahan (Holder of Bsc in Yoga, Diploma, Yoga TTC instructor) made a significant role in the function. He demonstrated the yoga techniques to foreigners and made an inaugural speech in the function.

He passed the following message to the yoga students and yogis across the world.

"My International Yoga Day message Yoga is not just a practice but a journey towards self-discovery and inner peace. On this International Yoga Day, let us embrace the harmony of mind, body, and spirit through yoga. May we find strength in our breath, balance in our postures, and serenity in our minds. Let's celebrate the profound wisdom of yoga that unites us all in a universal quest for well-being and mindfulness. Namaste!"

UN Volunteer Deepu RS made the Presidential speech. He also demonstrated some yoga technique's in the Dias.

International Yoga Day

Happy International Yoga Day

THE NATIONAL UN VOLUNTEERS-INDIA

18 JUNE 24

YOGACHARYA SHAHJAHAN AND DEEPU R S CHADAYA MANGALAM

INTERNATIONAL YOGA DAY



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Happy International Yoga Day

THE NATIONAL UN VOLUNTEERS-INDIA

DEEPU R S, UN VOLUNTEER-INDIA

INTERNATIONAL YOGA DAY - JUNE 21, 2024



LOTUS
INTERNATIONAL
SCHOOL

Learn Today, Lead Tomorrow

PENNADAM, CUDDALORE DISTRICT, TAMILNADU



The National UN Volunteers-India
International Yoga Day celebration

On June 21, Lotus International School celebrated International Yoga Day with great enthusiasm and participation from students and Facilitators. The event, is aimed to promote the physical, mental, and spiritual benefits of yoga among the school community.

The celebration began with an opening ceremony where the principal, Ms. Priya Durairaj, delivered a welcome speech, highlighting the importance of incorporating yoga into daily routines for overall well-being.

A professional yoga instructor, Ms. Kavina led a comprehensive yoga session that included a variety of age-appropriate poses, breathing exercises, and a guided meditation. The session saw enthusiastic participation from everyone, creating an atmosphere of unity and tranquility.

The National UN Volunteers-India

In addition to the main yoga session, the school organized various workshops and demonstrations. These included interactive workshops focusing on relaxation techniques and mindfulness for different age groups, as well as live demonstrations of advanced yoga poses by experienced practitioners and senior students.

Competitions added an element of fun and engagement to the celebration. Students participated in a yoga pose competition, showcasing their flexibility and balance, while a quiz on yoga's history and benefits tested their knowledge. Art and riddle competitions allowed students to express their understanding and creativity related to yoga.

Healthy refreshments were provided to all participants, emphasizing the importance of a balanced diet in conjunction with physical activity. The event concluded with the distribution of participation certificates to students who won 1, 2, and 3rd position in the yoga competitions held district and national level.

The Yoga Day celebration at Lotus International School was a memorable event, reflecting the school's commitment to holistic education and the well-being of its community.

June 18, 2024

INTERNATIONAL YOGA DAY - REHEARSAL



Sree Venkateswarar Matric HSS,
Chennai



The National UN Volunteers-India

Rehearsal for International Yoga Day at Sree Venkateswarar Matric HSS, Chennai

On a vibrant day at Sree Venkateswarar Matric Higher Secondary School in Chennai, several hundreds of students gathered in the school campus to partake in the rehearsal for the much-anticipated International Yoga Day celebration scheduled for June 21.

The atmosphere was charged with enthusiasm as students engaged in various yogic practices under the expert guidance of renowned yoga instructors.

The event was meticulously organized, with a variety of asanas being demonstrated and taught to the students. These included foundational poses as well as more advanced techniques, ensuring that participants of all skill levels were catered to. The experts in the field not only led the physical practice but also imparted valuable insights into the benefits and philosophies underlying the ancient practice of yoga.

The rehearsal aimed to prepare the students for the main event, emphasizing the importance of physical fitness, mental well-being, and holistic development. It also provided a platform for students to appreciate the rich cultural heritage of yoga and its relevance in contemporary life.

The administration of Sree Venkateswarar Matric HSS was instrumental in making this event a success, ensuring that all arrangements were in place for a seamless and enriching experience. The school's commitment to promoting health and wellness amongst its students was evident as the young participants displayed remarkable dedication and eagerness to learn.

As the rehearsal concluded, the students expressed their anticipation and excitement for the forthcoming International Yoga Day celebration. This event not only promises to be a grand showcase of their newly acquired skills but also stands as a testament to their collective spirit and discipline.

The National UN Volunteers-India is proud to support such initiatives that foster well-being and holistic education among the youth, paving the way for a healthier and more harmonious society.

The National UN Volunteers-India



TESTIMONIAL - BENEFITS OF YOGA

MS. PRIYANKA SHARMA



The National UN Volunteers-India
International Yoga Day - June 21

Testimonial by Ms. Priyanka Sharma,
The National UN Volunteer-India

Personal Journey with Yoga:



"I started practicing yoga a year and a half ago to help with some difficulties I was facing. Now, over a year later, yoga has become an essential part of my life, bringing discipline and meaning to my daily routine."

Impact of Yoga:

- **Physical Health:** Yoga has greatly improved my physical health. Regular practice has helped me gain strength, flexibility, and endurance.
- **Mental Well-Being:** Yoga has been a powerful tool in managing stress and anxiety. It has enhanced my mental clarity and focus.
- **Emotional Balance:** The practice has taught me to embrace calmness and patience, allowing me to handle emotional challenges with greater resilience.
- **Spiritual Growth:** Yoga has fostered a deeper connection with my inner self, promoting a sense of peace and fulfillment.

▪ **Inspirational Quote:**

"As B.K.S. Iyengar said, 'Yoga does not just change the way we see things; it transforms the person who sees.'"



INTERNATIONAL YOGA DAY - JUNE 21



International YOGA DAY MAHAN ANJANADRI VIDYA KENDRA Bangalore, Karnataka



The National UN Volunteers-India

The National UN Volunteers-India
International Yoga Day celebration

Mahan Anjanadri Vidya Kendra, Bangalore
The UN designated school in India

21 June 2024, Bangalore – The National UN Volunteers-India marked International Yoga Day with a grand celebration at Mahan Anjanadri Vidya Kendra, a UN designated school in India.

The event saw enthusiastic participation from 360 students, demonstrating the school community's commitment to health and wellness.

The celebration was graced by the presence of Dr. Siddhartha Jain, a renowned state-level yoga practitioner from Dharmasthala, who served as the Guest of Honour. Dr. Jain led the yoga session, guiding the participants through various asanas and sharing insights on the benefits of incorporating yoga into daily life.

Dr. Jain's expertise and inspiring words resonated deeply with the students, motivating them to adopt yoga as a lifelong practice. His demonstration of advanced yoga techniques captivated the audience and highlighted the profound impact of consistent yoga practice on overall well-being.

Adding to the significance of the event, Mrs. Rekha Kumbar, the Principal of Mahan Anjanadri Vidya Kendra and the UN Women Designate, delivered a heartfelt address. She praised the students for their active participation and commended the teachers for their dedication in promoting wellness and mindfulness among the young learners.

"Yoga is a powerful tool for physical, mental, and emotional development," Mrs. Kumbar stated, appreciating the collective effort of the school community. "Our students have shown remarkable enthusiasm and discipline today, and I am incredibly proud of each one of them."

The event also featured a collective meditation session, which fostered a sense of peace and unity among the participants. Through this celebration, the National UN Volunteers-India reaffirmed their commitment to promoting health, wellness, and holistic development in educational institutions across the country.

MAHAN ANJANADRI VIDYA KENDRA BANGALORE



St. JOSEPH'S
INTERNATIONAL SCHOOL
a co-educational day & residential school

INTERNATIONAL YOGA DAY CELEBRATION



The National UN Volunteers-India
International Yoga Day
St Joseph's International School, Hisar

21 June 2024, Hisar – The spirit of health and well-being was vibrant at St. Joseph's International School in Hisar as the National UN Volunteers-India orchestrated a successful celebration for International Yoga Day.

Under the stewardship of Principal Shalini Chaudhary, the event saw enthusiastic participation from both staff and students. The early morning Yoga Meet unfolded on the school grounds, where the serene ambiance complemented the holistic activities planned for the day.

Principal Chaudhary, along with her dedicated staff, graciously led the session, demonstrating various asanas and encouraging students to embrace the physical and mental benefits of yoga. The event emphasized the importance of integrating yoga into daily routines to cultivate a balanced lifestyle.

Among the young practitioners, Arvi from class 3A stood out with his commendable dedication. Arvi, alongside his peers, showcased a range of yoga postures, reflecting the school's commitment to promoting wellness from a young age.

The event culminated with a collective meditation session, fostering a sense of unity and mindfulness among all participants. This celebration at St. Joseph's International School not only honored International Yoga Day but also reinforced the institution's dedication to nurturing holistic development.



June 21, 2024

INTERNATIONAL YOGA DAY CELEBRATION



The National UN Volunteers-India
International Yoga Day - June 21, 2024

Celebrating Wellness and Harmony at Coorg Public School

On 21st June, 2024 Coorg Public School and Pre- University College enthusiastically joined the global celebration of International Yoga Day embracing the theme 'Yoga for Self and Society'. The event was organised to promote the benefits of yoga among students and staff fostering harmony of mind, body and soul.

The event commenced with the lighting of lamp by the Principal Dr. M. Ramachandran. The programme kicked off with a special yoga session for the borders which was held by an International Yoga Instructor, Ms. Amrut Rakesh. A separate session for the day borders was held by the teachers Mrs. Teena Machaiah and Ms. Krishika Chengappa who guided through various breath work, sitting and standing asanas with simultaneous explanations of their significance.

Addressing the students, Principal of the School, Dr. M. Ramachandran urged that yoga plays a vital role in improving the quality of one's life by eliminating all the evils of our mind thereby promoting the value of goodness. Besides the practice of yoga and its benefits, the event also emphasised its global significance.

Coorg Public School and Pre University College, Gonikoppal

THE NATIONAL UN VOLUNTEERS-INDIA



International Yoga Day celebration at Shristi English Medium School, Anand, Gujarat

21 JUNE 24



<https://unglobalcompact.org/what-is-gc/participants/80881-Pooma-Educational-Trust>

The National UN Volunteers-India
International Yoga Day celebration

Shristi English Medium School, Anand celebrated International Yoga Day on June 21, 2024 which included the group yoga sessions, demonstrations, and making students aware about the importance of yoga.

This special day was dedicated to promoting the incredible benefits of Yoga for physical and mental well-being. The day started with the early school routine. The divine Upasana-Prayer was offered to the Supreme Power by all of us. This celebration held into two groups. Our higher grade students performed Yoga Sadhana on our school playground while our 1 to 5 graders did at school multi purpose area.

Our trainers Mr. Bhavesh Prajapati and Mr. Nitesh Bhatia led our students through simple stretches and breathing exercises to other Asanas and the key concepts and practices of Ashtanga Yoga which encompasses the moral and ethical guidelines, physical postures, breath control, and meditation.

Our trainers also guided and enriched our students knowledge by introducing the ancient Indian Yoga practices.

The morning yoga session was revitalizing and wonderful with a holistic approach that addresses various aspects of health and life.

Let's come together to embrace the spirit of yoga and make this International Yoga Day an enriching and memorable experience.

Happy International Yoga Day!



INTERNATIONAL YOGA DAY - JUNE 21

Mahima Institute of Nursing - Ballari



**International
YOGA DAY**
June 21, 2024



The National UN Volunteers-India

The National UN Volunteers-India

International Yoga Day celebration
Mahima institute of Nursing, Ballari, Karnataka

Ballari, Karnataka - June 21, 2024

In a vibrant celebration of International Yoga Day, the National UN Volunteers-India organized a special event at the Mahima Institute of Nursing in Ballari, Karnataka. The event witnessed enthusiastic participation from nursing students and tutors, emphasizing the importance of yoga for mental and physical well-being.

The highlight of the celebration was a comprehensive yoga training session conducted by renowned psychologist, Ms. Daly Felicitus.

Ms. Felicitus, known for her expertise in mental health and stress management, guided the attendees through various yoga postures, breathing exercises, and meditation techniques. Her session focused on integrating yoga into daily routines to enhance mental clarity, reduce stress, and promote overall health.

Nursing students and tutors embraced the opportunity to learn and practice yoga, appreciating its benefits for their demanding profession. "Yoga helps us cope with the physical and emotional demands of our training and future careers. It's refreshing and invigorating," said one of the participating nursing students.

The celebration also included educational talks on the historical significance of International Yoga Day, the health benefits of regular yoga practice, and demonstrations of simple yoga exercises that can be easily incorporated into daily life.

MAHIMA INSTITUTE OF NURSING - BALLARI

INTERNATIONAL YOGA DAY

JUNE 21, 2024



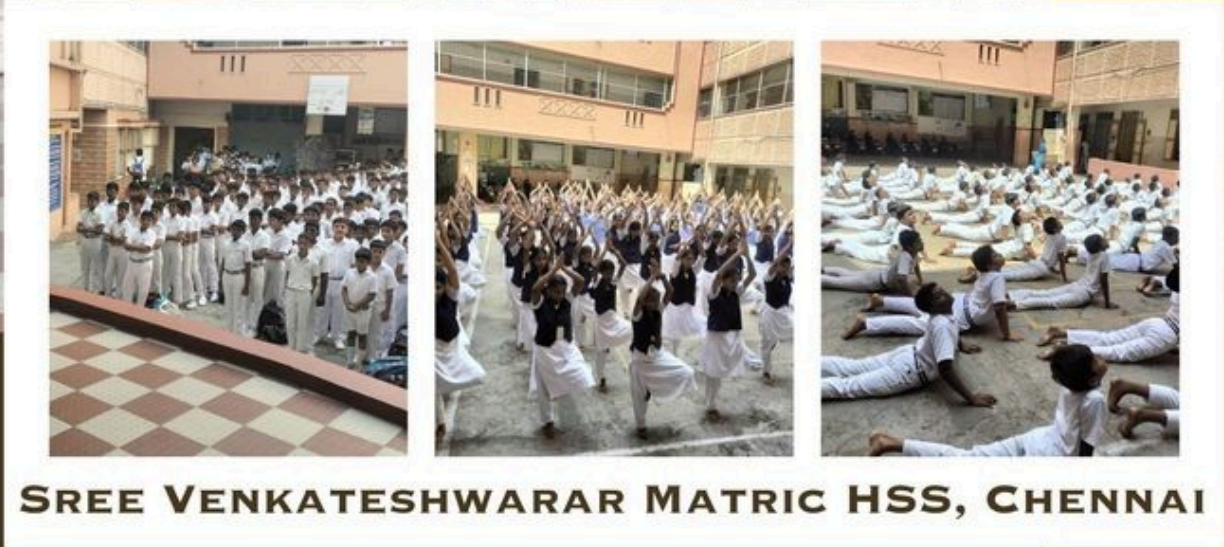
The National UN Volunteers-India
International Yoga Day celebration

The Quest International School
Tirupur, Tamilnadu



On International Yoga Day, we were honored to have volunteers from the Isha Yoga Centre, Coimbatore, guide our celebration. They demonstrated the postures of Yoga Namaskaaram and Naadi Shuddhi to all the students. Under their expert guidance, our students followed along, embracing the essence of these practices. The event was a great success, fostering a sense of well-being and mindfulness among everyone present.





SREE VENKATESHWARAR MATRIC HSS, CHENNAI

The National UN Volunteers-India
International Yoga Day celebration

SVM Higher Secondary School, Royapettah, hosted a vibrant celebration for International Yoga Day in collaboration with the National UN Volunteers-India. The event saw enthusiastic participation from students and staff, aimed at promoting the benefits of yoga for physical and mental well-being.

The celebration was honored by the presence of Correspondent & Senior Principal Smt. Vedha Srinivasan, Principal Smt. N. Uma, along with the school's devoted Physical Education Teachers. A series of yoga sessions and demonstrations were conducted, highlighting the importance of integrating yoga into daily routines.

Participants expressed their appreciation for the opportunity to learn and practice yoga, reinforcing the day's theme of holistic health and unity.



June 19, 2024

FATHER'S DAY CELEBRATION



The National UN Volunteers-India

Father's Day Celebration at Good Shepherd English School
Date: 19 June 24

Location: Good Shepherd English School, Karaikal, Puducherry

Event Overview:

Good Shepherd English School (GSES) organized a heartwarming Father's Day celebration. The event brought families together in a warm and festive atmosphere.

Highlights:

Family Get-Together: Fathers, along with their children, enjoyed quality time together during the celebration.

Games and Prizes: Several fun games were organized for fathers, and prizes were awarded to the winners.

The National UN Volunteers-India

INTERNATIONAL YOGA DAY - JUNE 21
YOGA MAHOTSAV - 2024
THEME: YOGA FOR WOMEN EMPOWERMENT

INCREDIBLE BENEFITS OF YOGA

The National UN Volunteers-India
International Yoga Day - June 21, 2024

Interactive session with Our National UN Volunteer-India Dr Neetha M Lava, Naturopathy Physician and clinical Nutrition at Radio Siddhartha 90.8 FM - Tumkur, Karnataka

1.FM: What does “Yoga” mean?

Dr. Neetha: Yoga refers to an ancient practice originating in India that encompasses physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. It aims to connect the body, mind, and spirit.

2.FM: What is the theme for International Yoga Day this year (2024)?

Dr. Neetha: While specific themes may vary, the essence of International Yoga Day remains consistent: promoting holistic well-being through yoga. The theme often emphasizes unity, harmony, and balance.

3.FM: What are the various streams or branches of yoga?

Dr. Neetha: Yoga has several branches, including:

- Hatha Yoga: Focuses on physical postures and breath control.
- Raja Yoga: Emphasizes meditation and self-discipline.
- Bhakti Yoga: Devotional practice centered around love and devotion.
- Karma Yoga: Involves selfless service and action.
- Jnana Yoga: The path of knowledge and wisdom.

4.FM: What are the benefits of yoga for women?

Dr. Neetha: Yoga offers numerous benefits for women, including improved flexibility, strength, stress reduction, hormonal balance, and support during pregnancy.

5.FM: What are the overall health benefits of practicing yoga?

Dr. Neetha: Yoga positively impacts overall health by reducing stress, enhancing cardiovascular health, improving breathing, toning muscles, and promoting digestive well-being.

6.FM: Why is Yoga Day celebrated on June 21?

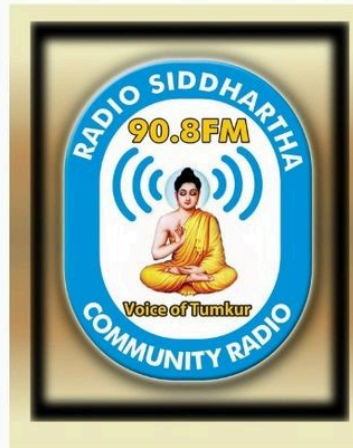
Dr. Neetha: June 21 was chosen as International Yoga Day because it aligns with the Summer Solstice—the longest day of the year in the Northern Hemisphere. It symbolizes light, vitality, and energy.

7.FM: Why is yoga important?

Dr. Neetha: Yoga fosters physical, mental, and spiritual well-being. It promotes balance, inner peace, and self-awareness.

8.FM: How is yoga connected to wellness?

Dr. Neetha: Yoga and wellness are intertwined. Yoga contributes to physical, mental, emotional, and spiritual wellness.



AN INTERACTIVE SESSION WITH DR NEETHA M LAVA, NATUROPATHY PHYSICIAN AND CLINICAL NUTRITION AT RADIO SIDDHARTHA 90.8 FM, TUMKUR, KARNATAKA



INTERNATIONAL YOGA DAY - JUNE 21



The National UN Volunteers-India
International Yoga Day celebration

Empowering Women Through Yoga: International Yoga
Day at Royale Apollo International School

Royale Apollo International School marked International Yoga Day in association with UNITED NATIONS on Friday, 21st June 2024, with an inspiring event themed "Yoga for Women Empowerment." The celebration took place on the school campus and began promptly at 6:30 AM.

A key highlight of the event was the presence of Mr. Suresh Prajapati from the Patanjali Yoga Centre, Hassan. Mr. Prajapati, a renowned Yoga Guru, led the session, guiding participants through various asanas and elaborating on the physical and mental benefits of yoga. His expertise and insightful teachings were highly appreciated by all attendees.

The event saw enthusiastic participation from parents, teachers and students, who engaged in the yoga session with great zeal. The focus on women empowerment through yoga resonated well with the participants, emphasizing the importance of health and wellness for women.

The session concluded with a vote of thanks to Mr. Suresh for his valuable contribution and to all the parents, faculty and students for their active participation. The event was a grand success, fostering a sense of community and well-being among the Royale Apollo International School family.

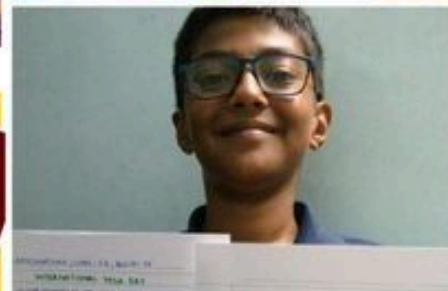
ROYALE APOLLO INTERNATIONAL SCHOOL,
UNIT NO 2, HASSAN CITY, KARNATAKA

INTERNATIONAL YOGA DAY - JUNE 21



Shah International School
Ambika vihar, Paschim vihar Delhi

INTERNATIONAL YOGA DAY CELEBRATION



The National UN Volunteers-India
International Yoga Day celebration

Shah International School
Ambika vihar, Paschim vihar Delhi

21 June 2024, Delhi – The essence of International Yoga Day was brought to life by the National UN Volunteers-India through a virtual celebration, drawing participation from Shah International School, Ambika Vihar, Paschim Vihar, Delhi. Despite the ongoing school vacation, students actively engaged in the event online, highlighting their commitment to health and wellness.

Children from various grades joined the online Yoga session, demonstrating their enthusiasm and dedication to practicing yoga from the comfort of their homes. The event emphasized the importance of yoga in fostering physical and mental well-being, especially during the summer break.

Particularly noteworthy were the contributions of three students whose essays on the theme of yoga received high praise:

S. Venkataraman (9th Class): Venkataraman's essay delved into the historical roots and contemporary significance of yoga, offering insightful perspectives that resonated with many.

S. S. Saatvik (6th Class): Saatvik's narrative highlighted the benefits of incorporating yoga into daily routines, providing practical tips and personal anecdotes that captivated readers.

T. K. Ranganathan (7th Class): Ranganathan's thoughtful exposition on the spiritual and physical aspects of yoga underscored his deep understanding and appreciation of the practice.

These essays were highly appreciated by both peers and educators, reflecting the students' profound grasp of the subject and their effective communication skills.

The online format of the celebration ensured that students could participate safely while still engaging in the communal spirit of International Yoga Day.



SHAH INTERNATIONAL SCHOOL, DELHI

NATIONAL READING DAY

19 JUNE 24



<https://unglobalcompact.org/what-is-gc/participants/80681-Pooma-Educational-Trust>

The National UN Volunteers-India
National Reading Day - June 19, 24

National Reading Day at Coorg Public School and Pre University College, Gonikoppal, South Kodagu, Karnataka

On June 19, 2024, Coorg Public School and Pre University College celebrated National Reading Day with great enthusiasm. The morning assembly featured Dr. M. Ramachandran, the Principal of Coorg Public School, who highlighted the significance of this day. It commemorates the death anniversary of P. N. Panicker, the founding father of India's Literary Movement.

As part of the celebration, an open-book assessment was conducted for high school students. This assessment aimed to enhance their understanding of the material through practical application and analysis. Additionally, a variety of activities, including quizzes, creative writing, and debates, were designed throughout the month to foster a love for reading among students and emphasize the importance of literacy in personal and academic growth.

Keep up the excellent work in promoting reading and honoring Panicker's legacy!





NATIONAL READING DAY

DEEPU R S CHADAYA MANGALAM

The National UN Volunteers-India

National Reading Day Celebration at
Government MGHS, Chadayamangalam

Date: June 19, 2024



Location: Government MGHS,
Chadayamangalam, Kollam, Kerala

Event Overview:

- Our National UN Volunteer-India, Mr. Deepu R S Chadaya Mangalam, visited the school on National Reading Day.



- The Readers Day Celebrations were inaugurated, emphasizing the importance of reading for students.

- Mr. Chadaya personally donated a short story book to the school library.

- Students actively participated and expressed their interest in reading literature.



Key Participants:

- School HM Amrutha Teacher: Delivered a Presidential Address.

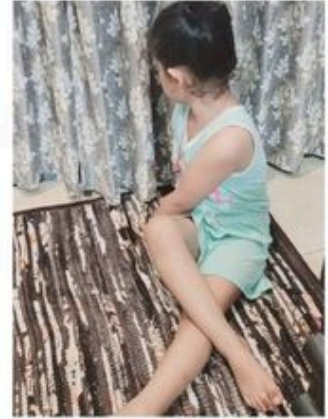
- Bibin Sir: Gave a speech during the event.

- Library Incharge Rekha Teacher and Other Teachers: Provided support and encouragement.





INTERNATIONAL YOGA DAY CELEBRATION



National UN Volunteers-India Celebrate International Yoga Day

Despite the vacation period, the spirit of International Yoga Day was alive and well at the homes of young students from St. Joseph's International School, Hisar, Haryana. Dhvani of Class LKG and Nidhi of Class 3 showcased their impressive yoga skills from home, with their performances published by UN Volunteers-India.



Their mother, Mrs. Deepika, beamed with pride as she watched her young children embrace the principles of yoga with dedication and enthusiasm.



UN Volunteers-India salutes the commitment of these young yogis and their encouraging family support!

June 21, 2024

INTERNATIONAL YOGA DAY CELEBRATION



Yoga for Harmony & Peace



2024/6/21



SHREE SATYA SAI VIDYALAYA

Jamnagar, Gujarat

The National UN Volunteers-India International Yoga Day celebration

SHREE SATYA SAI VIDYALAYA,
JAMNAGAR, GUJARAT (CBSE and
GSEB)

Students from both the CBSE and GSEB sections of Shree Satya Sai Vidyalaya actively participated in the International Yoga Day celebration held on the school campus. Under the mentorship of Pritiba Rana and Jagruti Bara, the students demonstrated various yoga asanas and practices, promoting physical and mental wellness. The event highlighted the school's commitment to holistic education and well-being.



SHREE SATYA SAI VIDYALAYA, JAMNAGAR, GUJARAT

THE NATIONAL UN VOLUNTEERS-INDIA



The National UN Volunteers-India International Yoga Day celebration

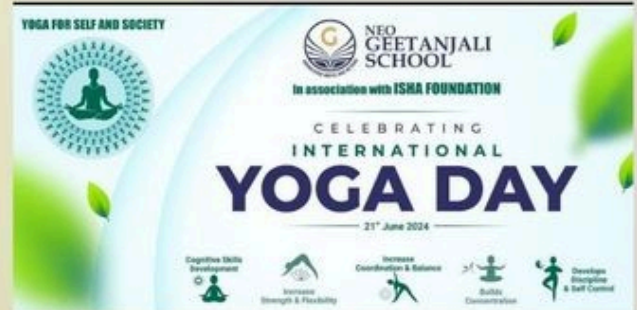
Today, On 21st June Neo Geetanjali School celebrated International Yoga Day with great enthusiasm. Students from grade 4 to grade 10 actively participated in the event, which aimed to raise awareness about the importance of yoga in our daily lives.

The students gathered in the school courtyard, where they were guided through various yoga poses and breathing exercises by trained instructors. The session focused on the benefits of yoga for physical and mental well-being, stress relief, and concentration.

Through this event, the school aimed to instill a sense of wellness and health among its students. By practicing yoga, students can develop a strong foundation for a healthy lifestyle and improve their overall fitness.

The school's effort to observe International Yoga Day aligns with its commitment to promoting holistic education and nurturing responsible citizens. By incorporating yoga into their daily routine, students can cultivate discipline, focus, and self-awareness.

The event was a resounding success, with students expressing their appreciation for the experience. Neo Geetanjali School plans to continue promoting yoga and wellness initiatives in the future."





U. S. OSTWAL ENGLISH ACADEMY
Affiliated to CBSE (Affiliation No. 1130205)

INTERNATIONAL YOGA DAY CELEBRATION



The National UN Volunteers-India
International Yoga Day celebration

U.S. OSTWAL EDUCATION SOCIETY U.S. OSTWAL ENGLISH ACADEMY,
BOISAR
AFFILIATED TO CBSE, DELHI (NO. 1130205)

Report on International Yoga Day Celebration
for Staff Members

Date: June 21, 2024

Venue: School Auditorium INTRODUCTION



On June 21, 2024, our school celebrated International Yoga Day with a special event dedicated to the well-being of our staff members and organized a comprehensive yoga session that emphasized relaxation, flexibility and mindfulness to recognize the importance of physical and mental health.

OBJECTIVE: The primary objective of the event was to promote the physical and mental well-being of our staff members, foster a sense of community, and highlight the benefits of regular yoga practice.

PARTICIPANTS: The event saw enthusiastic participation from over 62 staff members, including teachers, administrative personnel and support staff. The session was led by Mrs. Tisha Sane and Mrs. Rashmi Waghchaure, Physical Educators with over a decade of experience.

EVENT HIGHLIGHTS:

1. **Introduction to Yoga:** The session began with a brief introduction to the history and significance of Yoga Day by the principal, Mrs. Manpreet G. Sohal. She highlighted the benefits of yoga in reducing stress and improving overall health.

2. **Warm-Up Exercises:** Physical Educators initiated the session with gentle warm-up exercises to prepare the participants for the upcoming asanas. This included basic stretching and breathing exercises.

3. **Yoga Asanas:** The core part of the session included a variety of yoga poses such as Utkatasana, Vrikshasana and Ardhyamatsyaindradasana. Both educators provided step-by-step instructions and modifications to accommodate different fitness levels.

4. **Meditation:** The session concluded with a guided meditation that focused on mindfulness and relaxation. This helped participants to de-stress and feel rejuvenated.

5. **Feedback and Refreshments:** After the session, participants shared their experiences and feedback. Many expressed a sense of relaxation and rejuvenation. Healthy refreshments were provided to conclude the event on a positive note.

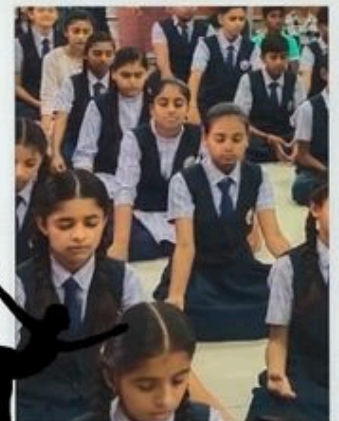
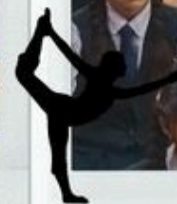
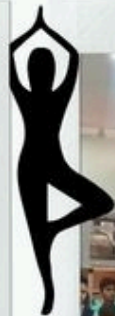
CONCLUSION: The International Yoga Day celebration was a resounding success, fostering a spirit of unity and wellness among the staff members. The positive feedback from participants emphasized the need for regular wellness activities in the school.





NIRMAL INTERNATIONAL SCHOOL

Ujjain, Madhya Pradesh





U. S. OSTWAL ENGLISH ACADEMY

Nallasopara - Affiliated to Maharashtra state Education Board

The National UN Volunteers-India

INTERNATIONAL YOGA DAY - JUNE 21



2024
International Yoga Day
The National UN Volunteers-India

The National UN Volunteers-India

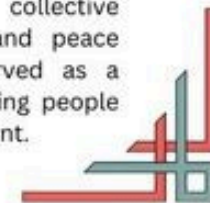
Millat Model High School, Secunderabad
International Yoga Day celebration

Students at Millat Model High School in Secunderabad joined in the global celebration of International Yoga Day today, led by Mr. Mohamed Shakir, the school president and a dedicated Yoga Practitioner.

On the occasion of the 10th International Yoga Day, the school activity hall were a hive of activity as students from various classes gathered to participate in yoga sessions led by Mr. Shakir. The event aimed to raise awareness about the importance of yoga in maintaining physical, mental, and emotional well-being.

Addressing the enthusiastic gathering, Mr. Shakir emphasized the role of yoga in promoting a healthy lifestyle and reducing stress in today's fast-paced world. He commended the students for their active participation and encouraged them to incorporate yoga into their daily routines for overall wellness.

The celebration concluded with a collective meditation session, symbolizing unity and peace among the participants. The event served as a testament to the power of yoga in bringing people together and promoting holistic development.



MILLAT MODEL HIGH SCHOOL, SECUNDERABAD

INTERNATIONAL YOGA DAY - JUNE 21



International Yoga Day Celebration at Ghulam Ahmed College of Education, Hyderabad

Hyderabad, June 22, 2024 - The Ghulam Ahmed College of Education in Banjara Hills, Hyderabad, celebrated International Yoga Day with an online yoga training session led by Avichal Verma, a Ph.D. scholar from the University of Patanjali (UoP) in Haridwar.

Avichal Verma, who holds a B.Sc. from Dr. Ram Manohar Lohia Avadh University and an M.Sc. from the University of Patanjali, is a student of Swami Ramdev Ji and a certified yoga teacher and researcher. He specializes in Yogasana, Proprioception, and Balance, and has published research papers in peer-reviewed journals.

The event was organized by the National UN Volunteers-India and was attended by future-ready teachers from the college. The program was coordinated by Ms. Noorul Huda, an Assistant Professor at the college and a National UN Volunteer-India.

The online yoga training session provided the participants with an opportunity to learn from an expert in the field of yoga and to enhance their understanding of the practice. The event was witnessed by the director of the college, who praised the efforts of the organizers and the participants.

The celebration of International Yoga Day at the Ghulam Ahmed College of Education is a testament to the growing importance of yoga in the education sector and the commitment of the institution to promoting a healthy and balanced lifestyle among its students and faculty.

GHULAM AHMED COLLEGE OF EDUCATION,
BANJARA HILLS, HYDERABAD

INTERNATIONAL YOGA DAY - JUNE 21



The National UN Volunteers-India



The National UN Volunteers-India

International Yoga Day
SBOAMHSS - Coimbatore

Coimbatore, June 21, 2024 - Students of SBOA Matriculation Hr. Sec. School (SBOAMHSS) in Coimbatore actively participated in International Yoga Day celebrations, demonstrating a strong commitment to physical and mental wellness under the guidance of a renowned local yoga practitioner.

The event, which emphasized the importance of yoga in daily life, saw enthusiastic participation from students across various grades. The yoga session began early in the morning with a series of warm-up exercises, followed by different asanas (postures) and pranayama (breathing exercises). The participating students not only showcased their flexibility and balance but also exhibited a deep understanding of the yoga principles.

Mrs. Sabural Banu Ibrahim, the esteemed Principal of SBOAMHSS, took the opportunity to commend both the students and the teachers for their dedication and diligent efforts in making the event a grand success. The event was part of a larger initiative by the National UN Volunteers in India to promote health and wellness among young learners. The celebration aimed at instilling the values of health, discipline, and mindfulness through the practice of yoga, aligning with the global objectives of International Yoga Day.


Teachers and staff members also participated, setting an example for the students and highlighting the school's commitment to integrating physical health practices into its educational framework. Following the session, participants expressed a sense of rejuvenation and peace, reaffirming the positive impact of yoga on both body and mind.

As the event concluded, Mrs. Ibrahim emphasized the importance of incorporating yoga into the students' daily routine and encouraged continuous practice beyond International Yoga Day. She thanked the yoga practitioner for their expert guidance and applauded the collaborative spirit of the school community.

SBOAMHSS - COIMBATORE

INTERNATIONAL YOGA DAY - JUNE 21



 *The National UN Volunteers-India*

The National UN Volunteers-India
International Yoga Day celebration

June 21 is marked as International Yoga Day and World Music Day. What a sacred combination!

We the team of P.P. Savani Chaitanya Vidya Sankul celebrated the International Yoga Day with the garnish of Music; Enhancing the Celebration Atmosphere through Music; Feeling the Rhythm and the Aura of the nature this day was well justified.

In the stillness of the dawn, where silence softly reigns, Awakens a symphony of life, where harmony sustains.

Yoga's gentle rhythm, a dance of mind and soul,
In every stretch and breath, a journey to be whole.

Yoga and music, twin flames of the soul's desire,
Fueling inner fires, lifting spirits higher.

Together they weave a tapestry, of peace and pure delight,
Guiding us on a journey, to find our inner light.


So let us honor yoga and music, in each breath and chord,
For they teach us to listen, to life's symphony adored. .

In their harmonious embrace, we find our truest voice,
A melody of wellness, where our souls rejoice.

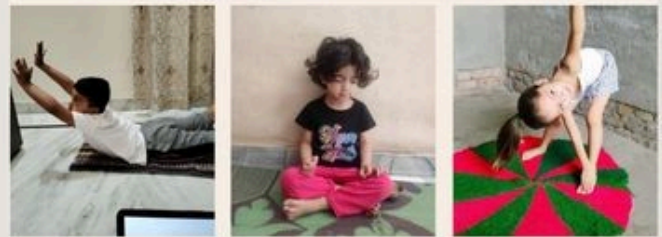

PP SAVANI CHAITANYA VIDYA SANKUL, GUJARAT

INTERNATIONAL YOGA DAY - JUNE 21 ST. JOSEPH'S KINDERGARTEN, ADAMPUR

Celebrate
10th International Yoga Day
with Master Sumit Yogi
Friday, 21st June 2024 7:00 to 8:00 am
Contact Us : 86078-22244



PP SAVANI CHAITAN

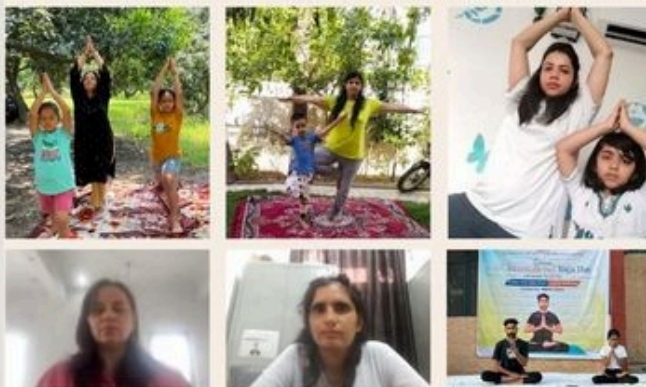


St. JOSEPH'S
Kindergarten
GROWING HAPPY & HEALTHY CHILDREN

The National UN Volunteers-India



The National UN Volunteers-India



The National UN Volunteers-India



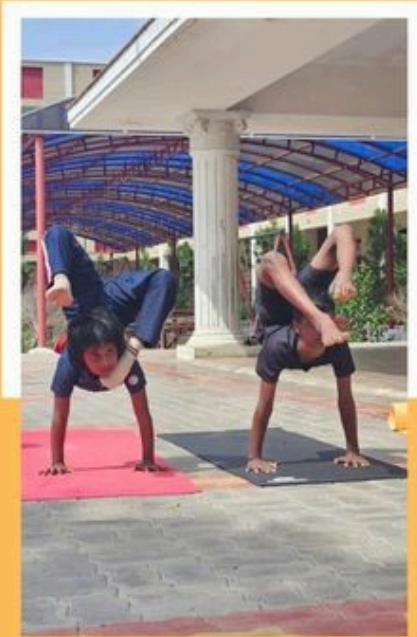
**I SUPPORT
GOAL 4
QUALITY
EDUCATION**

**INTERNATIONAL YOGA DAY
JUNE 21, 2024**



The Adrian Loyal School, Karur

Greatness – Sustainability – Legacy



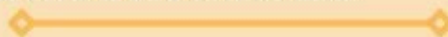
The National UN Volunteers-India
International Yoga Day celebration

The Adrian Loyal School, Karur
(The UN designated school in India)



At The Adrian Loyal School in Karur, a UN-designated school in India, children energetically participated in the International Yoga Day celebration, showcasing their impressive yoga talents.

The school's Correspondent, Mrs. Janet Ragupathy, and Principal, Mrs. Kavitha, expressed their heartfelt appreciation to the teachers and students for their commendable efforts and enthusiasm.






International
YOGA DAY
Ruby INTERNATIONAL
PRE-SCHOOL





**HAMEEDIAH BOYS HIGHER
SECONDARY SCHOOL**

Kilakarai, Ramanathapuram Dist

Hameediah Boys HSS, Kilakarai
International Yoga Day celebration - June 21,
2024

Guest of honour: Mr N Chinnakannu, DSP -
Mudukulathur Sub Division



Guest: Janab. S. Anees Ahamed,
Correspondent, Hameediah Boys HSS, Kilakarai



On the occasion of International Yoga Day, Hameediah Boys HSS, Kilakarai, hosted a remarkable celebration that showcased the students' enthusiasm and skill in yoga. We were honored to have Mr. N Chinnakannu, DSP of Mudukulathur Sub Division, as the Guest of Honour and Janab. S. Anees Ahamed, Correspondent of Hameediah Boys HSS, as our special guest. The event featured an impressive display of yoga asanas performed by our talented students, under the expert guidance of Mr. N Syed Saleem, our dedicated Physical Education teacher. This celebration not only highlighted the importance of yoga for physical and mental well-being but also inspired everyone to incorporate this ancient practice into their daily lives. We extend our heartfelt gratitude to all the esteemed guests and participants for making this event a grand success.



Yoga
Asanas



2024
International Yoga Day



 **தேசிய பசுமைப்படை**
HAMEEDIAH BOYS HSS - KILAKARAI
Ramanathapuram - Dist

Hameediah Boys HSS, Kilakarai, celebrated International Yoga Day with great enthusiasm. The event was graced by the presence of Mr. N Chinnakannu, DSP of Mudukulathur Sub Division, as the Guest of Honour, and Janab S. Anees Ahamed, Correspondent of the school. To commemorate the occasion, the guests planted saplings, symbolizing the school's commitment to environmental conservation. The event was organized by the National Green Corps team and coordinated by Mr. P. Thakkalai Beer Mohamed, the NGC Coordinator of the school. This celebration not only promoted the benefits of yoga but also highlighted the importance of sustainable practices.

21 JUNE 24 INTERNATIONAL YOGA DAY

HAMEEDIAH BOYS HSS, KILAKARAI



HAMEEDIAH BOYS HIGHER SECONDARY SCHOOL
Kilakarai, Ramanathapuram Dist

*Welcome
Treat*



2024
International Yoga Day