

INTERNATIONAL DAY OF YOGA

~ Navleen Kaur ~

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NCC CADETS OF Modern Senior Secondary School participated in the International Yoga Day which was held at Government College of Girls (GCG), Patiala. It was organized under the supervision of Col. Aseem Tandon, 4PB Girls NCC BN Patiala's Commanding Officer.

S. Gurdeep Singh, Vice President of Patanjali Yog Samati was the yoga instructor. Various asanas were performed by the ministry of Ayus. Col. Aseem Tandon told us why International Yoga Day is celebrated on 21st of June every year. He further added that this day is the longest day in the northern hemisphere and it has a special significance in many parts of the world. That's why June 21 marks this momentous event in the history of humanity. He also said that such exercises should be done on daily basis. People of every age

group should do yoga as it eliminates stress from our minds and rejuvenates us. It provides us a positive and brighter outlook towards life. He also added that yoga is not only about physical exercise but a complete package for overall health and welfare.