

# INTERNATIONAL YOGA DAY

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Reporters, Modern School Life Magazine

21June 2019

THE IDEA OF INTERNATIONAL DAY OF YOGA was first proposed by PM Modi during his speech at United Nations General Assembly (UNGA) on September 27, 2014.

In lieu of that June 21 of every year is observed as an International Yoga Day. The whole world celebrates this day with full enthusiasm and every one is involved whole heartedly to recharge himself /

yogic exercises and all looked cheerful and energetic.

They were explained the benefits of yoga and healthy living which facilitates attainment of perfection, peace, harmony, and promotes self healing. It helps in attention, focus and concentration, especially important for children as it reduces stress and tension physically by

herself for happy, healthy and peaceful life.

This year our NCC cadets joined hands together with many others from different institutions at Government College for Girls, Patiala to celebrate this day. They performed many

activating the parasympathetic nervous system. The aspirant feels rejuvenated and energetic. Thus, yoga bestows control on body and mind, and yogic exercises recharge the body with cosmic energy.





