

THE OOTY PUBLIC SCHOOL
coimbatore

international

Y  **GA**
day

21st June



THE OOTY PUBLIC SCHOOL COIMBATORE

International Day of Yoga

International Day of Yoga, celebrated annually on June 21st, highlights the global significance of yoga in promoting physical, mental, and emotional well-being. The United Nations declared this day to raise awareness about the ancient Indian practice and its benefits for holistic health. In our school, students and staff came together to observe the impacts of yoga. The event not only promoted physical fitness but also emphasized the importance of mental peace and stress management in our daily lives. This initiative encourages individuals of all ages to incorporate yoga into their routines, fostering a healthier, more balanced lifestyle. The student of our school performed the *Surya Namaskar* in order.

Nearly 86 (boys) and 84 (girls) participated in the event respectively and did Surya Namaskar.



