

INTERNATIONAL YOGA DAY CELEBRATION

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being."

International Yoga Day was celebrated by Oxygen & Sahyog foundation CSR team at Nipun Vocational training center with students and teachers on June 21st with great enthusiasm. Students assembled in the multipurpose room at center along with their yoga mats, demonstrated various asana followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asana, importance of



these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas. During the celebration CSR discussed and demonstrated some ways and dimensions of different



types of pranayama. Team reckoned many benefits of early rising and practicing yoga. Speaking to the assembly team also pointed out the contribution of yoga in maintaining fitness and good health and how it helps students to memorize something and understand a concept and its context.

CSR head from Oxygen Mr. Rajpal Duggal on this occasion said that "yoga is the scientific way of living healthy and increasing life expectancy. It keeps the physician away and helps various parts of the body perform their functions smoothly in proper coordination. It strengthens the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries. It brings a divine glow on the face and makes us wise." Project head from Nipun added that "Regular practice of yoga will surely



help our students achieve a better life, physically, mentally and spiritually as well and also thanked Oxigen and Sahyog Foundation team for organizing the event and treating the students with juice and Biscuits.

Seema Khurana

CSR Lead & Activist