



INSTITUTION: JAWAHAR NAVODAYA  
VIDYALAYA, RANANGAREDDY

106/5



## YOGA DAY(21 JUNE)

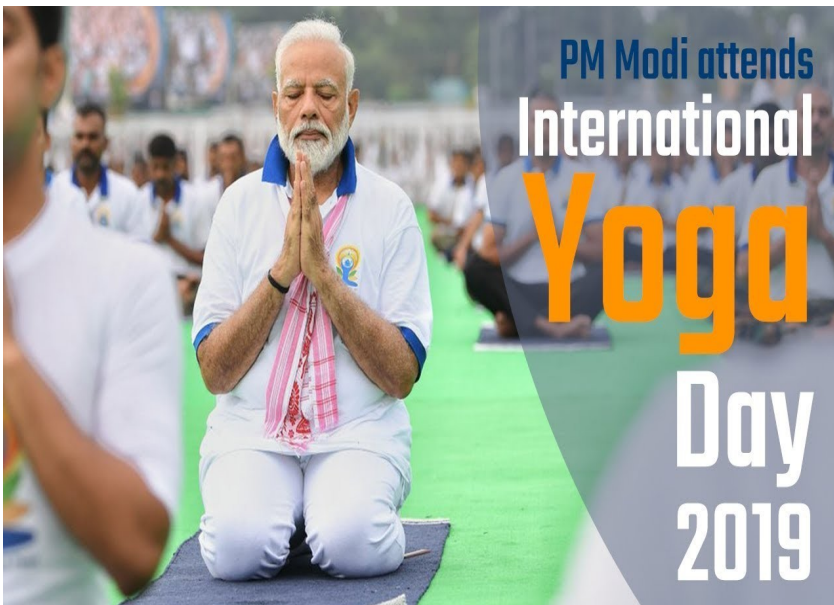
THE FIRST INTERNATIONAL YOGA DAY WAS OBSERVED ON JUNE 21, 2015 AFTER THE UNITED NATIONS APPROVED A RESOLUTION TO DEVOTE A DAY TO FOCUS ON THE INVALUABLE BENEFITS OF THIS HOLISTIC WELLNESS SYSTEM A GIFT OF INDIAN TRADITION TO HUMANITY.

YOGA DAY WILL BE OBSERVED IN AS MANY AS 190 COUNTRIES AROUND THE WORLD, ACCORDING TO REPORTS, AND MISSIONS OF INDIA ABROAD WILL BE COORDINATING VARIOUS ACTIVITIES WITH THE ADMINISTRATIONS IN THE RESPECTIVE COUNTRIES FOR THE RUN-UP TO THE EVEN

**YOGA FOR WELLNESS** (THEME OF 2021)

### SLOGANS ON YOGA DAY

- =YOGA IS AS OLD AS INDIA.
- =DISCOVER YOUR INNER PEACE WITH YOGA!
- =RELEASING STRESS AND ANGER BY PRACTISING YOGA!
- =INCULCATE THE HABIT OF PRACTISING YOGA IN YOUR LIFE!
- =YOGA MEANS ADDITION. ADDITION OF ENERGY, STRENGTH AND BEAUTY TO BODY, MIND AND SOUL.



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