

REPORT ON YOGA DAY CELEBRATION

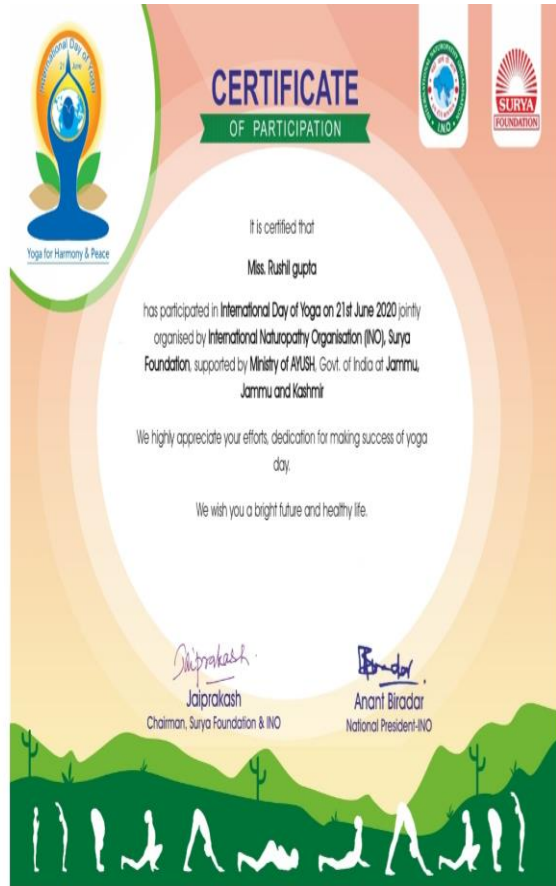
International Yoga Day is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment.

Due to COVID-19 pandemic, this year the 6th international yoga day focused on yoga at home with family members.

NCC cadets of DPS, JAMMU attended an online session under the supervision of ANO Mrs. Ranjana Verma. They performed various Asanas. The program was conducted by Ministry Of Ayush "YOGA AT HOME YOGA WITH FAMILY." E-certification was also provided to the participants. Along with cadets Mrs. Ranjana Verma (ANO) also participated in the event.











Bhoomi Thaper
class: 12th H



