

**DATE: 21.06.24 & 22.06.2024**

## **INTERNATIONAL YOGA DAY CELEBRATION**

**Objective:** To make students aware of YOGA as our ancient culture which has been preserved by our ancestors and being carried forward by the young generations

**Brief:** The NGO children celebrated 10th International YOGA Day on 21st June, 2024. Sports teacher, Mr Kundan briefed children on the importance of YOGA and practiced asanas. He demonstrated several asanas and breathing exercises among the children.

A day before, a team from DTU also visited the NGO to teach students various yoga asanas. They distributed snacks among the children. Our children were delighted to learn from them.



