

Message By Principal
On
International Day of Yoga 2021



*It has certainly been exciting since it was declared by the General Assembly of the United Nations that the 21st of June had been adopted as International Yoga Day, after 175 countries supported the proposal by our **Honorable Prime Minister Shri Narendra Modi.***

*21st of June is celebrated as International Day of Yoga where people are made aware of the benefits of yoga. I congratulate you on **7th International yoga day.***

Yoga is a great gift to mankind which helps us keep better and maintain our health. My dear students, you also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our intelligence. We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

In addition, you can develop self-discipline and self-awareness from yoga if practiced regularly. You will gain a sense of power once you do it consistently and help you lead a healthy life free from any problems. Anyone can practice yoga no matter what your age is or whichever religion you follow.

*In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind. **The best age to start with yoga is when you are young and flexible. Embrace yoga for a healthy life. Wishing a very Happy International Yoga Day.***

PRACHI DIXIT
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