

# International Day of Yoga 2021

a) A 15 days Yoga Training Program for Parents, Teachers and Students was conducted from 09 June 2021 every day in the morning @ Google Meet to organise the 7th International Day of Yoga virtually on 21 June 2021.

The purpose of this initiative is to make everyone aware of the significance of Yoga for holistic well-being and motivate them to make it a part of their lives to balance the body, mind and soul.

A webinar on Yoga was conducted for the parents on 16 June 2021 and for the Army Units of 89 Inf Bde on 17 June 2021 by Mr Sudhir Puri (PET)

An Online Quiz for on Yoga was also conducted for classes VI - X on 19 June 2021.

19 Cadets of APS Abohar & their families also participated in Yoga with the theme 'Be with Yoga, Be at Home' under the guidance of ANO Birinder Singh & 25 PB BN NCC ABOHAR and took a virtual pledge as well.







