



DELHI PUBLIC SCHOOL ONGC, NAZIRA

(Under the aegis of the DPS Society, New Delhi)

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REPORT ON THE OBSERVANCE OF THE INTERNATIONAL DAY OF YOGA (IDY) AT DPS ONGC NAZIRA

The International Day of Yoga (IDY) is observed annually on June 21 to promote yoga and its benefits.

IDY was celebrated worldwide, with events organized in over 170 countries. This year's theme, "**Yoga for Self and Society**," highlighted yoga's impact on personal well-being and community health. Other themes included yoga for physical and mental wellness, stress management, and holistic living.

In Observance of the IDY -2024 DPS ONGC Nazira also conducted various activities including Inter House Yoga Competition for all class levels.



Special Yoga session for teachers and tiny tots was conducted for the maximum benefit and wellbeing of an individual. The International Day of Yoga 2024 was a resounding success, promoting yoga as a universal language and a symbol of global unity. The day's events reinforced yoga's importance in modern life, inspiring millions to adopt this ancient practice for a healthier and happier world.