

INTERNATIONAL YOGA DAY CELEBRATION

INTERNATIONAL YOGA DAY - CURTAIN RAISER AT NCS (KOCHI) ON 14 JUN 23



1. NCS (Kochi) commenced the week long celebrations for International Yoga Day 23 on 14 Jun 23 under the tag line Har Angan Yog.

2. The Yoga activities this year were aimed at inculcating a holistic approach to physical and mental well being children of Navy Children School Kochi.

3. A total of 800 children participated in the inaugural session under the guidance of the Yoga Teacher. The children were explained the importance of practicing yoga and were motivated to make it as a part of their life style. They performed common yoga protocol which includes asanas ,chalana Kriya ,meditation and pranayams during the one hour session.

4. Yoga Asan competition ,painting competition and yoga quiz was conducted on the theme yoga.The students participated in these events with vigor and enthusiasm