



शिक्षा मंत्रालय
MINISTRY OF
EDUCATION



समग्र शिक्षा
Samagra Shiksha



PM
SHRI
Creating holistic and well-rounded individuals
equipped with key 21st Century skills



Yoga for Harmony & Peace

2024

INTERNATIONAL DAY OF

YOGA

in



PM
SHRI

Creating holistic and well-rounded individuals
equipped with key 21st Century skills





Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action- a holistic approach is valuable to our health and our well-being. It's not just about exercise; yoga is a way to discover a sound sense of oneness with yourself, the world, and nature.

-Narendra Modi

Prime Minister



Preface

The 10th International Day of Yoga marks a significant milestone in our collective journey towards fostering a culture of health, wellness, and mindfulness within the education system. This booklet serves as a testament to the enthusiastic participation and dedication of students, teachers, and schools across all States and Union Territories, who have embraced yoga as an integral part of their daily routines and educational practices.

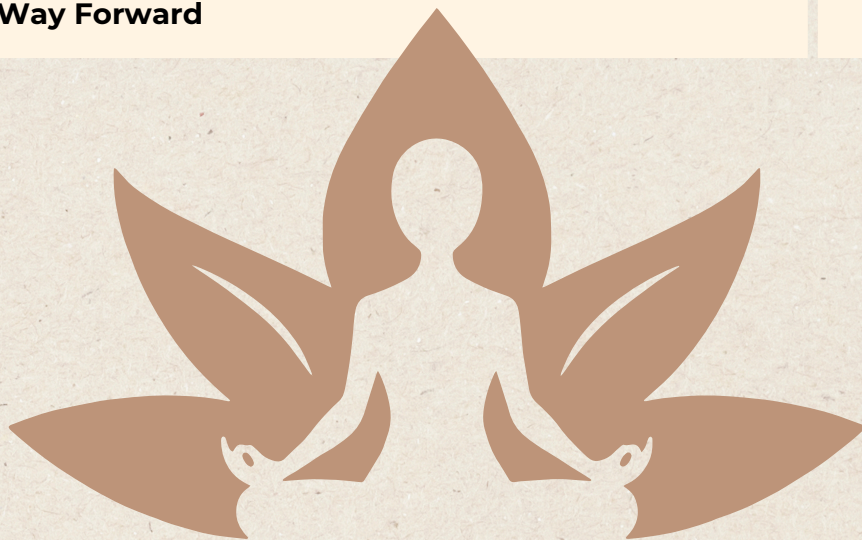
Yoga, an ancient tradition rooted in Indian culture, offers a holistic approach to physical, mental, and emotional well-being. PM SHRI schools across the country have organised various events and activities to commemorate this special day. This year, the observance of the International Day of Yoga saw an unprecedented level of engagement, with numerous PM SHRI schools conducting yoga sessions, workshops, and demonstrations, ensuring widespread involvement. Kendriya Vidyalayas and Navodaya Vidyalayas have also set a precedent by integrating yoga into their educational timeline, promoting holistic development and enriching students' lives, inspiring other institutions to follow suit.

As we look to the future, the vision of Department of School Education and Literacy (DoSEL) is to deepen the integration of yoga within the educational system, ensuring that its benefits continue to reach every student, teacher, and parent across the nation. We are committed to expanding advanced practices, increasing participation, and enriching the yoga programs in our schools. Through these efforts, we aim to cultivate a generation of students who are not only academically proficient but also physically healthy, mentally resilient, and emotionally balanced.

We hope this booklet inspires our continued dedication to the practice of yoga and the pursuit of holistic well-being in our educational institutions. With the goal of creating a more wholesome and peaceful society, the 10th International Day of Yoga prevails as an exemplar of transforming self and impacting society.

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Introduction

Yoga, an ancient physical, mental, and spiritual practice that originated in India, has been embraced worldwide for its holistic approach to health and well-being.

The International Day of Yoga (IDY) aims to promote yoga and encourage individuals to integrate it into their routines which helps to foster physical health, mental clarity, emotional stability, and overall well-being. It is celebrated annually on June 21st as it marks the summer solstice, which is the longest day of the year in the Northern Hemisphere. Spearheaded by Hon'ble Prime Minister Shri Narendra Modi, the day was established by the United Nations in 2015 to raise global awareness about the numerous benefits of practicing yoga. Since 2015, IDY has been celebrated joyfully and passionately with an ever-growing number of participants across the world on various themes.

The theme for the 10th International Day of Yoga is "Yoga for Self and Society." This theme underscores the dual benefits of yoga practice: it enhances individual well-being while also contributing to the health and harmony of the broader community. Practicing yoga helps individuals achieve a balanced mind, body, and spirit. It promotes physical fitness, reduces stress, and enhances mental clarity. On a personal level, yoga encourages self-discipline, self-awareness, and personal growth, whereas on a societal level, it fosters a sense of community and interconnectedness. By encouraging mindfulness and compassion, yoga can help address social issues such as mental health, stress-related disorders, and lifestyle diseases.

Benefits of Yoga

Yoga offers numerous benefits for students, contributing to their physical, mental, and emotional well-being. Here are some key advantages:

PHYSICAL BENEFITS

Physically, yoga helps improve flexibility, strength, balance, and coordination, which are essential for maintaining a healthy and active lifestyle. These physical benefits can also prevent injuries and increase energy levels, allowing students to engage more effectively in their academic and extracurricular activities.

MENTAL BENEFITS

Yoga serves as a powerful tool for reducing stress and anxiety, which are common challenges among students. Through breathing exercises and meditation, yoga helps calm the mind, lower cortisol levels, and promote a sense of relaxation and peace. This mental clarity and reduced stress lead to improved concentration, focus, and cognitive function, all of which are crucial for academic success.

EMOTIONAL BENEFITS

Yoga fosters self-esteem and confidence as students achieve new poses and embrace their physical capabilities. It promotes emotional stability by teaching mindfulness and emotional regulation, helping students manage their emotions and reactions more effectively. The practice of yoga also enhances social skills by providing a supportive and communal environment where students can connect with peers, fostering a sense of belonging and reducing feelings of isolation.

ACADEMIC BENEFITS

The benefits of improved concentration and reduced stress lead to better academic performance, as students can focus more intently on their studies and retain information more effectively. Additionally, the creative thinking and problem-solving skills developed through yoga can inspire innovative approaches to learning and academic challenges. Incorporating yoga into the daily routine of students can lead to a more balanced, healthy, and fulfilling lifestyle, equipping them with the tools they need to thrive both inside and outside the classroom.





Celebrating International Day of Yoga



On **21st June 2024**, the CIET ground at the NCERT campus in New Delhi witnessed a significant event as Shri Sanjay Javin, Secretary of the Department of School Education and Literacy (DoSEL), along with officials from the Ministry of Education and the National Council of Educational Research and Training (NCERT), gathered to celebrate the 10th International Day of Yoga. This day, dedicated to promoting physical, mental, and spiritual well-being through yoga, was marked by enriching yoga sessions.

The event began early in the morning as the officials participated in various yoga asanas and pranayama techniques guided by experienced yoga instructors, embracing the ancient practice that fosters unity of mind, body, and soul. Throughout the session, the participants experienced a sense of camaraderie and unity, reflecting the true spirit of the International Day of Yoga. It reinforced the commitment of the Department of School Education and Literacy, along with NCERT, to promote physical and mental well-being in educational institutions across India.

The event concluded with a collective resolve to continue spreading the light of knowledge and inner peace through yoga, fostering a healthier and more harmonious society. As the sun rose higher in the sky, the CIET ground echoed with the harmonious chants of “Om,” symbolizing the unity and tranquillity achieved through this collective practice. The day ended on a high note, leaving everyone rejuvenated and inspired to carry forward the legacy of yoga in their personal and professional lives.

The Power of Yoga in PM SHRI Schools

PM SHRI Schools, a pioneering initiative by the Department of School Education and Literacy, Ministry of Education, Government of India addresses these concerns and focuses on reshaping the educational landscape in India by emphasizing holistic development, academic excellence, and innovative teaching methodologies. By integrating yoga into their educational framework, these schools foster the holistic development of students, preparing them to lead balanced, healthy, and socially responsible lives.

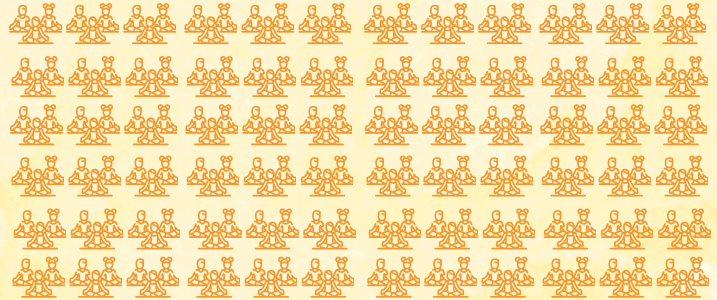


Integrating yoga into the curriculum of PM SHRI Schools aligns perfectly with their vision, because of the following reasons:

- 1 Holistic Development:** Yoga contributes to the overall development of students by nurturing their physical, mental, and emotional health. This aligns with PM SHRI Schools' goal of providing a well-rounded education.
- 2 Enhanced Learning:** Regular practice of yoga can improve students' concentration, memory, and academic performance. It helps create a calm and focused learning environment, which is essential for effective education.
- 3 Stress Management:** The pressures of modern education can be overwhelming for students. Yoga offers tools for managing stress and anxiety, promoting a healthy and balanced lifestyle.
- 4 Inclusivity and Equality:** Yoga promotes inclusivity by encouraging students from diverse backgrounds to participate together, fostering a sense of unity and equality.
- 5 Lifelong Skills:** By incorporating yoga into their daily routine, students learn valuable skills that they can carry into adulthood, promoting lifelong health and well-being.



International Day of Yoga Participation Overview



8661

No. of
Schools

215370

No. of students
participated



State-wise Participation



S.no	State Name	No. of schools particited	No. of students participated
1.	ANDAMAN & NICOBAR ISLANDS	8	3453
2.	ANDHRA PRADESH	672	241920
3.	ARUNACHAL PRADESH	77	34350
4.	ASSAM	273	221144
5.	CHANDIGARH	2	1305
6.	CHHATTISGARH	121	4217
7.	D&N H AND DAMAN & DIU	5	1103
8.	GOA	25	4323
9.	GUJARAT	448	152456
10.	HARYANA	102	14608
11.	HIMACHAL PRADESH	165	37644
12.	JAMMU & KASHMIR	299	19872
13.	JHARKHAND	325	89723
14.	KARNATAKA	373	118158
15.	LAKSHADWEEP	11	4885
16.	LADAKH	32	2533
17.	MADHYA PRADESH	552	234563
18.	MEGHALAYA	27	1500
19.	MANIPUR	97	10725
20.	MIZORAM	1	46
21.	NAGALAND	9	1066
22.	PUDUCHERRY	12	8206
23.	PUNJAB	116	23711
24.	RAJASTHAN	639	253685
25.	SIKKIM	43	12116
26.	TELANGANA	748	154368
27.	TRIPURA	82	3167
28.	UTTAR PRADESH	1776	9490
29.	UTTARAKHAND	200	6860



**संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्।
देवा भागं यथा पूर्वे सज्जानाना उपासते॥**

May you move in harmony; may you speak in unison; let our mind be equanimous
like in the beginning; let the divinity manifest in your sacred endeavours.

-Rigved 10/191/2



ANDAMAN & NICOBAR ISLANDS



8

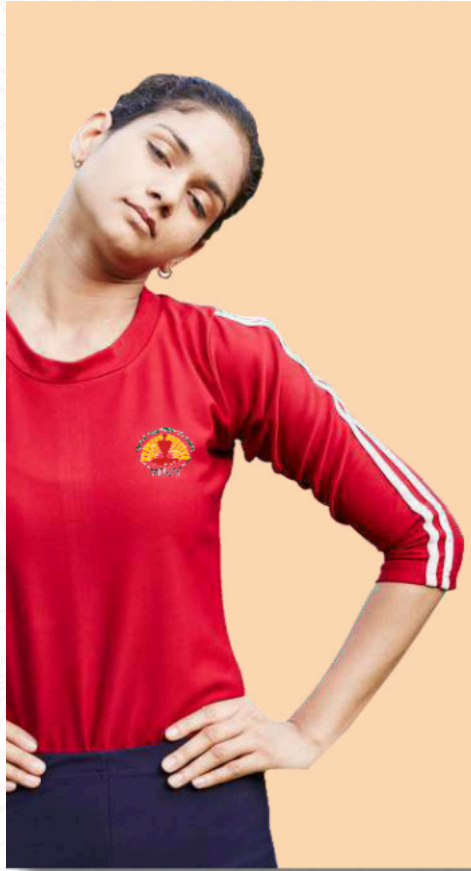
**No. of
Schools**



3453

**No. of students
participated**





SADILAJA/CALANA KRIYAS (LOOSENING PRACTICES)

The Calana Kriyas/loosening practices/Yogic Sūkṣma Vyāyāmas help to increase microcirculation. These practices can be done while standing and sitting

Benefits

This Yogic kriyā makes the bones, muscles, and nerves of the neck and shoulder healthy.



ANDHRA PRADESH



672

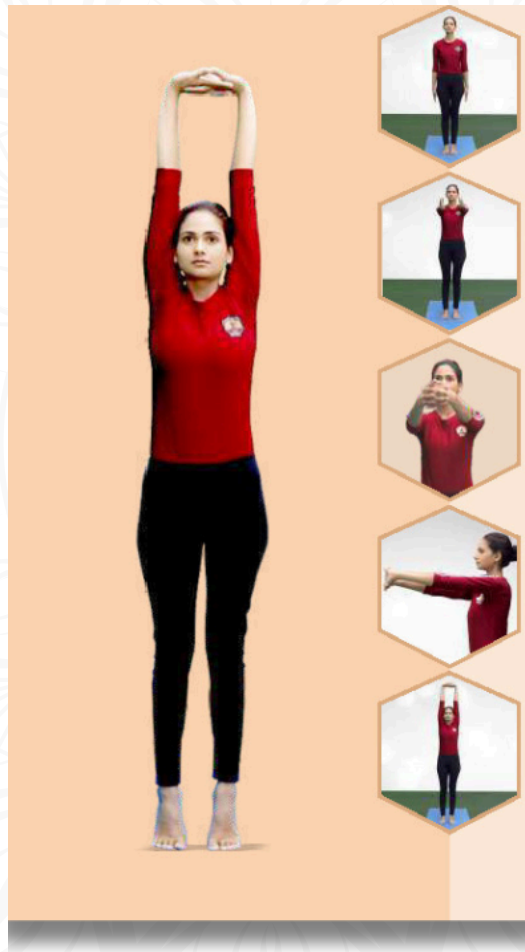
No. of
Schools



241920

No. of students
participated





TĀDĀ. SANA

Tāḍa means palm tree or mountain. This asana helps one to attain stability and firmness and forms the base for all standing āsanas.

Sthiti: Samasthiti (Alert posture)

Benefits

This āsana brings stability in the body, helps to clear up congestion of the spinal nerves, and corrects faulty posture



ARUNACHAL PRADESH



77

No. of
Schools



35340

No. of students
participated





VRKSĀSANA ***(The Tree Posture)***

Vrkṣa means tree. The final position of this āsana resembles the shape of a tree, hence the name. Sthiti: Samasthiti (Alert posture)

Benefits

This āsana brings stability in the body, helps to clear up congestion of the spinal nerves, and corrects faulty posture



ASSAM



273

No. of
Schools



221144

No. of students
participated





ARDHACAKRĀSANA **(The Half-Wheel Posture)**

Ardha means half. Cakra means wheel. As the body takes the shape of a half wheel in this posture, it is called ArdhaCakrāsana.

Sthiti: Samasthiti (Alert posture)

Benefits

This asana helps to improve neuro-muscular coordination, balance, endurance, alertness, and concentration.



CHANDIGARH



2

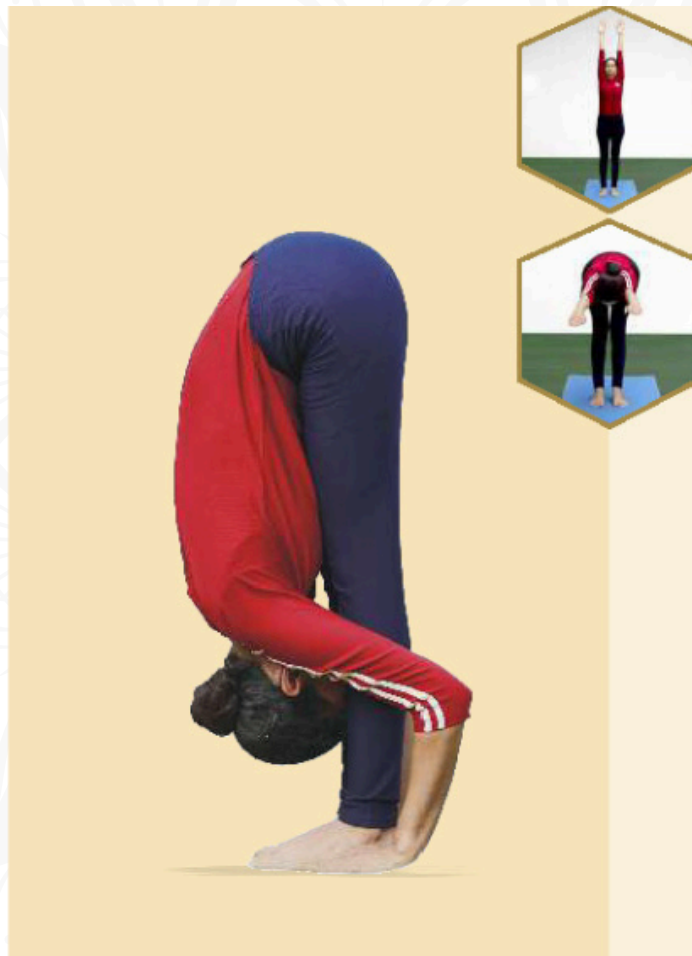
No. of
Schools



1305

No. of students
participated





PĀDA-HASTĀSANA

Pāda means feet, hasta means hands. Therefore, Pada-Hastāsana means keeping the palms down towards the feet. This is also referred as Uttānāsana.

Sthiti: Samasthiti (Alert posture)

Benefits

This asana makes the spine flexible, improves digestion and helps in overcoming menstrual problems.



CHHATTISGARH



121

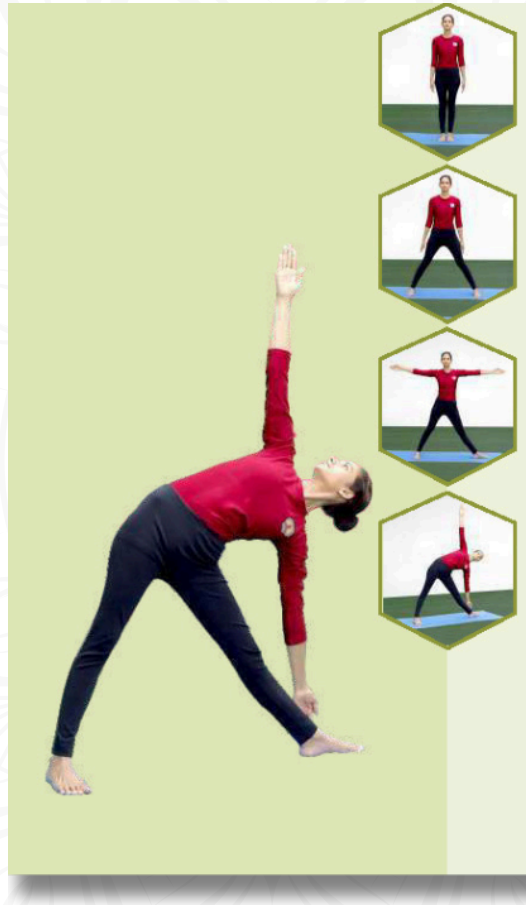
No. of
Schools



4217

No. of students
participated





TRIKONASANA **(The Triangle Posture)**

Trikoṇā means triangle. Tri means three and koṇa means angle.

As the asana resembles the shape of a triangle made by the trunk, arms, and legs, this āsana gets the name Trikoṇāsana.

Sthiti: Samasthiti (Alert posture)

Benefits

This asana makes the spine flexible, strengthens calf, thigh and waist muscles, and improves the capacity of lungs.



Dadra and Nagar Haveli and Daman and Diu



5

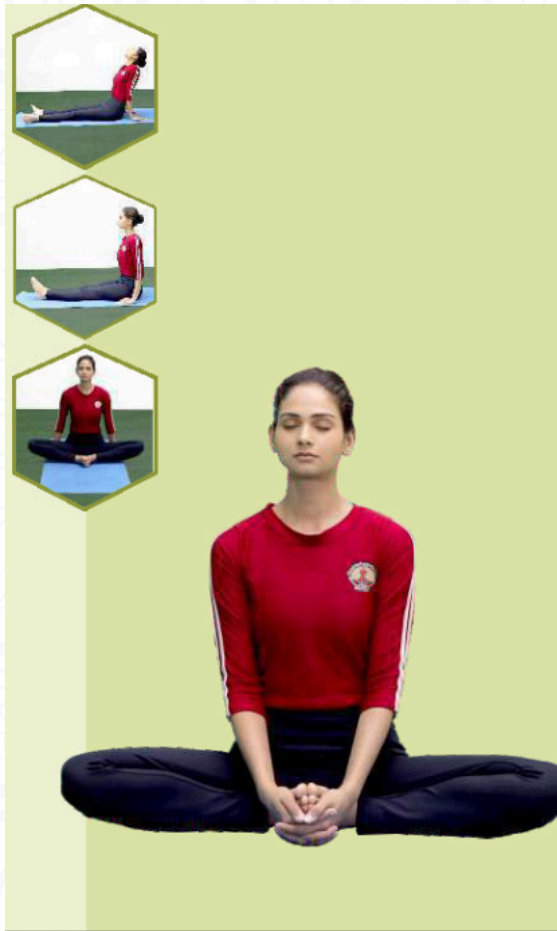
No. of
Schools



1103

No. of students
participated





BHADRASANA ***(The Firm/Auspicious Posture)***

Bhadra means firm or auspicious.
Sthiti: Viśrāmāsana (Long sitting posture)

Benefits

This āsana helps to keep the body firm and stabilise the mind.



25

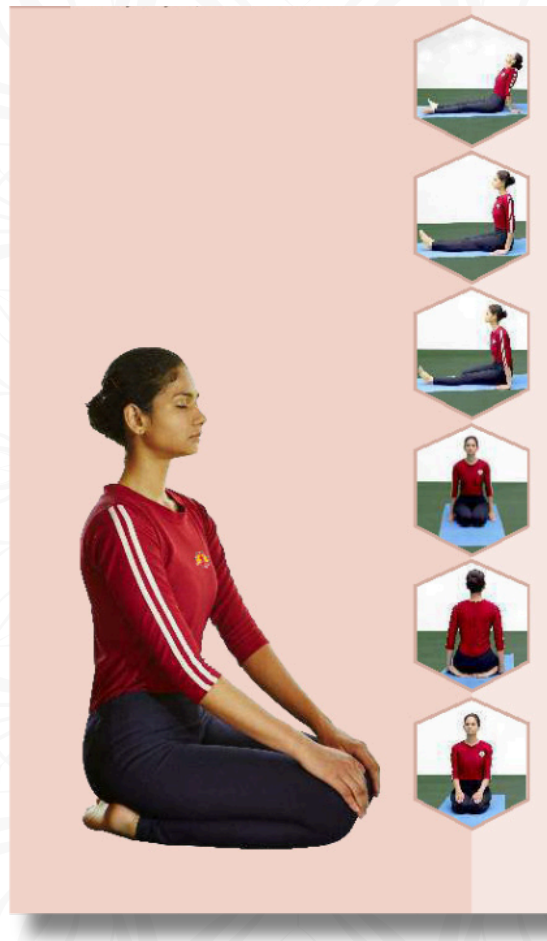
No. of
Schools



4323

No. of students
participated





VAJRĀSANA **(Thunderbolt Posture)**

This is considered as one of the meditative postures. While practising it for meditative purposes, one should close his/her eyes at the final stage.

Sthiti: Viśrāmāsana (Long sitting posture)

Benefits

This asana is good for digestion, and strengthens the thigh and calf muscles.



448

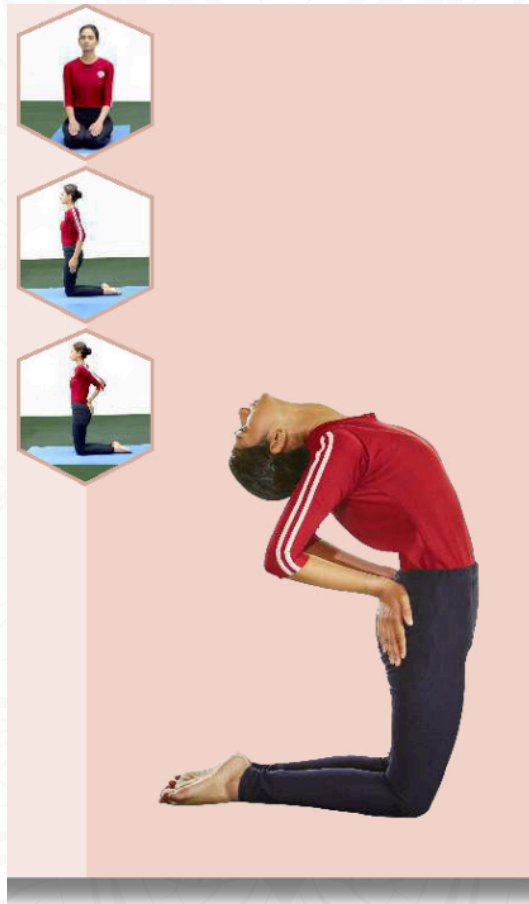
No. of
Schools



152456

No. of students participated





ARDHAUSTRĀSANA ***(The Half-Camel Posture)***

Ustrā means camel. The final version of this āsana will resemble the hump of a camel. In this version, only the first stage (half) of the asana is being practised.

Sthiti: Vajrāsana

Benefits

This asana strengthens the back and neck muscles.



102

**No. of
Schools**



14608

**No. of students
participated**





USTRĀSANA **(The Camel Posture)**

Ustra means camel. The body in this pose will resemble the hump of a camel, hence the name.

Sthiti: Vajrāsana

Benefits

This asana is extremely useful for defective eyesight.



HIMACHAL PRADESH



165

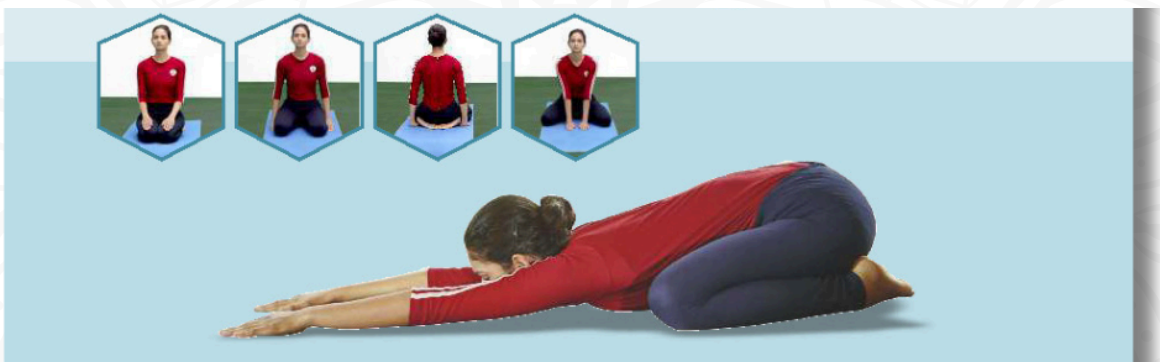
No. of
Schools



37644

No. of students
participated





ŚAŚAKĀSANA (The Hare Posture)

Śaśaka means hare. The body in this pose will resemble a hare, hence the name.

Stithi: Vajrāsana

Benefits

This asana helps to reduce stress and anxiety.



JAMMU & KASHMIR



299

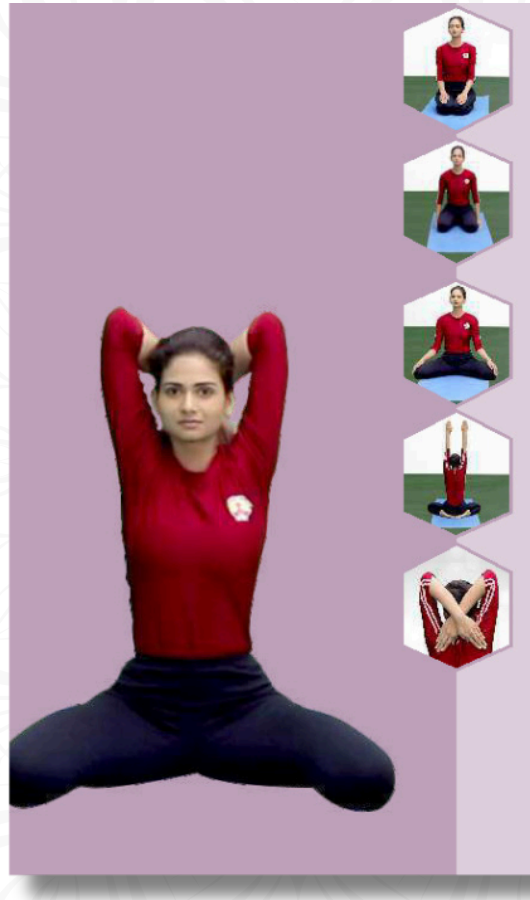
No. of
Schools



19872

No. of students
participated





UTTĀNAMANDŪKĀSANA **(Stretched-up Frog Posture)**

Uttāna means upright and Manduka means frog. The final position of Uttanamandūkasana would resemble an upright frog, hence the name.

Sthiti: Vajrāsana

Benefits

This asana is helpful in relieving back and neck pain, especially cervical pain.



325

No. of
Schools



89723

No. of students
participated





VAKRĀSANA/MARĪCHYĀSANA ***(The Spinal Twist Posture)***

Uttāna means upright and Manduka means frog. The final position of Uttanamandūkasana would resemble an upright frog, hence the name.

Sthiti: Vajrāsana

Benefits

This āsana increases the flexibility of the spine and functioning of pancreas.



KARNATAKA



373

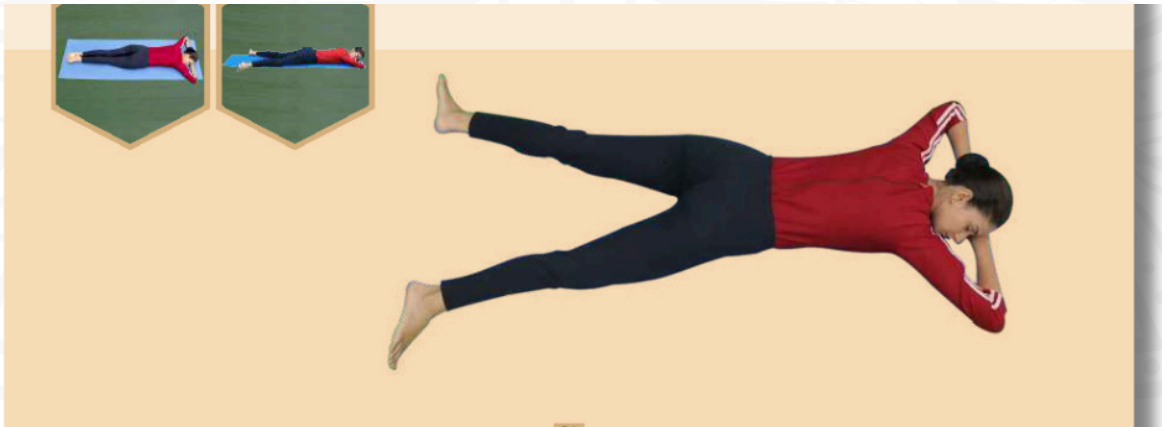
No. of
Schools



118158

No. of students participated





MAKARĀSANA **(The Crocodile Posture)**

In Sanskrit, Makara means crocodile. In this āsana, the body would resemble crocodile, hence this name.

Sthiti: Prone relaxation posture

Benefits

This asana promotes relaxation of the whole body.



32

No. of
Schools

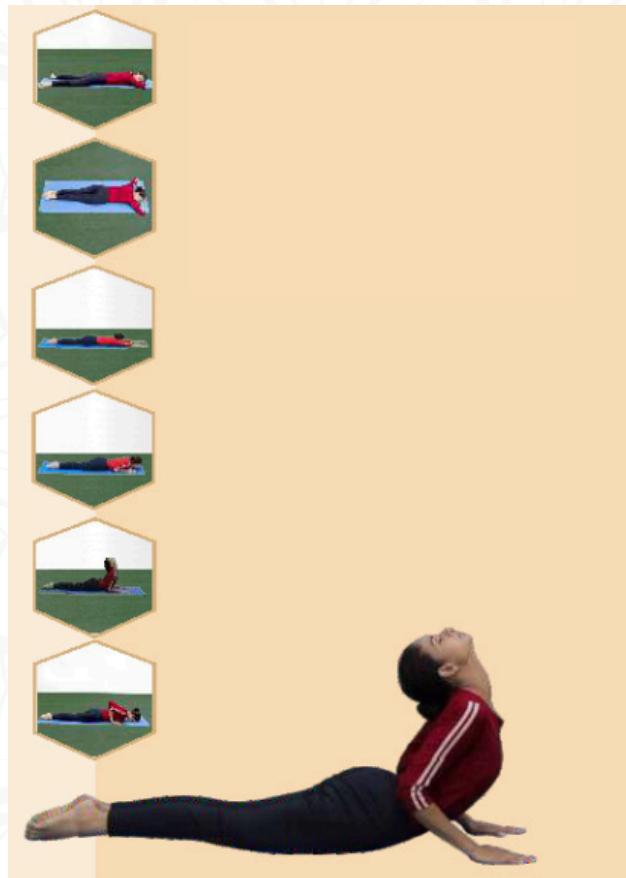


2533

No. of students
participated



nOnePlus
Quad Camera



BHUJANGĀSANA ***(The Cobra Posture)***

Bhujanga means snake or cobra. In this āsana, the body is raised like the hood of a snake, hence the name. Stithi: Makarāsana (Prone relaxation posture)

Benefits

This asana relieves stress and constipation, and reduces abdominal fat. It helps to relieve backache and bronchial problems.



LAKSHADWEEP



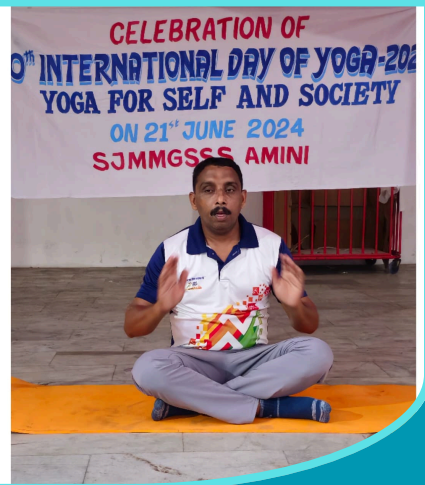
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No. of
Schools

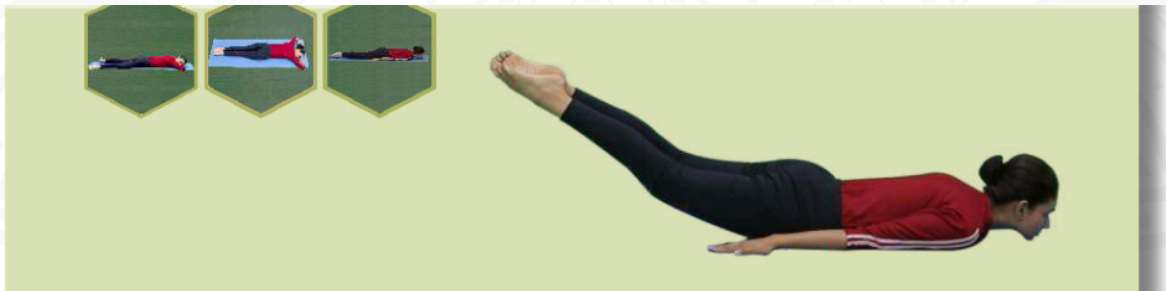


4885

No. of students
participated



INTERNATIONAL YOGA DAY 2024
NCC SUBUNIT SJMMGSSS



ŚĀLABHĀSANA (The Locust Posture)

Śalabha means a locust.

Sthiti: Makarāsana (Prone relaxation posture)

Benefits

It helps to reduce fat ,and is also good in weight management. This āsana relieves the lower backache.



MADHYA PRADESH



552

No. of
Schools



234563

No. of students
participated





SETUBANDHĀSANA **(The Bridge Posture)**

Setubandha means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as Catuspādāsana.

Sthiti: Śavāsana (Supine lying posture)

Benefits

It relieves depression and, anxiety and also strengthens the lower back muscles. It stretches abdominal organs, improves digestion, and helps to relieve constipation



542

No. of
Schools



196974

No. of students
participated





UTTĀNAPĀDĀSANA ***(Raised feet posture)***

Uttāna means raised-upwards and Pāda means leg. In this āsana, the legs are raised upwards in supine position, hence the name.

Sthiti: Savāsana (Supine lying posture)

Benefits

This asana helps in balancing the navel centre (Nabhi, Manipuracakra). It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhea. It is effective in overcoming depression and anxiety.



MANIPUR



97

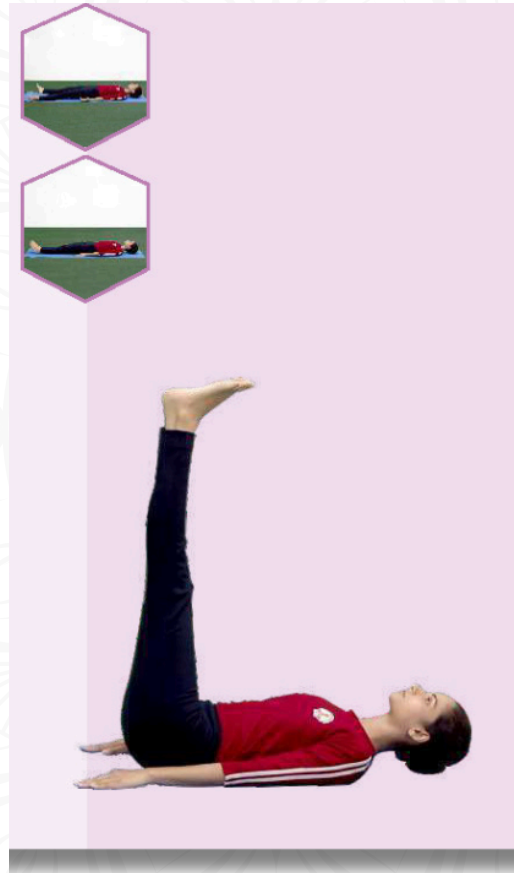
No. of
Schools



10725

No. of students participated





ARDHAHALĀSANA **(Half-Plough Posture)**

'Ardha' means half and 'Hala' means plough. This posture is known as Ardha Halāsana because in its final position, the body would resemble half the shape of an Indian plough.

Sthiti: Śavāsana (Supine lying posture)

Benefits

This asana relieves constipation and is beneficial for hypertensive patients; however, it needs to be practised under supervision



27

No. of
Schools



1500

No. of students
participated





PAVANAMUKTĀSANA **(Wind-Relieving Posture)**

Pavana means wind and mukta means to release or to make free.

As the name suggests, this asana is useful in removing wind or flatulence from the stomach and the intestine.

Sthiti: Savāsana (Supine lying posture)

Benefits

It removes constipation, gives relief from flatulence, decreases the bloating sensation in the abdomen, and aids digestion



MIZORAM



1

**No. of
Schools**

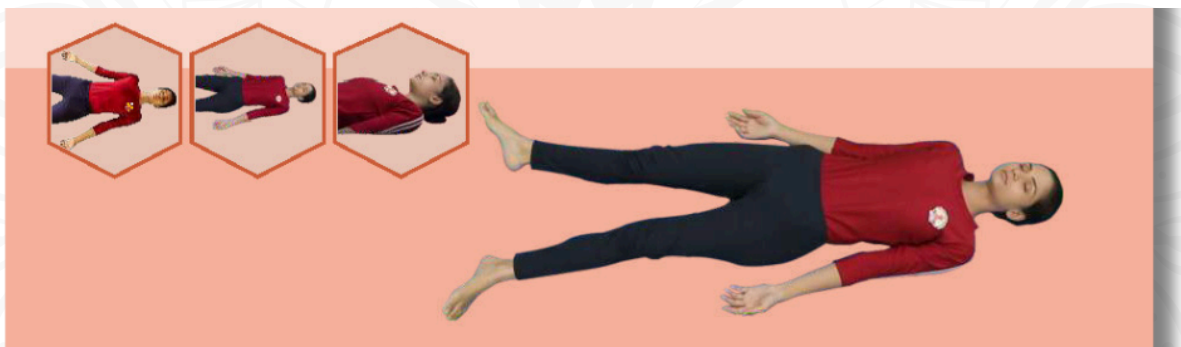


46

**No. of students
participated**



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Accuracy : 9.76 m
Pitch : 88.5°(-78.52°)
Date : 06/21/2024
Time : 08:34:44 AM



ŚAVĀSANA (Corpse/ Dead-Body Posture)

Śava means dead body. The final position, in this āsana would resemble a corpse/dead body.

Sthiti: Śavāsana (Supine lying posture)

Benefits

This āsana relieves tension and provides rest for both body and mind by absorbing the mind, allowing the practitioner to remain undisturbed by the external environment.



NAGALAND



9

No. of
Schools



1066

No. of students
participated



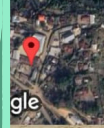
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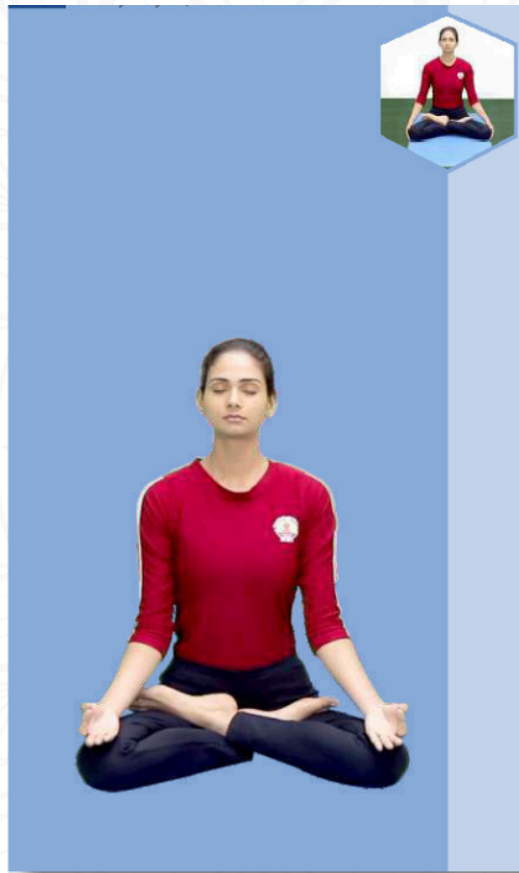
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Long 93.740248°
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KAPĀLABHĀTĪ

Kapal means skull, bhati means to shine or to cleanse. It is a cleansing practice which helps to clean the frontal sinuses and upper respirating tract.

Sthiti: Sukhāsana/Padmasana/Vajrāsana (Any meditative posture)

Benefits

This practice purifies air sinuses, aids in cough, cold, rhinitis, sinusitis, asthma, bronchial infections, rejuvenates body, strengthens nervous system, and tones digestive organs.



PUDUCHERRY



12

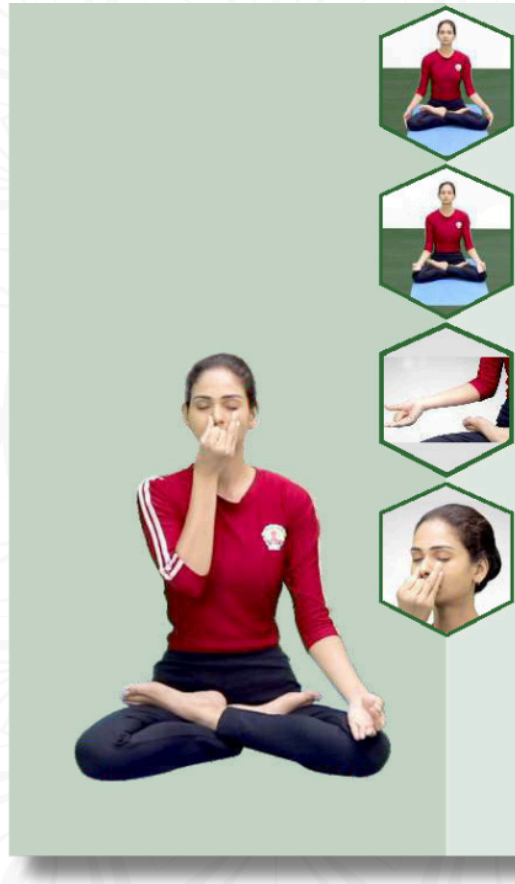
No. of
Schools



8206

No. of students
participated





PRĀNĀYĀMA NADĪŚODHANA **(Alternate Nostril Breathing)**

The main characteristic feature of this prāṇāyāma is alternate breathing through the left and right nostrils with or without retention of breath (kumbhaka).

Sthiti: Any comfortable posture

Benefits

This practice promotes tranquility, concentration, vitality, stress reduction, anxiety reduction, and alleviates cough disorders.



43

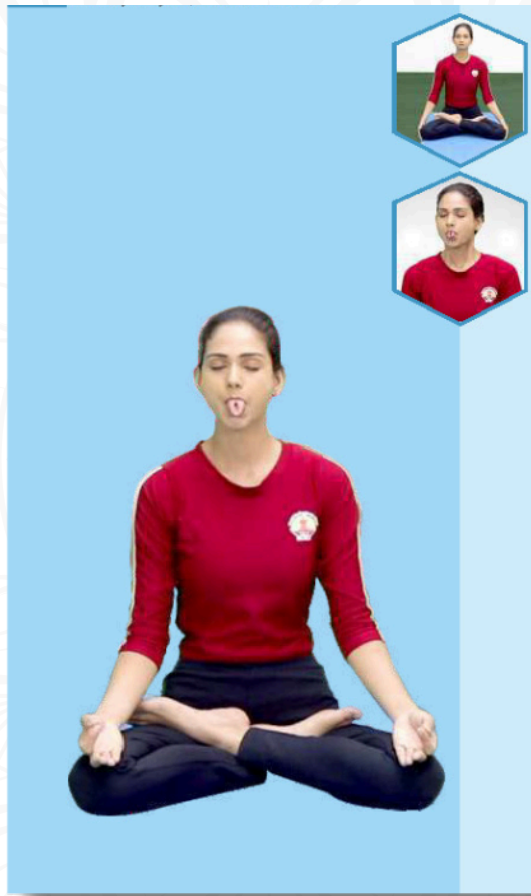
No. of
Schools



12116

No. of students participated





ŚĪTALĪ PRĀṆĀYĀMA

Śītalī means cooling. It also means calm and passionless. As the name indicates, this prāṇāyāma cools the mind - and body. Practice of this prāṇāyāma brings harmony in the body system and calms the mind.

Sthiti: Sit in any comfortable position

Benefits

It is specially designed to reduce the body temperature. This prāṇāyāma has a cooling effect on the body and mind.



748

No. of
Schools



154368

No. of students
participated





BHRĀMARĪ PRĀNĀYĀMA

Bhramarī is derived from bhramara, which means black bee. During the practice of this prāṇāyāma, the sound produced resembles the buzzing of a black bee, hence the name.

Sthiti: Any comfortable position

Benefits

This practice relieves stress, manages anxiety, anger, and hyperactivity, creates a soothing effect on the nervous system, and aids in concentration and meditation.



82

No. of
Schools



3167

No. of students
participated





DHYANA

Dhyana or meditation is an act of continuous contemplation.
Sthiti: Any comfortable posture.

Benefits

This practice aids in maintaining mental calmness, enhancing concentration, memory, and willpower, and rejuvenating the body and mind.



UTTAR PRADESH



1776

No. of
Schools



9490

No. of students
participated





Kaṭīśakti Vikāśaka **(TRUNK MOVEMENT)**

Sthiti: Samasthiti (Alert posture)

Benefits

Kati Shakti Vikasaka Kriya involves stretching various parts of the body, strengthening abdominal muscles and toning the side belly by reducing fat.



200

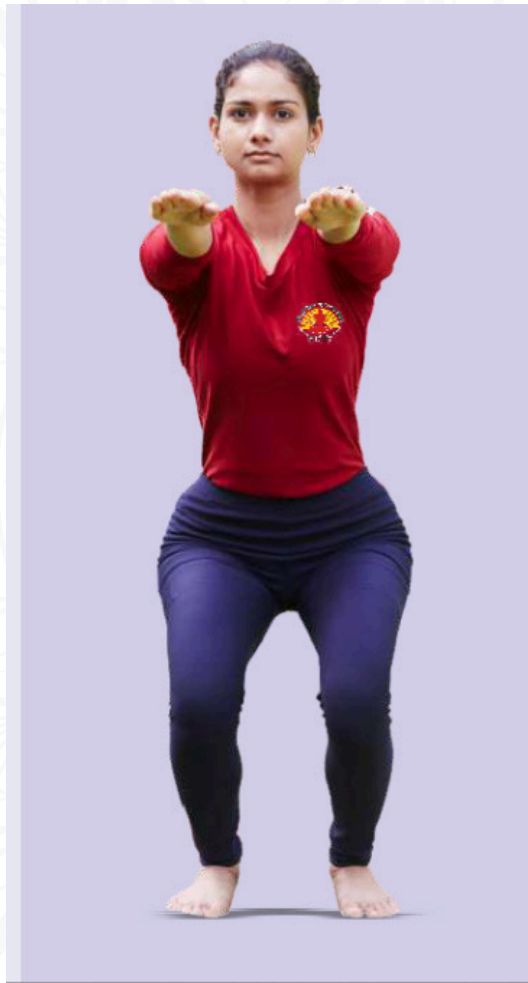
No. of
Schools



6860

No. of students
participated





Knee movement

Sthiti: Samasthiti (Alert posture)

Benefits

This asan enhances muscular endurance, balance, and coordination in these muscles.

Kendriya Vidyalaya Sangathan

834

No. of PM SHRI KVs
Participated

439646

No. of students
participated

The 10th International Day of Yoga Day, 2024 was organised at PM Shri Kendriya Vidyalayas, schools, divisional offices, and zonal training centres across India. Parents, teachers, and officers engaged in yoga asanas and activities led by Kendriya Vidyalaya Sangathan. In addition to these activities, the gathering comprised seminars on the background of yoga and its fundamental poses, a public demonstration, and talks by prominent figures in the area.

PM-eVidya DTH TV channels were sent to Kendriya Vidyalayas to broadcast the "Yoga with Modi" series and "Bhuvan" as per instructions from the Ministry of Education and Ministry of AYUSH.



Navodaya Vidyalaya Samiti

587

No. of PM SHRI KVs
Participated

77209

No. of students
participated

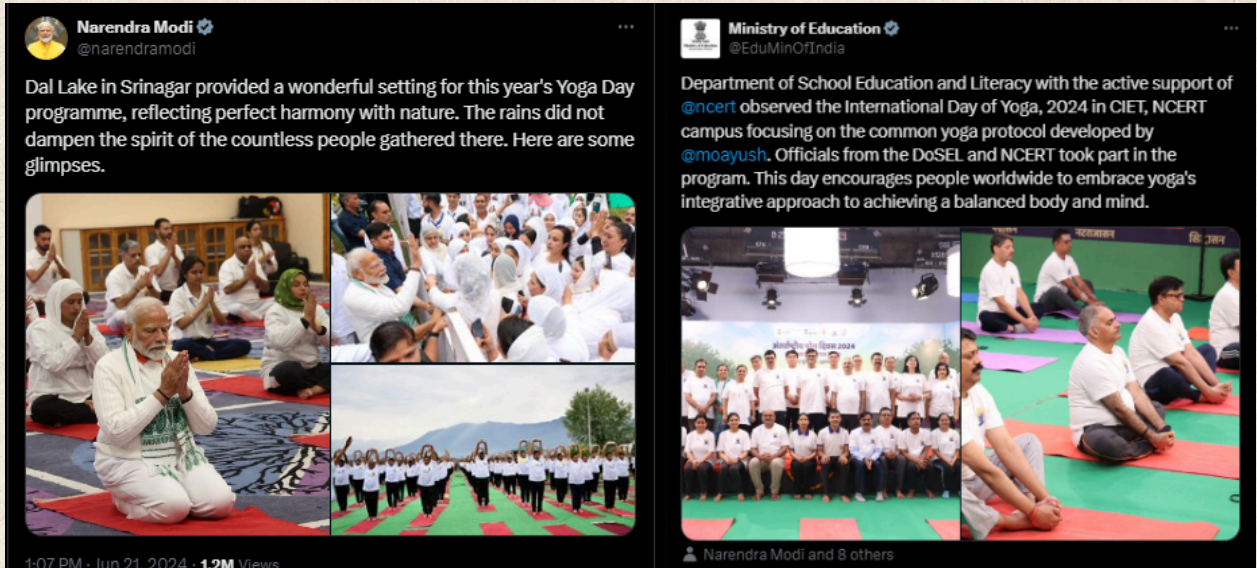
The celebration of International Day of Yoga in Schools under Navodaya Vidyalaya Samiti was marked with enthusiasm and diverse activities in 2024. The day aimed to promote the holistic benefits of yoga and encourage a healthy lifestyle among people of all ages. The day's events highlighted the universal appeal of yoga and its potential to improve overall well-being, leaving a lasting impact on all participants.

Activities Overview:

The celebration featured various engaging activities, including essay competitions, painting competitions, mass yoga demonstrations, guest lectures, and more. These events were designed to cater to different interests and age groups, ensuring broad participation and engagement.



Media Highlights



Conclusion

The PM SHRI scheme aims to upgrade and modernize schools across the country, creating a more conducive environment for learning and overall development. Integrating yoga into the curriculum of PM SHRI schools aligns with the initiative's goal of fostering a balanced lifestyle among students.

In a remarkable demonstration of commitment to holistic education and well-being, **21,53,702 students** from **8,661 PM SHRI schools** across India participated in a nationwide yoga initiative on the International Day of Yoga. This nationwide participation reflects the enthusiasm and commitment of the youth towards embracing a healthier lifestyle. It is a testament to the growing awareness and acceptance of yoga as a means to achieve comprehensive well-being.

This mass participation was not just about setting records but was a meaningful endeavour to instil lifelong habits of physical activity and mental well-being. Continued efforts in this direction can lead to a generation of healthier, happier, and more resilient individuals. The PM SHRI schools, through such initiatives, are setting a benchmark for educational institutions nationwide.



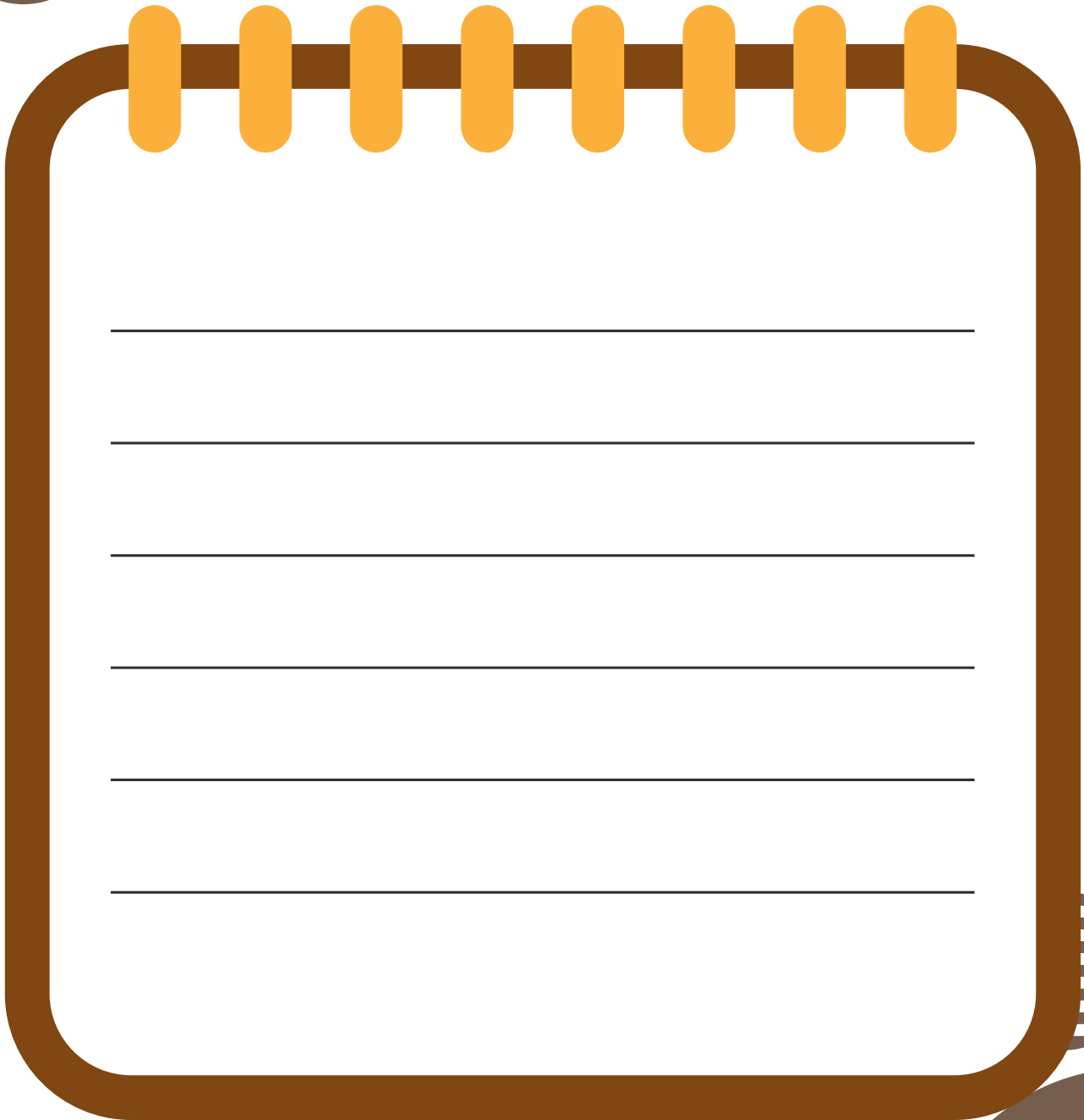
Way Forward

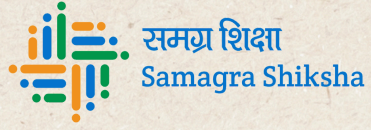
Recognizing the significant impact yoga has on students, the Department of School Education and Literacy is dedicated to developing yoga education in PM SHRI Schools. The ultimate objective is integrating yoga to the curriculum and improving students' mental and emotional stability, physical health, and overall harmony, all of which will lead to a more peaceful and well-rounded society. Moving forward, the intention is to enhance the yoga curriculum, increase participation, and add more advanced practices. These efforts will not only enhance people's lives but also promote a stronger, healthier community.

Citation : Yoga asana photos

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYP-2023-English.pdf>

NOTES





शिक्षा मंत्रालय
MINISTRY OF
EDUCATION