



Al-Ameen Mission / International Day of Yoga

Yoga Day, officially known as the International Day of Yoga, is celebrated every year on 21 June. It was proclaimed by the United Nations in 2014 to promote awareness of the physical, mental, and spiritual benefits of yoga.

Yoga is an ancient practice that originated in India. It combines physical postures, breathing exercises, meditation, and relaxation. It also teaches us the importance of discipline and harmony between the body and mind.

Yoga Day was celebrated across various campuses of Al-Ameen Mission. It was an occasion to appreciate India's ancient heritage and to encourage people around the world to adopt a healthier and more balanced lifestyle.

