

## 5<sup>th</sup> International Day of Yoga 2019-20

This year's 5th International Yoga Day event was organized at Sri Sathya Sai Vidyaniketan Navsari with full enthusiasm. A total of 560 students and 50 teachers took active participation in the event. This year, the [International Yoga Day](#) theme is "Yoga for Heart Care "The benefits of yoga provide both instant gratification and lasting transformation. In the fitness world, both are extremely important. Too much time with too few results can be incredibly discouraging, and monotonous routines week after week can lead to stagnation. Yoga can change the student's physical and mental capacity quickly, while preparing the mind and body for long-term health. The students were informed about the benefits of Yoga and also motivated to imbibe in them, the habit of doing Yoga every day.

