

(21 June, 2021)

International Yoga Day at Jaypee Greens Greater Noida

Yoga as we know is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Yoga indeed is the doorway to a bounty of health, peace, and happiness. Cultivating a balanced attitude in the everyday life, Yoga helps an individual's sensitization towards others and holistically towards the environment

This year, amidst the pandemic concerns, the **International Yoga day** was commemorated by the residents of Jaypee Greens Greater Noida. They practiced Yoga asanas in small groups maintaining social distancing and other protocols pertaining to COVID19, the rest of the residents joined in via zoom from their respective homes.

Post the completion of the Yoga session, the residents marked the day with good deeds too, they donated on the 'Neki Ki Deewar'(Wall Of Kindness), an initiative by the residents of the township itself, wherein one can donate clothes, shoes and other items they have in abundance and contribute for the less privileged.

