NATIONAL YOUTH DAY "Arise! Awake! and stop not until the goal is reached." – Swami Vivekananda  The Youth Day to commemorate the 160th birth anniversary of Shri Swami Vivekananda was organized on 12th January 2023. The main objective of the celebration is to promote rational thinking among the youth of the country. 3 On this occasion, Vana Vani organized "Yoga for Health" for the students of grades VI to IX. The students were taught to perform the Surya namaskar which was conducted by Vivekananda Rock Memorial and Vivekananda Kendra, Kanyakumari. The Guest speaker was Dr.Uthra Dorairajan, Associate Professor & Head, Dept. of Physics at DG Vaishnav College, Chennai. Moreover, it inspired many students to practice yoga in their day-to-day life through their spectacular feat.