

## **Introduction: Yoga**

Yoga is a mind and body practice with historical origins in ancient Indian philosophy. The word Yoga is derived from the Sanskrit word 'Yuj' which means to join or unite. The union referred to is that of the individual self-uniting with Cosmic Consciousness or the Universal Spirit.

## **The Origin of International Day of Yoga**

Yoga is a 5,000 year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December, 11 in 2014, the United Nations General Assembly declared 21st June as the International Day of Yoga. The declaration came at the behest of the Hon'ble Prime Minister of India Shri Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world".

In India, Prime Minister Shri Narendra Modi inaugurated the first International Day of Yoga on 21st June, 2015. The event also registered two Guinness World Records, one for 36,985 people practicing in a single yoga session at a single venue and the other for most nationalities participating in a yoga lesson. The event was recognized and celebrated across 170 countries including USA, China and Canada.

## **Objectives:**

International Yoga Day The International Day of Yoga has been adopted to fulfill the following objectives: To let people know the amazing and natural benefits of yoga

- To connect people to the nature by practicing yoga
- To make people get used of meditation through yoga
- To draw attention of people worldwide towards the holistic benefits of yoga
- To reduce the rate of health challenging diseases all over the world
- To bring communities much close together to spend a day for health from busy schedule
- To help people in their bad situations themselves by getting relief from stress through yoga
- To strengthen the global coordination among people through yoga
- To make people aware of physical and mental diseases and its solutions through practicing yoga
- To link between protection of health and sustainable health development

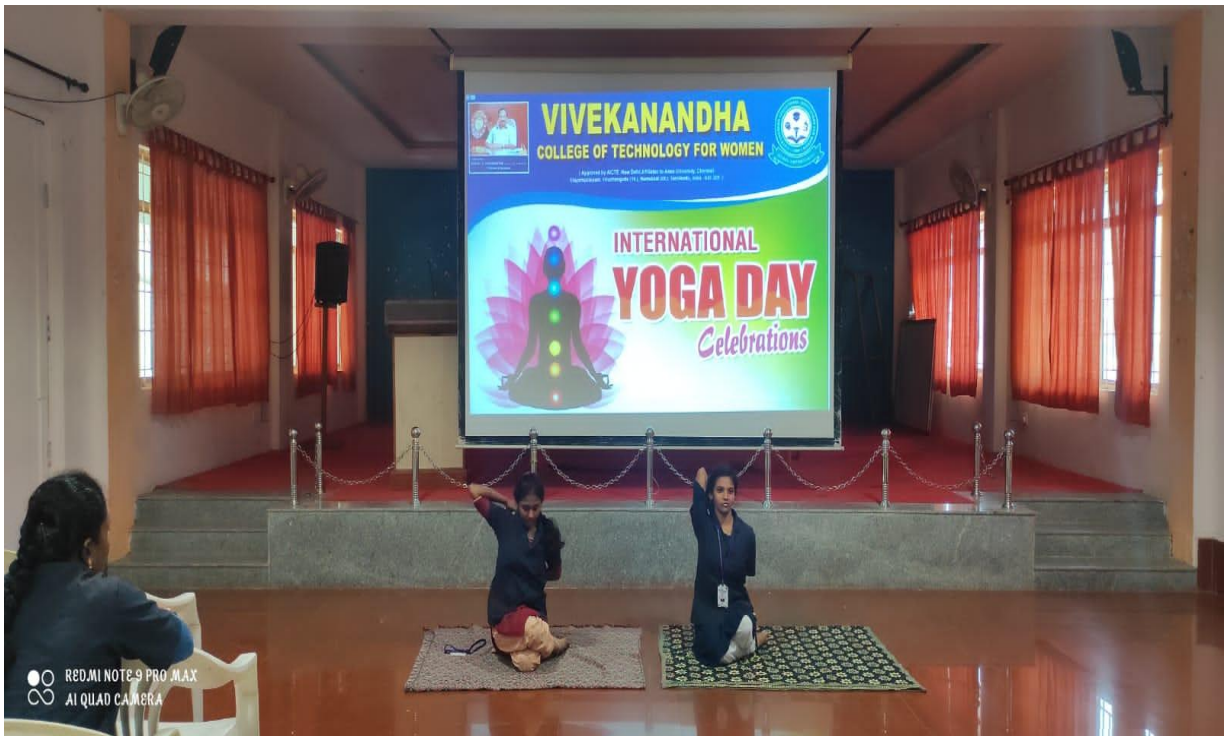
- To get win over all the health challenges through regular yoga practice
- To promote better mental and physical health of people through yoga practice. •

### Advantages of Yoga

Yoga improves flexibility, builds muscle strength, better bone health, increases blood flow, maintains nervous system, increases enthusiasm and self-confidence by transforming thoughts. Yoga is a simple solution for physical fitness and mental peace

The 8<sup>th</sup> International Yoga Day was celebrated by the students and teachers at Vivekanandha college of technology for women with great enthusiasm. Dr.P.Prabharan, HoD/CSE, encouraged students to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well. Students of first year to Final year demonstrated various asanas followed by Omkar chanting.



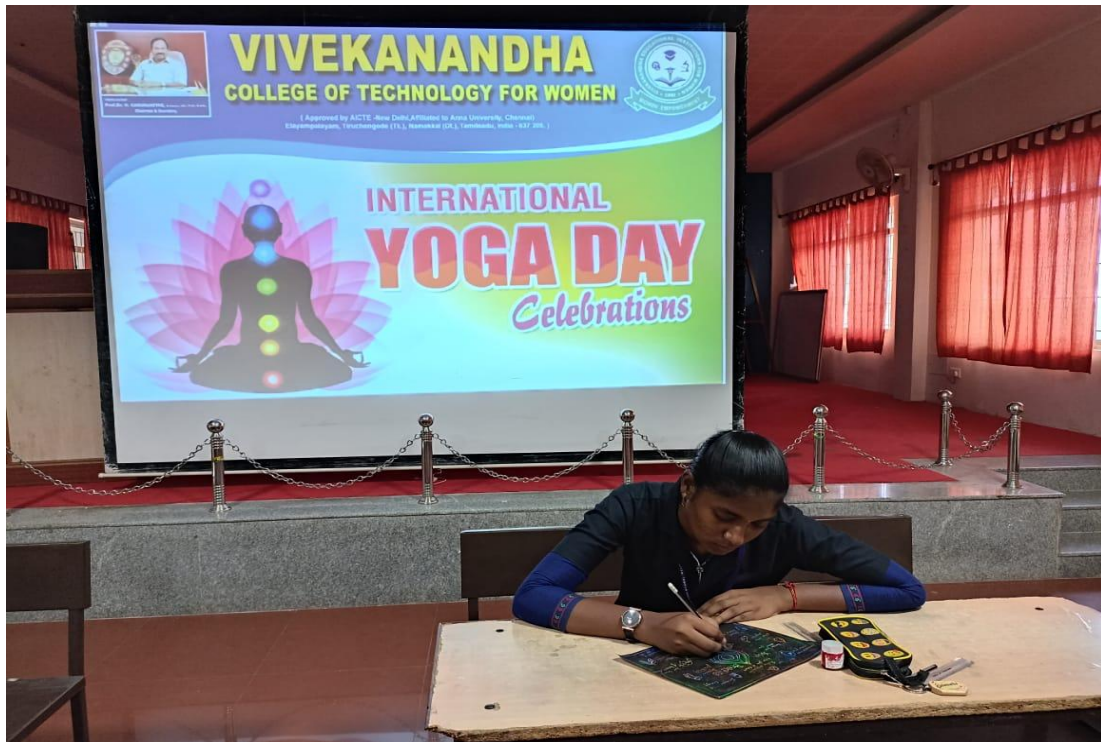


**MELTIMEDIA PRESENTATION**





## DRAWING COMPETITION



## QUIZ COMPETITION



## SPEECH COMPETITION

