

## YOGA DAY CELEBRATION

*“All this bringing of the mind into a higher state of vibration is included in one word in YOGA.”*

*-Swami Vivekananda*

The Theme for International Yoga Day 2019 was “Climate Action”. Yoga is said to have an inner awakening experience, as it’s an ancient physical, mental, and spiritual practice that had originated from India. The word ‘yoga’ gets derived from Sanskrit, and means to join or to unite, symbolizing the union of body and consciousness. “Vishva Yoga Divas- WORLD YOGA DAY” got its declaration to be celebrated on June 21st, since its inception in 2015. The day got picked, on the pretext of it being the longest day of the calendar year. The said day gets connected, with sun, light, and nature.

Owing to all these factors, the college had celebrated the “International Yoga Day” on 21 st of June 2019. All the participants and teachers had assembled in the Ishwar Vijay Hall to celebrate The Yoga Day. It was ensured that the practice session got conducted in the most conducive manner to accommodate the beginner participants present.

Faculties described the usefulness of Meditation, Pranayamas, Asanas, and Yoga Nidra for not only the overall well-being of a human being but also as a precautionary measure, in curing many diseases. Yoga develops strength, concentration, and inner peace. Audiovisuals highlighting the importance of yoga provided an impetus to the event. Moreover, the active participation of students had made the event successful.

