

5.1.3.3

Adda247

"Yoga for Vasudhaiva Kutumbakam"

INTERNATIONAL YOGA DAY 2023

Theme, History & Poster



Prof. Dr. Siddharth B. Jadhav
H.O.D.
Dept. Of History
Smt. Nankibal Wadhawani
College Yavatmal (M.S.)

Director of Physical Education &
Sports
Smt. Nankibal Wadhawani
College Yavatmal (M.S.)

Smt. Nankibal Wadhawani
Kaka Mahavidyalaya
Yavatmal-445001

Smt.Nankibai Wadhvani kala Mahavidyalaya,Yavatmal

Yoga workshop


On date 21-06-2023

Report by Physical Education Department-

- Academic Programme:- For the Session 2023-24
- Date of the programme organized: 21/06/2023
- Place of the programme organized: .Smt.Nankibai Wadhvani Arts College, Yavatmal
- Trainer to program:- Ujjwala Muneshwar
- Participated:- 22
- Topic: Yoga Training Camp
- Description of the Programme: Yoga Training Camp organised for college staff and students. All round development of students by yoga. Yoga helps students focus on their work. Yoga training for students to maintain physical health as well as mental health. Tadasan, Trangkal pose, tree pose, Garudasan, suryanamanskar and Pranayam perform by students in yoga camp.

International Yoga Day 2023 is celebrated every year on **June 21st** to promote the numerous benefits of practicing yoga. The chosen date coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. This day serves as a platform to raise awareness about the holistic approach to well-being that yoga offers. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. Yoga fosters mindfulness, stress reduction, and overall health and vitality.

International Yoga Day Significance:-The significance of International Yoga Day is to raise awareness of the many benefits of yoga for physical and mental health. Yoga is a mind-body practice that originated in India thousands of years ago. It combines physical postures, breathing exercises, and meditation. Yoga has been shown to improve flexibility, strength, balance, and endurance. It can also help to reduce stress, anxiety, and depression. The primary objective of the International Day of Yoga is to raise awareness about yoga as a holistic practice for mental and physical well-being. This observance holds great importance in shedding light on the importance of psychological and physical wellness in today's world. Furthermore, the day encourages the cultivation of a regular meditation practice to foster mental clarity and self-awareness, essential for thriving in a stress-free environment.


Prof. Dr. Siddharth S. Jadhav
H.O.D.
Dept. Of History
Smt. Nankibai Wadhvani
College Yavatmal (M.S.)

Principal
Smt.Nankibai Wadhvani
Kala Mahavidyalaya
Yavatmal-445001

Director of Physical Education & Sports

