

## Yoga Day

Date: 21 June, 2022

Venue: Shivaji Mahavidyalaya Gadchiroli

Organizer: IQAC and Physical Education Department

### Objectives of the Event:

01. To know the importance of yoga day.
02. To imbibe the yoga practice in the daily life.

### Brief Report:

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. Since that period we all are celebrating on 21<sup>st</sup> June as Yoga Day. On this day few selected students of NSS Dept., Principal, teaching staff, non-teaching staff were participated in the Yoga practice. Dr. M. T. Nakshine guided us and told us the need and importance of yoga in the life of human being. We all gathered in the college at 6.30 am and practice various items of yoga.

### Event Outcomes:

The students and we all understood the importance of yoga in the life and decided to do practice of yoga in daily routine.

