

## **REPORT ON INTERNATIONAL YOGA DAY**

It is celebrated on June 21 in the lawn along with students and faculty.

Our chief patron Sri Prasad guruji gaaru. He trained and worked in SIDDA SAMADHI YOGA and following the principles of Shri Rishi Prabhakar guruji by conducting many healths, spiritual awareness camps since 25 years in various places.

Principal sir spoke a few words about the importance of yoga.

Next our chief patron spoke about yoga and Practiced some breathing exercises.

Yoga is a practice that has been around for centuries and has gained immense popularity in recent times. It is not just a physical exercise, but a holistic approach to wellness and self-care. Every year, on June 21st, people all over the world come together to celebrate International Yoga Day. This day is dedicated to spreading awareness about the benefits of Yoga and promoting a healthy lifestyle. In this essay, we will explore the importance of Yoga in daily life, the activities and events conducted during Yoga Day celebrations, and the cultural significance of Yoga and its global impact.

Yoga is a practice that has numerous benefits for physical and mental health. It helps in improving flexibility, strength, and balance. Regular practice of Yoga can also help in managing stress and anxiety, and promoting relaxation. There are different types of Yoga, each with its own specific benefits. For example, Hatha Yoga focuses on physical postures, while Kundalini Yoga focuses on breathing techniques and meditation. Regardless of the type, Yoga is an excellent way to take care of one's physical and mental well-being.

On Yoga Day, various activities and events are conducted to promote the practice of Yoga sessions and workshops are organized, where people can learn different Yoga postures and techniques. Trained Yoga experts and trainers are invited to guide the participants. Apart from Yoga, meditation and mindfulness sessions are also conducted, which can help in reducing stress and promoting relaxation. The day is also used to promote healthy lifestyle practices, such as eating a balanced diet and staying physically active.

Yoga has a rich cultural history and has evolved over time. It has had a significant impact on different cultures and traditions. International Yoga Day is celebrated on June 21st every year, and it is a day dedicated to promoting global harmony and peace. It is a way to celebrate the unity of different cultures and traditions, and to spread awareness about the benefits of Yoga. The day is celebrated all over the world, with people coming together to practice Yoga and promote wellness.



