



## A. Y. DADABHAI TECHNICAL INSTITUTE, KOSAMBA (R.S.)



21<sup>st</sup> JUNE, 2015

### *A REPORT*

*On*

Celebration of *“International Day of Yoga ”*



June 21 was declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014. Yoga, a physical, mental and spiritual practice having its origin over 6000 years ago in India aims to integrate the body and the mind.

The declaration of this day came after the call for the adoption of 21 June as International Day of Yoga by Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014

In accordance to that our college has also celebrated *“International Day of Yoga”* on 21<sup>st</sup> June, 2015, with early morning prayer by the student and then all staff members and students were watched the special video clip of our Honorable Prime minister Shree Narendra Modi about the yoga. He told on the occasion of the opening ceremony of LAKULISH YOGA UNIVERSITY, 23<sup>rd</sup> May, 2013 that,

*"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 within yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

### ***Video clip on International Day of Yoga***



Then after students as well as staff members has performed the SURYANAMASKAR which was followed by no. of ASAN i.e. PADMASAN, MAYURASAN, HALLASAN, SHIRSHASAN, PASHCHIMOTASAN etc. All members have filled their mind with peace and became relaxed after the session.

### ***Student Performing Yoga***

