



## Report on International Yoga Day Celebrations

The concept of the International Day of Yoga was first proposed by Prime Minister Shri. Narendra Modi during his speech at the UN General Assembly (UNGA), on September 27, 2014. The United Nations General Assembly on December 11, 2014, announced that June 21 will be seen as International Yoga Day or World Yoga Day. The date of June 21 was chosen as it is the Summer Solstice, the day where there is the most sun out of every other day of the year. Overall, it received support from 177 nations, the highest number of co-sponsors for any UN resolution.

In today's lifestyle, mostly every person is likely to have stress. Stress is a major factor for depression and anxiety. Yoga is one of the proven solutions for stress relief. To encourage our young generation, National Service Scheme Unit of Uka Tarsadia University has organized International Yoga Day celebration on 21/06/2024 at DCVPCP Hall.



The Chief Guest of the program was Ms. Pooja Patel, Miss World Yogini. She explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will

help the person achieve better mental and physical health. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment.



The session was really well organized, Ms. Pooja Patel told about Common Yoga Protocol (CYP); how standing asanas to be performed, followed by sitting asanas and meditation with Om chanting, she explained in detail about why particular asana to be performed and its benefits to the body. Everyone participated exuberantly and had no trouble in performing or understanding asanas. Everyone took a pledge that they will practice yoga every day and eat healthy food to improve their immunity.

**Glimpse of the day:**





