

NSS

Subject : Regarding Celebration of International Yoga Day (2022)

The **NSS** department observed the **International Yoga Day on 21st June, 2023** under the aegis of Fit India Movement . The aim of celebration of Yoga Day to enlighten the participants about this different yoga asanas and motivated them these Yoga exercises are very beneficial to our health. Yoga is an ancient Indian practice that helps in boosting Mental and Social Well being. The International Yoga Day Theme is “ **Yoga for Vasudhaiva kutumbakam** “ which effectively encapsulating our collective aspiration for ' **One Earth, One Family and One Future** '. The aim of Yoga is to join or to unite ,it symbolizes the union of body and consciousness .



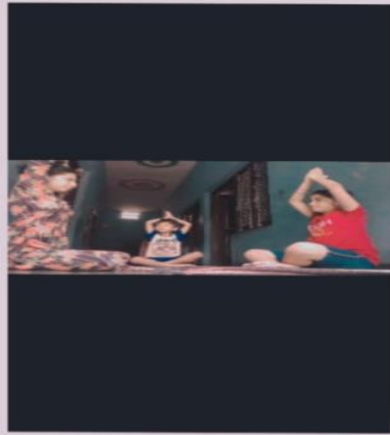
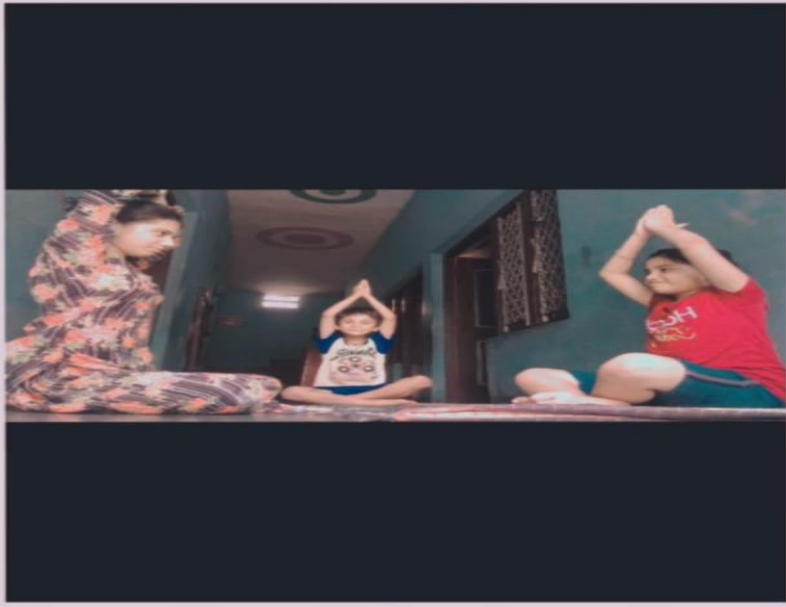














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