



L J Institute of Engineering and Technology

International Yoga Day

21st June has been declared as International Yoga Day by the United Nations General Assembly since the year 2014. Mr. Narendra Modi had proposed that June 21st to be celebrated as International Yoga Day globally as it is the longest day of the year due to the summer solstice in the northern hemisphere. Yoga is a spiritual discipline based on subtle science, which focuses on bringing harmony between mental and physical disciplines to achieve a peaceful body and mind. Yoga is an art and science of a healthy living, which aims towards 'A healthy mind in a healthy body'. Yoga is a gift of Indian culture to the world, which Indians should be proud of. To keep our ancient practices alive and spread more awareness we conduct International Yoga Day Celebration. Director, Head of departments, teaching and non teaching staff and students' participate. Program commenced with a prayer. Followed by warm up, asana, meditation and pranayama. Everyone enjoyed and felt refreshed after the yoga session in the green grass under the sky.





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