

“Report on International Yoga Day- 21 June, 2023”

Information about Yoga. The importance of Yoga Practice and meditation was explained. There were 290+ participants including 60 faculty members + non-teaching staff and 130+ students.

International Yoga Day 2023 is celebrated every year on June 21st to promote the numerous benefits of practicing yoga. The chosen date coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. This day serves as a platform to raise awareness about the holistic approach to well-being that yoga offers. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. Yoga fosters mindfulness, stress reduction, and overall health and vitality.

The 9th edition of Yoga Day is being celebrated with great enthusiasm all over the globe. International Yoga Day on June 21, celebrates the ancient practice of yoga and its global significance. Established by the United Nations, this day aims to raise awareness about the physical, mental, and spiritual benefits of practising yoga. With millions of people around the world participating in various yoga activities and events, International Yoga Day serves as a reminder of the universal appeal and transformative power of this ancient practice.

International Yoga Day celebrations ended with a huge success under the supervision of the ADIT Principal Dr. Vishal Singh.

