

**INTERNATIONAL YOGA DAY: 21/06/2018**

**International Day of Yoga**, or commonly and unofficially referred to as **Yoga Day**, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the [United Nations General Assembly](#) (UNGA). **Yoga** is a physical, [mental](#) and [spiritual practice](#) originated in India. The [Indian Prime Minister Narendra Modi](#) in his UN address suggested the date of 21 June, as it is the [longest day of the year](#) in the [Northern Hemisphere](#) and shares a special significance in many parts of the world. 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 with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.

NSS Unit in association with Art of living, an International spiritual organization celebrated International Yoga Day at KSIT Campus on 21 June 2018. All faculty members were participated and made grand success.



NSS DAY CELEBRATION GROUP PHOTO



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