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		<b>Metric:5.1.2</b>

### International Yoga Day

21-6-2018

### Academic Year 2018-19

International Yoga Day is celebrated on June 21st each year. Established by the United Nations General Assembly in 2014, it aims to raise awareness worldwide of the many benefits of practicing yoga. The idea was proposed by India's Prime Minister, Narendra Modi, and has since seen global participation, with various events, workshops, and sessions organized to promote physical, mental, and spiritual well-being through yoga.

The date of June 21st was chosen as it is the Summer Solstice, the longest day of the year in the Northern Hemisphere, symbolizing the transition to new beginnings and spiritual enlightenment. Each year, the celebration often focuses on a specific theme, encouraging people of all ages and backgrounds to engage in the practice of yoga

In our college International Yoga day is observed. It was organized by Our NSS Units

Degree and Inter students have participated in the programme. N.S.S Coordinators have explained the importance of Yoga in our dialy life.



### Significant importance of International Yoga Day : - A brief report.

1. **Promotion of Health and Wellness:** Yoga is recognized for its numerous health benefits, including improved flexibility, strength, balance, and mental clarity. By

dedicating a day to yoga, the practice of maintaining physical and mental health is promoted on a global scale.

2. **Stress Reduction:** Yoga incorporates breathing exercises, meditation, and poses that help reduce stress and anxiety. International Yoga Day raises awareness about these techniques and their benefits for mental health.
3. **Cultural Awareness and Unity:** Yoga has its origins in ancient India, and celebrating International Yoga Day helps promote cultural understanding and appreciation. It also fosters a sense of unity as people from diverse backgrounds come together to participate in yoga activities.
4. **Holistic Development:** Yoga emphasizes the development of mind, body, and spirit. This holistic approach to health encourages individuals to adopt a balanced lifestyle, improving overall well-being.
5. **Global Participation and Awareness:** The day provides a platform for individuals, communities, and countries to organize events, workshops, and classes, making yoga accessible to a wider audience. This global participation helps spread the knowledge and practice of yoga.
6. **Encouragement of a Healthy Lifestyle:** By highlighting the benefits of yoga, International Yoga Day motivates people to incorporate healthy habits into their daily routines. This includes regular physical activity, mindful eating, and mental relaxation techniques.
7. **Connection with Nature:** Yoga often encourages practices that connect individuals with nature, such as outdoor yoga sessions. This fosters an appreciation for the environment and promotes sustainability.
8. **Support for Mental Health Initiatives:** As mental health becomes an increasingly important global issue, yoga provides a valuable tool for managing mental health challenges. International Yoga Day helps bring attention to these benefits and supports mental health initiatives.



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