



## Report on 8<sup>th</sup> International Yoga Day Celebrations at NAAC

The concept of the International Day of Yoga was first proposed by Prime Minister Shri. Narendra Modi ji during his speech at the UN General Assembly (UNGA), on September 27, 2014. The United Nations General Assembly on December 11, 2014, announced that June 21 will be seen as International Yoga Day or World Yoga Day. The date of June 21 was chosen as it is the Summer Solstice, the day where there is the most sun out of every other day of the year. Overall, it received support from 177 nations, the highest number of co-sponsors for any UN resolution. The theme for 8<sup>th</sup> International Yoga Day was “*Yoga for Humanity*”. NAAC at its premises in Bengaluru celebrated the International Yoga Day with high spirits and great enthusiasm.

The Chief Guest of the program was Mrs. Navya Krishna, a Yoga Guru, trainer and practitioner and the program was presided by Dr. M. S. Shyamasundar, Adviser, NAAC. The introductory remarks were given by Dr. M. S. Shyamasundar where he welcomed our chief guest and explained about the benefits of yoga with emphasis on the fact that it helps a person improve life physically, mentally and spiritually as well.

Mrs. Navya Krishna explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the person achieve better mental and physical health. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment.



As the practice became popular in the west, it became popularized as an exercise and relaxation method, with claims to help the body's general well-being, alleviate physical injuries and chronic pain. Yoga was actually done by sages as a holistic approach to God. Later on, it was passed to the common people.



The session was really well organized, Mrs. Navya Krishna told about Common Yoga Protocol (CYP); how standing asanas to be performed, followed by sitting asanas and meditation with Om chanting, she explained in detail about why particular asana to be performed and its benefits to the body. Everyone participated exuberantly and had no trouble in performing or understanding asanas. Everyone took a pledge that they will practice yoga every day and eat healthy food to improve their immunity.

The function ended with a vote of thanks by Dr. M. S. Shyamasundar where he thanked Mrs. Navya Krishna for encouraging everyone to take up measures to make yoga a part of daily life and all the office staff who put in a lot of effort to make the function a success. The session was followed by Satvik high tea.



## Glimpses of Yoga Day:

