

8th INTERNATIONAL YOGA DAY CELEBRATION 21ST JUNE 2022

Yoga is a healthy way of life, originated in India. Now, it is believed to be a form of science accepted all over the world. The western culture is also accepting it as a healthy form of scientific exercise. The word 'Yoga' is derived from Sanskrit root yuj which means 'join' or 'unite'. This may be taken as the union of body, mind, and soul. Good health is the right of every human being. But this right depends on individual, social, and environmental factors. Yoga is one of the most powerful drugless systems of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health. Yoga, if introduced at the school & college level, would help to inculcate healthy habits and lifestyle to achieve good health. The aim of yoga thus, is to encourage a positive and healthy lifestyle for physical, mental, and emotional health of children. Yoga helps in the development of strength, stamina, endurance, and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony.

8th International Yoga Day was celebrated by the students and the teachers of Gouri Devi Institute of Medical Sciences & Hospital on 21st June 2022 with great enthusiasm. Lectures organised to explain the importance of Yoga faculty along with various asanas were demonstrated to the students. Yoga Day is celebrated among the youth to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind.



