

## INTERNATIONAL YOGA DAY (2022)

The International Yoga Day was organized by NSS unit, MVJCE on 21<sup>st</sup> June 2021 at 3:00pm in Smt. Rajalakshmi Seminar Hall, about 65 students, 20 teaching and non-teaching staff participated in this program. Dr. P Mahabaleswarappa, Principal - MVJ college of Engineering, welcome to all the participants and addressed that we are very fortunate to be basically to be a proud Indians, because when we compare our purity of thoughts, ethical way of leading life, culture & heritage, traditions and beyond all these what a beautiful human relations we are maintained and maintaining, this we cannot see elsewhere, this is the only land where you see this kind of human attachment.

To promote mental and physical fitness, the International Day of Yoga is observed every year on 21<sup>st</sup> June. The day was recognised by the United Nations on 11<sup>th</sup> December 2014. The only way to preserve health and the only way to achieve good health is by including yoga in your life. You cannot always control what goes on outside, but you can always control what goes on inside. Yoga is all about creating a balance in your life. It is about balancing your senses, balancing your body, soul, and mind to live healthy and live in peace. Dr. Vivekananda Huddar, Professor & HOD Mechanical Department and Mr. Darshan, Student of Aerounatical Department demonstrate different Yoga Asanas to participants.



**Figure 1: Dr. P Mahabaleswarappa, Principal - MVJ college of Engineering, welcomes to all the participants**



**Figure 2: Dr. Vivekananda Huddar, Professor & HOD Mechanical Department and Mr. Darshan, Student of Aeronautical Department demonstrate various asanas during Yoga Day**



**Figure 3: Dr. Vivekananda Huddar, Professor & HOD Mechanical Department and Mr. Darshan, Student of Aeronautical Department demonstrate various asanas during Yoga Day**