

YOGA



AND
LJ University
University with a Difference

WELLNESS



1. Yoga and Wellness

- a. *June 21st* has been declared International Yoga Day by the United Nations General Assembly since 2014. Mr. Narendra Modi proposed that June 21st be celebrated as International Yoga Day globally, as it is the longest day of the year due to the summer solstice in the northern hemisphere. Yoga is a spiritual discipline based on subtle science, focusing on bringing harmony between mental and physical disciplines to achieve a peaceful body and mind.



- b. Yoga is an art and science of healthy living, aiming for 'a healthy mind in a healthy body'. It is a gift of Indian culture to the world, which Indians should be proud of. To keep our ancient practices alive and spread more awareness, we conduct International Yoga Day celebrations at our university.



- c. The celebration includes participation from the Director, Heads of Departments, teaching and non-teaching staff, and students. The program commenced with a prayer, followed by warm-up exercises, asanas, meditation, and pranayama.





- d. Everyone enjoyed and felt refreshed after the yoga session on the green grass under the sky. The enthusiasm and participation from all attendees highlight the importance of yoga in promoting well-being and harmony.



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