

## International Yoga Day - 2023

The NSS unit of MVJCE commemorated International Yoga Day on 21<sup>st</sup> June 2023, at 3:00 pm, in Drawing Hall-148. Around 45 students and 5 teaching staff participated in this programme.

Welcoming the participants, Dr. Sunil Waddar, Associate Professor from Mechanical Engineering department, spoke about the importance of yoga. Yoga is a practice that originated in ancient India and has gained immense popularity worldwide, due to its numerous physical, mental, and spiritual benefits. Here are some of the key reasons why yoga is considered important to promote physical health, mental wellbeing, emotional balance, stress reduction, mind-body connection, flexibility, strength, and spiritual growth. It is a versatile practice that can be adapted to suit individual needs and preferences, making it accessible to people of all ages and fitness levels.

Following this inspiring talk about yoga and its benefits, Dr. Sunil Waddar demonstrated a few warmup exercises and some *asanas* like Mudrasana, Vrikshsana, Suryanamaskar and Sarvangasana.



**Dr. Sunil Waddar welcoming Participants and explaining Importance of Yoga**



**Dr. Sunil Waddar demonstrating various Asanas during Yoga Day**



**Staff and Students at the Yoga Day**