



DAYANANDA SAGAR ACADEMY OF TECHNOLOGY & MANAGEMENT

Opp. Art of Living, Udayapura, Kanakapura Road, Bangalore- 560082
Affiliated to Visvesvaraya Technological University, Belagavi and Approved by AICTE, New Delhi
Accredited by NBA & NAAC, New Delhi



NSS-UNIT DSATM

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION-2022

The International Day of Yoga is widely celebrated across countries on June 21 annually since 2015 in a bid to raise awareness regarding the importance and benefits of yoga. The day is observed to bring body, mind, and spirit into balance. This form of exercise which entails maintaining a specific diet, keeping a specific physical posture, and practising breathing techniques, originated in India thousands of years ago.

On September 27, 2014, Prime Minister Narendra Modi, for the first time, presented the idea of an International Day of Yoga during his address at the United Nations General Assembly (UNGA). Later on December 11, 2014, the UNGA declared June 21 to be observed as World Yoga Day or International Yoga Day.

This year's International Day of Yoga's theme is 'Yoga for Humanity'. As the world witnessed the deadly COVID-19 pandemic which has not only been difficult for our physical health, but they also had a negative impact on our mental health. Therefore, to address health issues including depression and anxiety, adapting to yoga in such a situation has become a must.

International Yoga Day 2022 significance

Yoga is incredibly beneficial to one's physical and mental health as it focuses on the correct functioning of the body and mind. Yoga Asanas help improve health and boost confidence and further make people become more flexible and strong. Yoga is useful to a person's overall health as it maintains the harmony of the body, soul, and mind.

For two consecutive years 2020 and 2021, International Yoga Day was celebrated digitally due to the COVID-19 pandemic. The theme of Yoga Day 2021 was 'Yoga for wellness'. According to United Nations, the year's theme was relevant "for our times in a society still recovering from the impact of the Coronavirus disease (COVID-19) pandemic".

NSS-UNIT, DSATM organized International Yoga day in collaboration with Art of Living ashram on 21st June 2022 with in the campus for the benefit of staffs and students.



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NSS-UNIT DSATM

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No: DSATM/NSS/2022/03

Date: 20/06/2022

CIRCULAR

Sub: Celebrating International Yoga Day-2022

This is to inform that NSS-Unit, DSATM is celebrating International Yoga day on 21st June 2022 at the campus premises. On account of this The NSS-Unit is arranged Yoga session for all staffs and students with in the campus on 21st June 2022 at 8.00 am to 9.30 am in the Amphitheatre, DSATM. Hence all are requested to take the benefit of this and make the event successful.

Date: 21-06-2022


Time : 8.00 am to 9.30 am

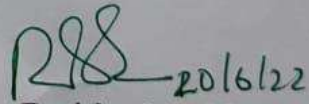
Venue: Amphitheatre, DSATM

Link for Registration: <https://forms.gle/w8aNBcVwHokUeCwG6>

NOTE: The practice session of Yoga has been arranged today (20/06/22) at

4th Floor, Seminar Hall, A-Block


Dr. Madhusudhana H C
NSS Program Officer


Dr. Ravishankar. M
PRINCIPAL

Principal /
DAYANANDA SAGAR ACADEMY OF
TECHNOLOGY & MANAGEMENT
Udayapura, Opp To Art Of Living,
Kanakapura Road, Bangalore - 560082



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Udayapura, Kanakapura Rd, Bengaluru, Karnataka 560082, India

Bengaluru
Karnataka
India



27°C

81°F

2022-06-21(Tue) 03:46(pm)



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2022-06-21(Tue) 04:09(pm)





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NSS-Officer
Dr.Madhusudhana.H.C

Principal
Dr.Ravishankar.M



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1.	Name of the Activity	International Yoga Day Celebration		
2.	Date	21/06/22		
3.	Organized by	NSS-Unit, DSATM		
4.	Name of the Association	Art of Living Ashram, Kanankapura Main road-560082		
5.	Venue & Time	Seminar hall 4 th Floor A Block, DSATM From 3 pm to 5.00 pm		
6.	Event objectives	World Yoga Day aims to bring different communities around the globe together through the practice of yoga, so that they can eliminate all types of negativity from their lives and gain control over their emotions as well as health ailments which often acts as the major hindrance in our path of self-development.		
7.	Participation	Students	Faculty	Total
		30	20	50units
8.	Enclosures	<ul style="list-style-type: none">• Report• Photos		

NSS-Officer
Dr.Madhusudhana.H.C

Principal
Dr.Ravishankar.M