

S.K.E. Society's  
**GOVINDRAM SEKSARIA SCIENCE COLLEGE, BELAGAVI**

**CELEBRATION OF INTERNATIONAL DAY OF YOGA 2019-20**  
**REPORT**

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, 'yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body: thought and action. Restraint and fulfillment, harmony between man and nature, a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our life style and creating consciousness, it can help in well being.'

International Day of yoga was celebrated by the student and staff members of GSS College at Dr Govindrao Herekar Audio-Visual Centre. At 10:15 AM. Miss Harshada Revankar formally welcomed all the staff and students. Principal Dr. N D Hegde, briefly explained about the yoga. Miss Jostna Ambewadkar the ex-student of GSS College and University Yoga Blue, demonstrated various asana followed by omkar chanting. Warm-up exercises were taken and all the staff and students performed sitting and standing asanas. The program concluded with a formal Vote of Thanks proposed by Shri. Prashant Mankale, Physical Education Director of G S S College.

