



**9th International Day of Yoga
Celebrations
21st June, 2023**

REPORT



राष्ट्रीय वनस्पति स्वास्थ्य प्रबंधन संस्थान
NATIONAL INSTITUTE OF PLANT HEALTH MANAGEMENT

Rajendranagar, Hyderabad - 500 030, Telangana



रा व स्वा प्र सं
NIPHM

'**Yoga**, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation, a part of which, including breath control.'

The **International Day of Yoga** is celebrated on **21st June** throughout the world and for the first time it was celebrated on 21 June 2015.

Why 21 June is chosen for celebrating International Day of Yoga?

21 June is the day to pay homage to the Sadgurus. This is also the day of the Summer solstice. During the June solstice, the North Pole is tilted towards the Sun or we can say that the sun begins to move from North to South. From Yoga's perspective, this time is the transition period, i.e. a better time for meditation.

Objectives of International Day of Yoga

- Make people aware about the benefits of Yoga and connect them with nature.
- To reduce the rate of health-challenging diseases in the world.
- Spreading growth, development and peace throughout the world.
- Making people aware about physical and mental illness and providing solutions through Yoga. It also aims to develop habit of meditation for peace of mind, self-awareness which is necessary to survive in a stress-free environment

Celebration of 'International Day of Yoga' at NIPHM

International Day of Yoga was celebrated for the first time on 21-6-2016. Since then, every day morning from 7.15 a.m. to 8.15 a.m. yoga sessions are being taken regularly. NIPHM staff members along with trainees attending trainings at NIPHM are participating in the sessions.

This year also, National Institute of Plant Health Management (NIPHM) has celebrated the 9th International Day of Yoga on 21-6-2023.

Yoga session was organised from 06:30 am to 07:10 am and all Staff/Trainees/Participants attended for the above session.



