



Vidyavardhaka Sangha®



# VIDYAVARDHAKA LAW COLLEGE

Sheshadri Iyer Road, Mysuru

**IQAC**

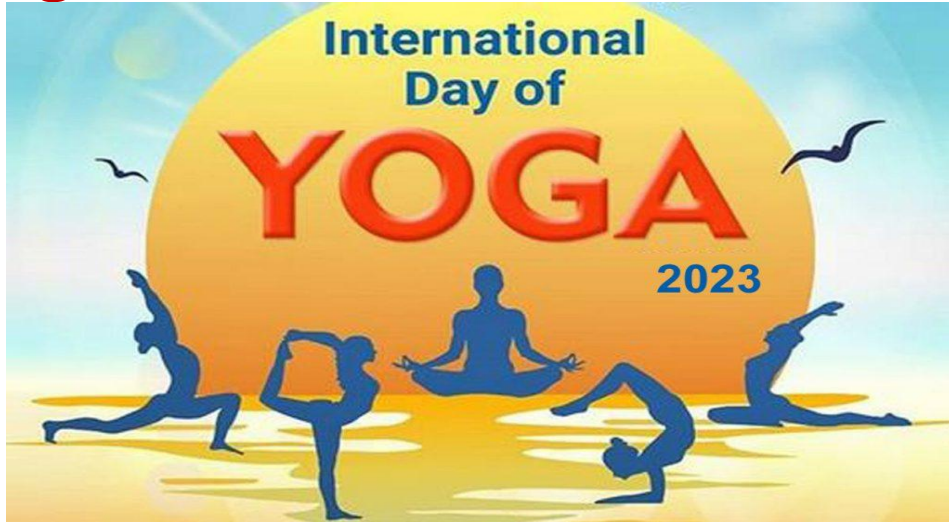
**NSS UNIT**

Organized

**June 21-International Yoga Day-2023**

**Theme:**

**Yoga for Vasudhaiva Kutumbakam**



**Date: 21-06-2023**

**Place: Moot Court Hall, VVLC, Mysuru**

**All are Cordially Welcome**

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## Report of International Yoga Day-2023

The NSS unit and IQAC of VVLC has organised “International Yoga Day-2023” programme with the theme of ‘Yoga for Vasudhaiva Kutumbakam’ on 21-6-2023 at Moot Court Hall. The guest of the programme was Prof. Vasudeva. K. B, Director of Legal Studies, who wished all students those are participated the programme and expressed significance International Yoga Day at June 21. They said, the theme Yoga for Vsudhaiva Kutumbakam means yoga for the welfare of all in the form of ‘one world one family’ or ‘one earth, one family, one future’. They said, the word ‘yoga’ is derived from a Sanskrit word Yuj which means to unite or to join and it is practice of actions which leads to the union of consciousness of an individual and it simply means taking care of our mind, body and breath. Yoga means a process to unite the mind, body and spirit and it was invented by our ancient ancestors and they gave us to discover the power of yoga and unlock our potential and to ignite our inner light with yoga. Thus, practicing yoga regularly will give us physical and mental health and every individual can grow as best as possible in their professions. Sri. Narasimha and Sri Sumanth, IV Year B.A. LL.B Students they performed Yogasanas and Pranayama with other law students of our college. More than 30 students were participated. Dr. Kumara. N.J coordinator of the programme has also present and participated.



