

## NSS UNIT

### Celebration of International Day of Yoga 2025

Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word 'yoga' derived from Sanskrit that means to join or to unite, symbolizing the union of body and consciousness. Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age. The celebration of International Yoga Day includes the mass yoga demonstrations, educational workshops, and community events worldwide, uniting people from diverse background in the pursuit of health, peace, and unity .

Recognizing its Universal appeal, on 11 December 2014, the United Nations proclaimed 21st June as the "International Day of Yoga". Since 2015 onwards 21th June is celebrated as International Day of Yoga throughout the world. The 2025 theme, “Yoga for one Earth One Health”, underscores the connection between personal wellness and global sustainability, reflecting yoga’s potential to contribute not only to individual health but also to collective environment harmony.

This year the “International Yoga Day” was organized by NSS Unit of IUST in collaboration with AYUSH HEALTH &WELNESS CENTRE and Directorate of Physical education. The event saw enthusiastic participation from the Volunteers. Besides Volunteers, NSS Volunteers , **Prof. A. H. Moon**, Dean Academic Affairs, and **Prof. Abdul Wahid Makdoomi**, Registrar, IUST, also actively participated in the celebration. The event was held in the presence of **Dr. Tariq Ahmad Ganaie**, Programme Coordinator, NSS.