

# KU's NSS celebrates International Day of Yoga

**Srinagar, June 21:** Kashmir University's National Service Scheme (NSS) on Monday organised a virtual event to celebrate the International Day of Yoga 2021.

The programme was held in collaboration with the Art of Living Foundation.

This year's International Day of Yoga focuses on 'Yoga for well-being,' underlining how Yoga can help promote people's holistic health and wellbeing.

Rohit Ranjan, Senior Faculty member, Art of Living, and two other resource persons Kousar Razvi and Shruti Dhiman, briefed the participants about the importance of International Day of Yoga, which is celebrated every year on June 21.

The resource persons talked at length about the impact that the Covid19 pandemic has had on the physical and psychological health of people across the globe and how it has led to increase in anxiety and mental health ailments.

"The message of Yoga is universal. It aims to promote physical as well as mental wellbeing of people. The ongoing pandemic has made us realise the importance of health, whether physical or mental, and it is therefore imperative upon all of us to raise the level of awareness in the community on how we can cruise through these tough times by going for regular exercising," they said.

The resource persons listed the benefits of fitness, mindfulness and relaxation which, they said, are key aspects of Yoga. They said the International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

On the occasion, the NSS launched a campaign aimed at creating awareness on holistic health under the slogan—"A Stronger You Means A Stronger Us".