



INTERNATIONAL YOGA DAY 2023 CELEBRATIONS @
VVFGC CAMPUS 23-11-2022

“Yoga for Vasudhaiva Kutumbakam”
INTERNATIONAL
YOGA DAY 2023





International Yoga Day 2023 is celebrated every year on **June 21st** to promote the numerous benefits of practicing yoga. The chosen date coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. This day serves as a platform to raise awareness about the holistic approach to well-being that yoga offers. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. Yoga fosters mindfulness, stress reduction, and overall health and vitality.

In its **9th edition**, this year's International Day of Yoga will be led by Prime Minister Narendra Modi at the UN Headquarters on June 21st. This marks the first time a yoga session will be conducted by the Prime Minister at this location.

International Yoga Day Theme

The theme selected for this year's International Day of Yoga 2023 is

“Yoga for Vasudhaiva Kutumbakam,”

Which represents our shared desire for

“One Earth, One Family, One Future.”



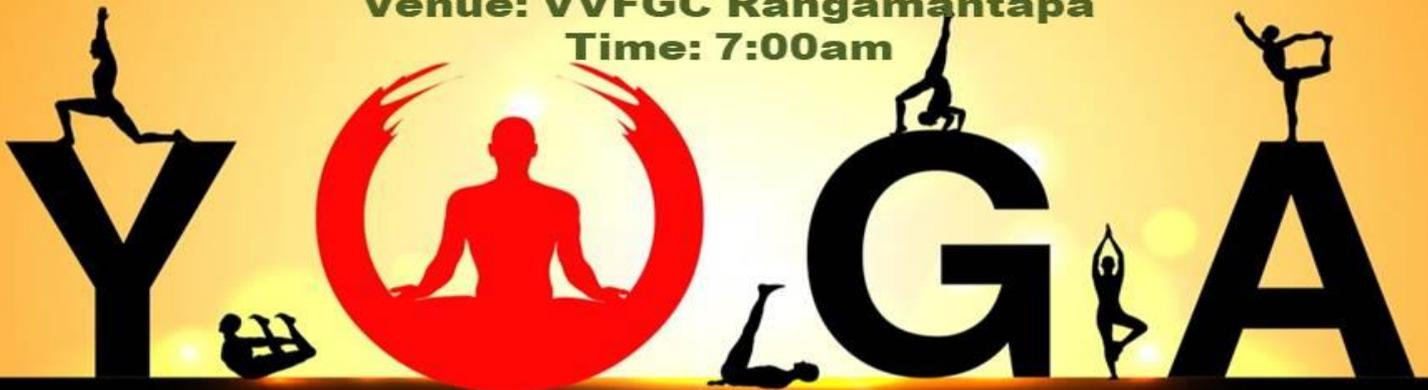
VIDYAVARDHAKA FIRST GRADE COLLEGE
Sheshadri Iyer Road, Mysuru-570001
DEPARTMENT OF PHYSICAL EDUCATION



21st June 2023

Venue: VVFGC Rangamantapa

Time: 7:00am



“ONE EARTH, ONE FAMILY, ONE FUTURE.”

“Yoga for Vasudhaiva Kutumbakam,”



9th International Yoga Day celebrated in VVFGC with the presence of Principal Dr. S MariGowda, PED Dr. Hariprasad K N, NCC officer Dr. B S Sriharsha, Madesh Gowda T M and Studnets were actively participated in the event.



GPS Map Camera

Mysuru, Karnataka, India

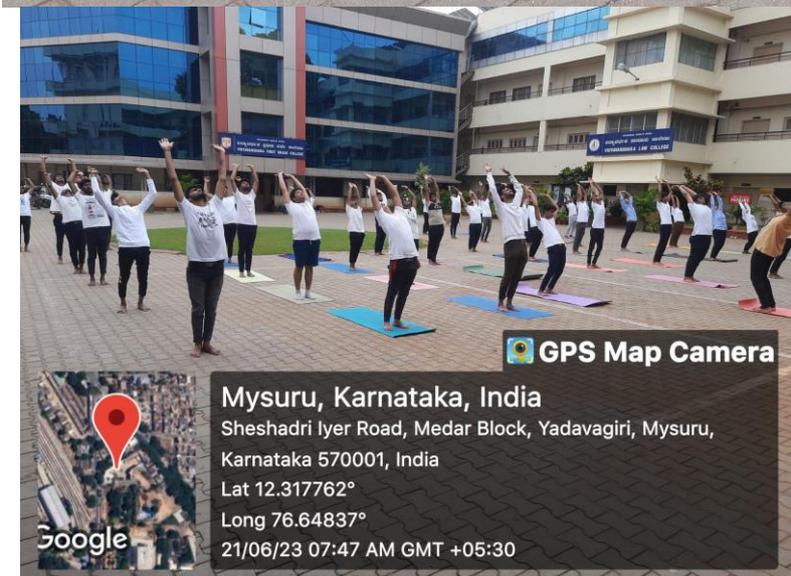
8J9X+764, Medar Block, Yadavagiri, Mysuru, Karnataka

570001, India

Lat 12.31796°

Long 76.648358°

21/06/23 07:48 AM GMT +05:30



GPS Map Camera

Mysuru, Karnataka, India

Sheshadri Iyer Road, Medar Block, Yadavagiri, Mysuru,
Karnataka 570001, India

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Long 76.64837°

21/06/23 07:47 AM GMT +05:30



GPS Map Camera

Mysuru, Karnataka, India

8J9X+375, Sheshadri Iyer Road, Medar Block, Yadavagiri,
Mysuru, Karnataka 570001, India

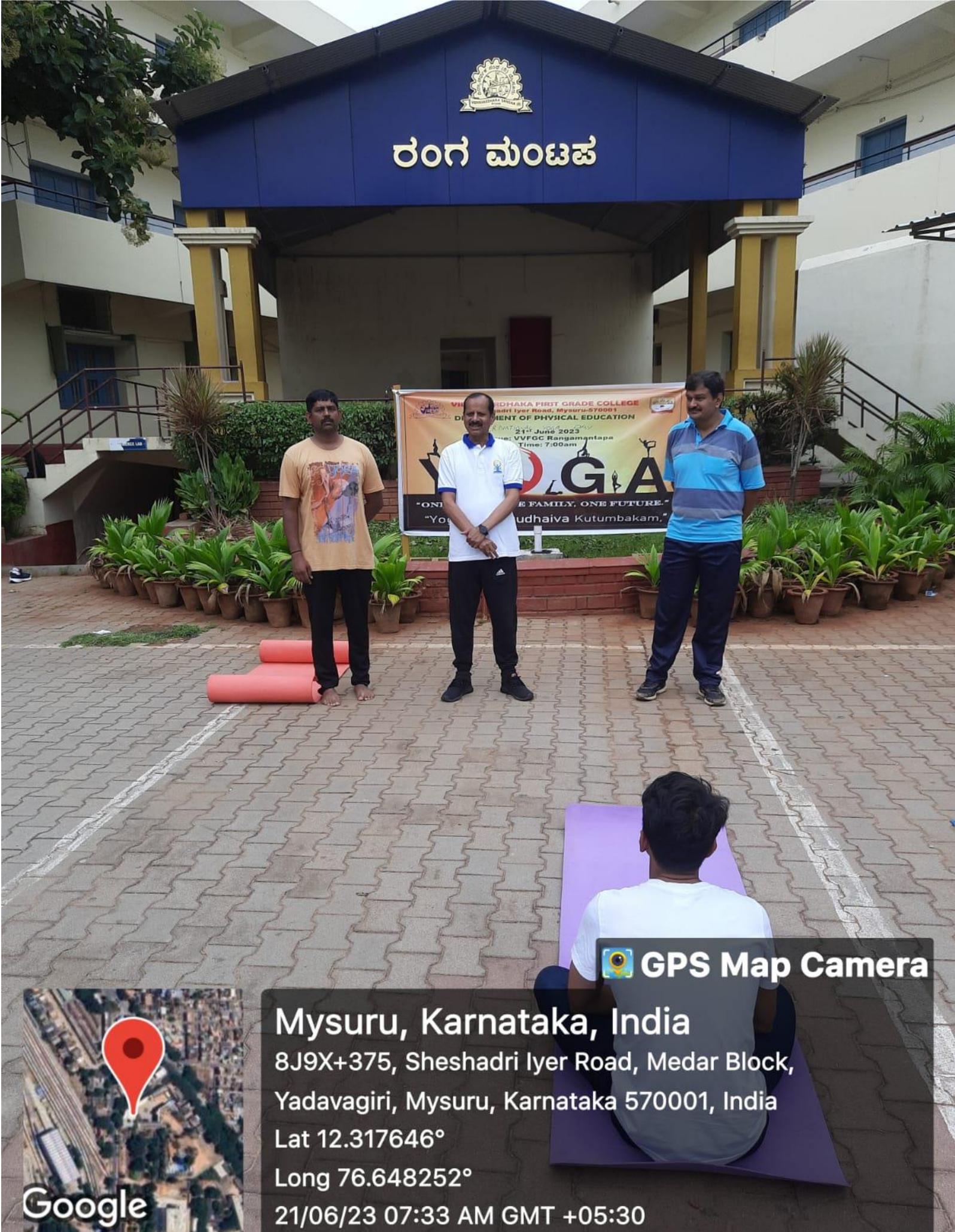
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 **GPS Map Camera**

Mysuru, Karnataka, India

8J9X+375, Sheshadri Iyer Road, Medar Block,
Yadavagiri, Mysuru, Karnataka 570001, India

Lat 12.317646°

Long 76.648252°

21/06/23 07:33 AM GMT +05:30

