

## 8th International Yoga Day

**Date: 21<sup>st</sup> June 2022**

**Place: JUIT, Wakhnaghat**

JUIT organized the 8th International Day of Yoga with the theme "Yoga for Humanity" in the auditorium.

Prof. Rajendra Kumar Sharma, vice-chancellor of JUIT motivated the participants by revealing the importance and benefits of yoga. He said, through regular yoga, one can boost their immunity and strengthen the development rate. You can get rid of your blood pressure problems, heart problems and many more with positive impacts on the mental health of individuals too. It also helps to alleviate the back pain, eases the arthritis symptoms, and releases the stress and anxiety.

