

JSS COLLEGE OF ARTS, COMMERCE & SCIENCE

(An Autonomous College of University of Mysore)
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Report on Yoga 2022-23

In recent decades, yoga has gained immense popularity worldwide. It has become a mainstream fitness activity, with millions of people practicing it for physical fitness, stress reduction, and overall well-being. The globalization of yoga has led to the emergence of diverse styles, such as Hatha, Vinyasa, Iyengar, and Kundalini, catering to different preferences and needs.


Our students representing college by participated in eighth International Day of Yoga on 21st June 2022 at Mysuru Palace. Prime Minister Narendra Modi was inaugurated with the slogan Yoga for Humanity and participated in a mass yoga demonstration with thousands of participants to celebrate the International Day of Yoga.

Yoga is a multifaceted practice that extends beyond physical exercise. Its ancient roots, philosophical underpinnings, and holistic approach make it a valuable tool for achieving balance and harmony in modern life. As research continues to explore its benefits, yoga remains a versatile and accessible practice with the potential to enhance both physical and mental well-being.

Beyond mere physical exercise, yoga is a diverse practice with ancient roots, deep philosophical underpinnings, and a holistic approach. This makes it a valuable tool for attaining balance and harmony in contemporary life. Ongoing research into its benefits underscores yoga's versatility and accessibility, highlighting its potential to enhance both physical and mental well-being.

Yoga teaches valuable life skills, such as resilience, patience, and adaptability, which can be beneficial for students in handling various challenges.


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