



CHHATRAPATI SHIVAJI MAHARAJ INSTITUTE OF TECHNOLOGY

Affiliated to the Mumbai University, Approved By AICTE - New Dehli.

DTE Maharashtra (DTE Code : 3477)

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YOGA DAY

21ST JUNE 2022

ABOUT THE PROGRAMME

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental, and spiritual practice which originated in ancient India. On September 27, 2014, the Prime Minister of India, Narendra Modi, gave a speech at the United Nations General Assembly. During this speech, he proposed the establishment of a “Yoga Day.” The draft resolution suggested by India was endorsed by a record 177 member states.

177 member states of UNGA endorsed PM Modi's suggestion to celebrate June 21 as International Yoga Day. June 21, also called summer solstice, is the longest day of the year. Therefore, it was decided that the International Yoga Day would be celebrated on this day.

On 21st June 2022, Chhatrapati Shivaji Maharaj Institute of Technology organised Yoga day celebration in college campus.















