

**MIDHANI CELEBRATES**

**INTERNATIONAL YOGA DAY  
(JUNE 21, 2019)**

**AT**

**MISHRA DHATU NIGAM LIMITED**



**MISHRA DHATU NIGAM LTD**  
(A Govt. of India Enterprise, Ministry of Defence)

## MIDHANI CELEBRATES INTERNATIONAL YOGA DAY June 21, 2019

International days are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.

The idea of [International Day of Yoga](#) was first proposed by PM Modi during his speech at the United Nations General Assembly (UNGA) on September 27, 2014 and endorsed by a record 175 members in which he said “: “Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.” [Happy World Yoga Day](#).

### Significance of Yoga Day Logo

Folding of both hands in the logo symbolizes Yoga, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind and body, man and nature, the holistic approach to health and well-being.

The brown leaves in the logo symbolize the earth element, the green leaves the nature, blue the fire element while the sun symbolises the source of energy and inspiration.

The logo reflects harmony and peace for the humanity which is the essence of Yoga.



[World Yoga Day](#) marked on June 21. Yoga, a spiritual discipline, is based on an extremely subtle science which focuses on bringing harmony between mind and body.

The fifth annual International Day of Yoga was celebrated at MIDHANI on Friday, 21 June 2019, with "Yoga," followed by a weeklong yoga classes to the employees.



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