



होटल प्रबंध, खान-पान प्रौद्योगिकी एवं अनुप्रयुक्त पोषण विज्ञान संस्थान
अतुल्य! भारत पर्यटन मंत्रालय भारत सरकार के अधीन स्वायत्तशासी निकाय
Incredible! India आल्ट-पर्वरी, गोवा - 403 521
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The 10th year of International Day of Yoga marks a significant milestone in the global celebration of this ancient practice. Since its inception in 2015, International Yoga Day has grown into a widely recognized and cherished event, bringing together millions of people from diverse cultures and backgrounds to embrace the transformative power of yoga.

Over the past decade, International Yoga Day has played a crucial role in raising awareness about the physical, mental, and spiritual benefits of yoga. It has served as a platform for promoting holistic well-being, fostering unity and harmony, and encouraging individuals to embrace a healthier lifestyle.

This year's theme for International Day of Yoga is 'Yoga for self and society'. As we commemorate the 10th year of International Day of Yoga, it is an opportunity to reflect on the profound impact that yoga has had on countless lives around the world. From reducing stress and anxiety to promoting mindfulness and inner peace, yoga has become a source of strength and resilience for individuals seeking balance and wellness in their lives.

This milestone year also provides an occasion to celebrate the global community that has formed around the practice of yoga. International Yoga Day has transcended borders and cultural barriers, uniting people in a shared commitment to health, happiness, and spiritual growth.

As we look ahead to the future, the 10th year of International Day of Yoga serves as a reminder of the enduring relevance of yoga in our modern world. It is an invitation for individuals everywhere to embrace the practice of yoga, experience its profound benefits, and join in the collective celebration of well-being and unity.

On this momentous occasion, let us come together to honour the legacy of International Day of Yoga, reaffirm our commitment to health and wellness, and continue to spread the message of peace, harmony, and inner strength through the practice of yoga.