



**College of Agriculture
Anand Agricultural University
Jabugam-391 135
Tal.: Bodeli, Dist.: Chhotaudepur**



Celebration of International Yoga Day

International Yoga Day is celebrated each year on 21st June. It serves a global platform to raise awareness about the manifold benefits of practicing yoga. The theme for this year is “Yoga for Self and Society,” emphasising yoga’s role in fostering individual well-being and societal harmony.

The College of Agriculture, Anand Agricultural University, Jabugam celebrated 10th International Yoga Day on 21st June, 2024 as per guidelines given by Ministry of AYUSH (CYP- Common Yoga Protocol’s). Dr. S. R. Patel, Principal, College of Agriculture, AAU, Jabugam discussed different types of yogasanas and their importance. He addressed the participants that Yogasana is not only about physical exercise but includes breathing exercises and mediation. Yoga reflects the union of mind and body, thoughts and actions, restraint and fulfilment, and harmony between humans and nature. Regular practice of yoga will surely help our students achieve a physically, mentally and spiritually better life. All the participants actively performed different asanas and pranayam during this session. On this occasion, total 43 students along with 15 staff members / employees of college actively participated and performed various yogasanas.





