



Sheth D.M. Polytechnic in Horticulture
Anand Agricultural University
Model Farm, Vadodara – 390 003



SDMPH organized “International Day of Yoga 2024”

NSS Unit of Sheth D.M. Polytechnic in Horticulture, Anand Agricultural University, Model Farm, Vadodara – 390 003 organized 10th “**International Day of Yoga**” on 21.06.2024 (Friday). This day is celebrated worldwide as an ancient Indian practice of yoga and its profound impact on physical, mental, and spiritual well-being of human populace. NSS Programme Officer Dr. Shrikant B. Katole, explained this year’s theme i.e. “**Yoga for Self and Society**” which focuses on physical health benefits, mental well-being for self and society at large. He further explained that at a personal level yoga enhances physical health by means of improved flexibility, strength, and balance also promoting mental well-being by reducing stress, anxiety, and depression. Regular practice of yoga fosters self-awareness, mindfulness, and inner peace, leading to a healthy and harmonious life. At society level, yoga encourages a culture of health and wellness, brings people together, creating a sense of community and shared purpose of social bonds and mutual support such as compassion, non-violence, and respect for all beings, inspire ethical behavior and social harmony. Various *asans* such as *Pranayam*, *Surya Namaskar*, *Vajrasan*, *Bhujangasan*, *Bandhalonasan*, *Tadasan*, *Vruksasana*, *Trikonasana*, *Virabhadrasana*, *Paschimottanasana*, *Setubandhasana*, *Savasana* etc. were performed by the staff.

All the College staff actively participated in Yoga day Celebration.

Glimpses of the Yoga day

