



Celebration of “Yoga Day” at College of Agricultural Information Technology, AAU, Anand

International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being. The College of Agricultural Information Technology, Anand Agricultural University, Anand celebrated 9th International Day of Yoga as per guidelines provided by Ministry of AYUSH, Government of India on 21st June, 2023 with theme of “Yoga for Vasudhaiva Kutumbakam”. NSS volunteers and UG students were participated and also performed various yoga and asana. The programme was framed as per common yoga protocol by NSS programme Officer under the guidance of Dr. D.R. Kathiriya, Principal & Dean, CAIT, Anand.



