



Celebration of International Yoga Day on 21-6-2021 by College of Horticulture, AAU, Anand

Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony. International Yoga Day-2021 is on June 21st this year to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle.

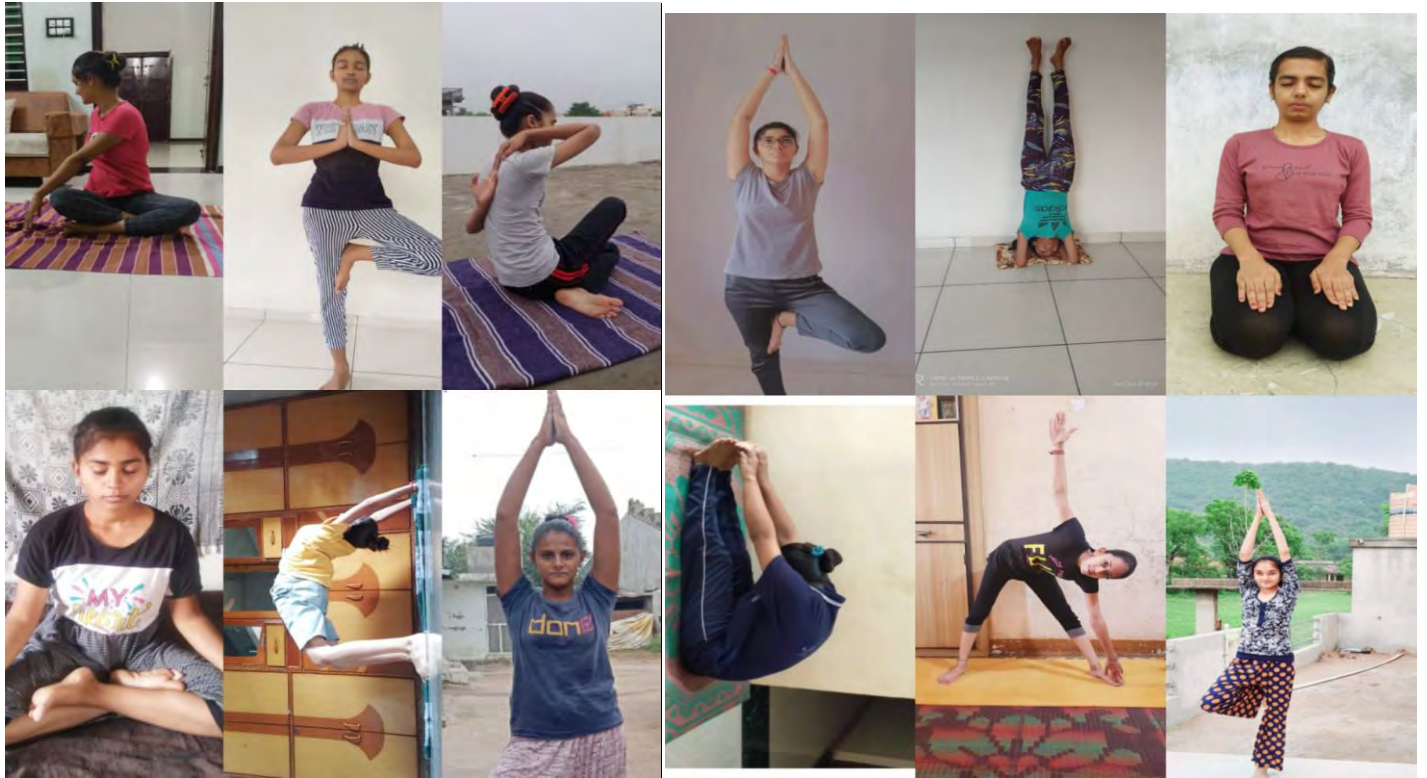
Yoga not only provides physical and mental relaxation but also develops strength and resilience. The numerous benefits of Yoga make it a popular practice for people across the globe, especially in times of a pandemic when mental and physical health is under stress.

With this motto, International Yoga Day celebrated with theme of “**Yoga for well being**” by College of Horticulture AAU, Anand through online mode. Students of 2nd & 4th semester have been participated in the International Yoga Day from their home. They performed different types of yoga and warming up exercises, viz kapal bhati, pranayam, suryanamaskar, vajrasan, makrasan, hastasana, savasan, squats and Arm circles. Students have uploaded their Yoga activity in the ‘CoH’ whatsapp group.

Glimpse of Celebration



4th semester Students



2nd semester Students