



**National Service Scheme  
Polytechnic in Agricultural Engineering,  
Anand Agricultural University,  
Muvaliya Farm, Dahod-389151,  
Gujarat(India)**



**CELBRATION OF “INTERNATIONAL YOGA DAY” AT PAE, AAU, DAHOD ON 21<sup>st</sup>  
June, 2019**

The United Nations General Assembly has declared 21<sup>st</sup> June as an International Yoga Day and it is a matter of pride and joy for India. The day was chosen as it's the longest day of the calendar year, a day concerned with sun, light and nature and not a day of personal importance.

### **Brief history of Yoga:**

Yoga is considered to be an ancient practice which was originated in our country. The practice is considered to be almost 5000 years old. Yoga was developed as a way to achieve harmony and balance between the heart and soul and to achieve divine enlightenment. Not only this, with time passing by, it was also seen that the practice of yoga had and still have medical benefits. It helps in curing many diseases like diabetes and high blood pressure and alleviating physical injuries and chronic pain. It has been practiced in India for centuries and now Yoga has also found its way in the western world. In recent decades Yoga became really popular outside of India and many other cultures have embodied yoga in them.

The Polytechnic in Agricultural Engineering, AAU, Dahod celebrated International Yoga Day in the college premises at 6.00 to 8.00AM on 21st June. Around 70 students, NSS volunteers, staff members were participated in this programme. All have performed yoga as per yoga protocol and instructions by Yoga trainers. The programme was arranged as per the protocol suggested by Ministry of AYUSH, Govt. of India. The Principal Dr.M.M.Trivedi emphasized the need of yoga practice for a healthy and a holistic life style. Dr B.K.Yaduvanshi Chairman SRC demonstrated various Asanas during the yoga. The programme ended with vote of thanks by Prof.Sachin Chinchorkar, Asstt.Prof.

# GLIMPSE OF INTERNATIONAL YOGA DAY

