



SHETH D. M. POLYTECHNIC IN HORTICULTURE
ANAND AGRICULTURAL UNIVERSITY
MODEL FARM, VADODARA



CELEBRATION OF INTERNATIONAL YOGA DAY ON 21ST JUNE, 2022

Sheth D. M. Polytechnic in Horticulture, Model farm, Vadodara celebrated 8th International Yoga Day on 21st June, 2022. Yoga programme was started at 8.30 am in polytechnic college building. All the staff of the polytechnic college and farm labour were remained present during the programme. Dr. B. H. Panchal (Principal and Unit head of SDMPH) gave the talk on importance of the yoga in sustainable healthy life. He demonstrated different types of yogasan, pranayam and exercises. He also demonstrated some special yoga for different diseases like diabetics, caught, liver and eye problem *etc.*

One hour programme was successfully completed. At the end of the programme Mr.V.D.Rathva, NSS Programme officer gave the vote of thanks.

PHOTO GALLERY

