Celebration of "International Yoga Day" at College of Agriculture & Polytechnic in Agriculture, AAU, Vaso

The International Day of Yoga is an outcome of a Resolution adopted by the United Nations General Assembly on 11th December 2014, signed by 177 countries. On the eve of this day, the Yoga programme was organized at College of Agriculture & Polytechnic in Agriculture, Anand Agricultural University, Vaso. In which altogether 150 students of B. Sc. (Hons.) Agri. course and Staff members enthusiastically participated in doing different Yoga Steps under the guidance of Shri. Subhashbhai Rajput and his team from A. J. High school, Vaso. During the programme Shri. Subhashbhai Rajput narrated the importance of Yoga and how this Indian cultural and Spiritual heritage is beneficial in our daily life and to keep away different disorders of human body with growing age. However, the students of Polytechnic in Agriculture were absent during the said programme due to vacation. Overall, the students and staff members performed the celebration of International Yoga Day and set up their mind to make this *Pranayama* and *Yogasanas* as their daily routine programme in the morning.







