



National Service Scheme
College of Agriculture, Anand
Agricultural University, Jabugam

**Celebration of “world yoga day” at CoA, AAU,
Jabugam**

International Yoga Day is observed annually on June 21. The idea behind the day is to create awareness about yoga and its many benefits among people. The idea of an International Yoga Day was proposed by Prime Minister Narendra Modi in 2014 in the United Nations General Assembly Meeting. As the corona virus pandemic affects lives and livelihoods across the globe, people are increasingly embracing yoga as a way to heal themselves - mentally and physically. The ancient Indian discipline, which is aimed at integrating all aspects of the body with the mind and soul to achieve ultimate happiness and balanced life, is helping people remain healthy during these trying times. Yoga plays a significant role in allaying fears and anxiety. The practitioners use a mix of physical and breathing exercises and meditation to improve their overall well-being.

The United Nations, recognizing the importance of the Indian practice in these trying times, has decided to celebrate the day this year by focusing on **"Yoga for well-being"**.

The College of Agriculture, Anand Agricultural University, Jabugam celebrated 8th International Yoga Day on 21st June, 2022 as per guidelines by Ministry of AYUSH (CYP Common Yoga Protocol's). Total 45 students from first year and total 20 staff/employees of college enthusiastically participated and performed various *yogasans/pranayama* in the college campus. The principal advised all the students and staff to make yoga a part of life by including it in a daily routine.

PHOTO GALLERY













