



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

Celebration of “World Yoga Day” at COA, AAU, Jabugam

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word ‘yoga’ is derived from Sanskrit which means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. The idea of an International Yoga Day was proposed by Prime Minister Narendra Modi in 2014 in the United Nations General Assembly Meeting. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yog.

This year, the theme for International Yoga Day 2023 is 'Yoga for “*Vasudhaiva Kutumbakam*” which is beautifully encapsulating our collective aspiration for “*One Earth, One family and one Future*”. The idea behind the day is to create awareness about yoga and its many benefits among people. 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.

The College of Agriculture, Anand Agricultural University, Jabugam celebrated 9th International Yoga Day on 21st June, 2023 as per guidelines by Ministry of AYUSH (CYP Common Yoga Protocol’s). The International Yoga Day celebration led by Principal Dr. S. R. Patel, was a resounding success. Total 87 students from first, second and third year along with 13 staff/employees of college enthusiastically participated and performed various *yogasans/pranayama* in the college campus. The event provided an opportunity for the college community to come together and experience the physical, mental and spiritual benefits of yoga. Through yoga session, demonstrations and interactive session, participants gained a deeper understanding of the profound impact yoga can have on their overall well-being. The event served as a catalyst for incorporating yoga into their daily lives, promoting a healthier and more balanced lifestyle.

Overall, the celebration of International Yoga Day at the College of Agriculture, AAU, Jabugam was an enriching and transformative experience for all participants, fostering a sense of unity and well-being within the college community.

PHOTO GALLERY





