

Celebration of International Day of Yoga at KVK, AAU, Devataj

International Day of Yoga was celebrated at KVK, AAU, Devataj on June 21, 2018. Dr. S.B. Katole, Scientist (Animal Science) guided the practice of yoga and discussed the importance of Yoga in day to day life to live stress-free. Later on various *Asanas* were practiced such as *Padmasana*, *Pranayam*, *Vajrasana*, *Halasan*, *Tadasan* etc. Total twenty five farm women including staff of the KVK participated in this programme. An International day for Yoga was declared unanimously by the United Nations General Assembly on December 11, 2014. Yoga is a physical, mental and spiritual practice to lead stress free and healthy life. The word 'Yoga' derives from Sanskrit and means to join or unite, symbolizing the union of body and consciousness. The main objective behind this celebration is to make this ancient Indian practice of yoga popular among the present generation of people who are leading sedentary life and are unaware of its benefits. Present generation is addicted to the gadgets and thus inactive inviting various physical problems in their life. Adopting yoga is believed to provide significant relief from physical ailments and mental tension which plagues our day to day life.

Glimpses of Yoga Day

