



**National Service Scheme  
Polytechnic in Agricultural Engineering,  
Anand Agricultural University,  
Muvaliya Farm, Dahod-389160  
Gujarat, India**



## **Celebration of International Yoga Day**

### **Theme: "Yoga at Home, Yoga with Family"**

“Outwardly performing all actions but inwardly renouncing their fruits, the wise man, purified by the fire of transcendental knowledge, attains peace, detachment, forbearance, spiritual vision and bliss.”

**–Verse-1, Chapter 5, Bhagavad Gita**

“Yoga is the journey of the self, through the self, to the self”

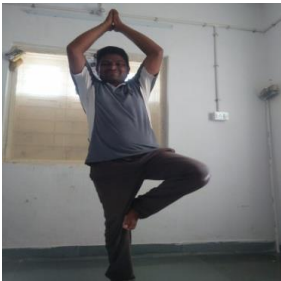
**-Verse-4, Chapter 15, Bhagavad Gita.**

The United Nations General Assembly has declared 21<sup>st</sup> June as an International Yoga Day and it is a matter of pride and joy for India. The day was chosen as it's the longest day of the calendar year, a day concerned with sun, light and nature and not a day of personal importance.

Yoga is considered to be an ancient practice which was originated in our country. The practice is considered to be almost 5000 years old. Yoga was developed as a way to achieve harmony and balance between the heart and soul and to achieve divine enlightenment. Not only this, with time passing by, it was also seen that the practice of yoga had and still have medical benefits. It helps in curing many diseases like diabetes and high blood pressure and alleviating physical injuries and chronic pain. It has been practiced in India for centuries and now Yoga has also found its way in the western world. In recent decades Yoga became really popular outside of India and many other cultures have embodied yoga them.

The College of Polytechnic in Agricultural Engineering, Anand Agricultural University, Muvaliya Farm, Dahod celebrated International Yoga day on 21<sup>st</sup> June “Yoga at Home, Yoga with Family” theme. Various Asanas were performed as per the guidelines given by the AYUSH MINISTRY (CYP-Common Yoga Protocol's). Dr. M.M.Trivedi, Principal motivated to students and advised to Stay Safe and Stay Home during COVID-19. The students, faculty and NSS Volunteers were participated in this event. NSS Programme Officer Mr. Sachin S. Chinchorkar and prepared the guideline for the successful completion of this Programme.

## Glimpses of International Yoga Day





"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day." - **Hon'ble Prime Minister of India Shri Narendra Modi**