



INTERNATIONAL AGRIBUSINESS MANAGEMENT INSTITUTE
ANAND AGRICULTURAL UNIVERSITY
ANAND, GUJARAT



INTERNATIONAL DAY OF YOGA CELEBRATION AT
INTERNATIONAL AGRIBUSINESS MANAGEMENT INSTITUTE

International Day of Yoga is observed annually on June 21. The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly, on 27 September 2014. Lord Shiva is considered to be the origin of yoga, he is the Adiyogi, the first yogi. Yoga is helpful for physical and mental wellbeing of an Individual. Yoga helps to live healthy lifestyle. The United Nations recognized the importance of the Indian practice of Yoga in these tough times and decided to celebrate the day this year by focusing on "Yoga for well-being".

Seventh International Day of Yoga was celebrated on 21st June, 2021 by International Agribusiness Management Institute as per the guidelines by Ministry of AYUSH Common Yoga Protocols. Due to second wave of Covid 19 pandemic the participants celebrated from home. Students and faculties of the institute participated and performed various Yogasans and Pranayama with their family. The celebration was done following Covid 19 protocols. Students and faculties took part enthusiastically to celebrate the international day of Yoga. In the benefits of the society, students and faculties were advised to follow yoga regularly. The programme was framed as per common yoga protocol and circulated by SRC Chairman under the guidance of Principal and Dean of the Institute.



