



## **Celebration of 7<sup>th</sup> International Yoga Day**

### **Theme: "Yoga for Wellness"**



“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.

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 in them.

The N.S.S. Unit and S.R.C., Polytechnic in Agricultural Engineering, Anand Agricultural University, Muvaliya Farm, Dahod celebrated International Yoga day on 21<sup>st</sup> June, 2021 with theme “Yoga for Wellness”. Various Asanas were performed as per the guidelines given by the AYUSH MINISTRY (CYP-Common Yoga Protocol’s). Dr. B.K.yaduvanshi I/c 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 7th International Yoga Day*





