

CELEBRATION OF WORLD YOG DAY ON 21ST JUNE, 2020 BY SHETH. D. M. POLYTECHNIC IN HORTICULTURE, VADODARA

As increasing in various lifestyle diseases in daily life yoga play significant role in providing better health and prosperity of mind. Sheth. D. M. Polytechnic in Horticulture, Model farm, Vadodara celebrated International Yoga Day on 21st June, 2020 as per the guideline given by Ministry of AYUSH. All the staff of college actively take part in yoga session with family at home. During yoga session they performed different types of yoga and pranayam exercises, viz kapal bhati, suryanamaskar, vajrasan, makrasan, hastasana and savasan.

