

## **Yoga Day Celebrated at College of Agriculture, Jabugam**

Yoga has been practiced in India since ancient time; however it is recently that its importance is being realized at international level and all over the world, 21<sup>st</sup> June is celebrated as “International Yoga Day”.

The celebration of Yoga day was made with enthusiasm at the College of Agriculture, Jabugam in front of the College building. Though the semester end theory examinations are going on, more than half of the students (total 60 students) from second, fourth and sixth semester participated in the celebration along with some staff members and Principal Dr. Sunil R. Patel with fervor and zeal. Different chalan kriyas, yogasans, pranayam and dhyan were practiced from morning 7.10 to 8.00 hours. The students enjoyed the celebration and made up their mind to inculcate the habit of doing pranayama and yogasans every day.





