

## **Celebration of 11<sup>th</sup> International Yoga Day at College of Agriculture, AAU, Jabugam**

The NSS Cell of College of Agriculture, AAU, Jabugam celebrated the 11<sup>th</sup> International yoga day on 21<sup>st</sup> June, 2025 with a comprehensive yoga session to highlight the significance of yoga in daily life and its profound impact on physical, mental, and emotional well-being. This day is celebrated worldwide each year on 21<sup>st</sup> June. The theme for this year is “Yoga for One Earth, One Health,” which highlights the relationship between individual health and the health of our planet. A total of 70 students along with 9 staff members participated actively in the event.

Dr. Rajkumar D. Shinde, NSS Programme Officer, College of Agriculture, AAU, Jabugam spoke on how yoga can transform one's health and lifestyle. He emphasized that yoga is not just a practice for physical fitness but also a path towards mental peace and emotional stability. Following the discussion, yog trainers from our college (Aniket Parihar, Jay P. Sokhadiya, Sohil K. Ravaliya and Dr. Rajkumar D. Shinde) led participants through various asanas and techniques, showcasing the multiple benefits of yoga. This program was organized under the guidance of the College Principal Dr. S. R. Patel and was successfully conducted by Dr. Rajkumar D. Shinde, NSS Programme Officer of the college. College of Agriculture, AAU, Jabugam remains committed to promoting wellness and holistic development, and plans to organize more such events in the future to raise awareness about the importance of physical and mental health.



