

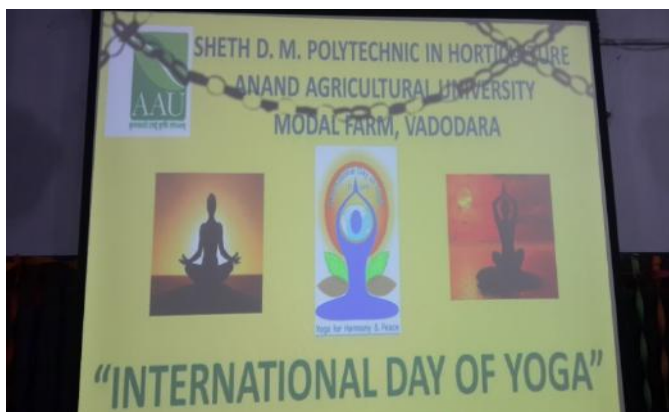
International Yoga Day celebrated on 21st June, 2023

by

**Sheth. D. M. Polytechnic in Horticulture college and
Pulse research station Model farm, Vadodara**

Sheth. D. M. Polytechnic in Horticulture College and Pulse research station Model farm, Vadodara celebrated International Yoga Day on 21st June, 2023. Yoga programme was started at 8.30 am in polytechnic college building. Dr. B. N. Patel, Unit head, PRS and other faculties of pulse research station and polytechnic college were present during the programme. Dr. V. K. Patel Academic in charge, SDMPH gave the talk on importance of the yoga in our healthy life. He demonstrated different types of yoga and warming up exercises, viz kapal bhati, pranayam, anulom vilom, suryanamaskar, vajrasan, makrasan, tadasan and savasan. He also demonstrated some special yoga for various diseases like blood pressure, diabetes, cough, liver and eye problem *etc.*

Programme was completed at 9.30 am. Whole one hour programme was successfully completed. At the end of the programme Dr. I. N. Bhabhor, gave the vote of thanks.



Celebration of International Yoga Day



Different position of yoga



Different straching exercises