



**SHETH D. M. POLYTECHNIC IN HORTICULTURE  
ANAND AGRICULTURAL UNIVERSITY  
MODEL FARM, VADODARA**



**CELEBRATION OF INTERNATIONAL YOGA DAY ON 21<sup>ST</sup> JUNE, 2021**

People suffered lot due to COVID-19 pandemic started in last few months to till date and yoga played crucial role in well being of people. June 21<sup>st</sup> is celebrated International Yoga Day with them of “Yoga for well being”

Sheth. D. M. Polytechnic in Horticulture College, Model farm, Vadodara has celebrated the 7<sup>th</sup> International Yoga Day on 21st June, 2021 through online mode. All the faculties of the polytechnic college and students of different semester have been participated in the International Yoga Day from their home due to pandemic COVID-19 situation. They performed different types of yoga and warming up exercises, viz kapal bhati, pranayam, suryanamaskar, vajrasan, makrasan, hastasana ,savasan, squats and Arm circles.

All the faculties of the polytechnic college and students have uploaded their Yoga activity in the college whatsapp group

# PHOTO GALLERY



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