



Sheth D.M. Polytechnic in Horticulture  
Anand Agricultural University  
Model Farm, Vadodara – 390 003



### SDMPH organized “International Day of Yoga 2025”

NSS Unit of Sheth D.M. Polytechnic in Horticulture, Anand Agricultural University, Model Farm, Vadodara organized 11<sup>th</sup> “**International Day of Yoga**” on 21.06.2025 (Saturday). This day is celebrated worldwide as an ancient Indian practice of yoga and its profound impact on physical, mental, and spiritual well-being of human populace. Yoga day promotes mindfulness, health, and unity worldwide and it is more than just a form of exercise; it is a timeless practice with its roots deeply embedded in India’s spiritual and cultural heritage. NSS Programme Officer Dr. Shrikant B. Katole, explained this year’s theme i.e. “**Yoga for One Earth, One Health**” which highlights yoga’s vital role in promoting holistic well-being and environmental harmony. Daily yoga at a personal level yoga enhances physical health by means of improved flexibility, strength, and balance. Yoga also promotes mental well-being by reducing stress, anxiety, and depression. Regular practice of yoga fosters self-awareness, mindfulness, and inner peace, leading to a healthy and harmonious life. Various *asans* such as *Pranayam*, *Surya Namaskar*, *Vajrasana*, *Bhujangasana*, *Bandhalonasan*, *Tadasana*, *Vruksasana*, *Trikonasana*, *Virabhadrasana*, *Paschimottanasana*, *Setubandhasana*, *Savasana* etc. were performed by the staff.

All the College and Pulse Research Station staff actively participated in Yoga day celebration and vows to make a yoga daily practice.

## Glimpses of the Yoga day

