



Dr.C.S. SHARMA
M.V.Sc., Ph.D.
Dean

Phone (O):- 0141-2682335
E-Mail :- apollovetjaipur@gmail.com
Web :- apollovet.org
Mo. 9950176800

File No.03(09)/ACVM/Acad./Extra-Curricular/2022/928

Date: 21.06.2022

Celebration of International Day of Yoga-2022

International Day of Yoga was celebrated in college campus on 21st June 2022 at 6:30 AM as National Program. Yoga Practice Session was also organised from 16.06.2022 to 21.06.2022, for practice of various yoga *Assans*. International Day of Yoga is celebrated by all the students, teaching and non-teaching staff members participated in this programme enthusiastically. The function was inaugurated by the Dean, Prof. (Dr.) C.S. Sharma, ACVM. In his inaugural address he said that the art of practicing yoga helps in controlling an individual's mind, body and soul. It also helps in increasing flexibility, muscle strength and body tone along with concentration.

All the faculty members and students did various *Assans* under the instructions of the yoga instructor Mr.Vishnu Tondwal warm up exercises were also taken and all the students, teaching and non-teaching staff members performed sitting and standing *Asanas*, importance of these were explained simultaneously. After that result of Poster Competition which was held on 20.06.2022 were announced, certificates were distributed for the Poster Making Competition organised on the occasion of International Day of Yoga-2022.The celebration concluded with the speech by our Dean who encouraged students to practice regular yoga to remain fit and improve concentration.



C Sharma
21/06/2022



Channa
21/06/2022



Chama
21/06/2022



Charme
21/06/2022

YOGA PRACTICE SESSION

DAY 01 (16-06-2022)



Chama
21/06/2022

YOGA PRACTICE SESSION

DAY 02 (17-06-2022)



Charme
21/06/2022

YOGA PRACTICE SESSION

DAY 03 (18-06-2022)



Channa
21/06/2022

YOGA PRACTICE SESSION

DAY 04 (20-06-2022)



Charme
21/06/2022

