



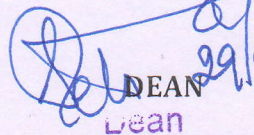
## NSS ACTIVITY- 2021

### Activity Report: International Yoga Day

Date: 21.06.2021

The Celebration of 7<sup>th</sup> International Day of Yoga -2021 Webinar on the theme "Yoga for Wellness" delivered by Mr. Prabhakar Shrivastava, M.A. in Yoga, P.G.D.Y.T. (Yoga Instructor), along with the Yoga Trainer Mrs. Aditi Jain, on 21.06.2021 through Zoom Application. It was organized by the Department of Veterinary and Animal Husbandry Extension Education, ACVM, Jaipur. The celebration was started with the speech of Dean, ACVM; he said that the art of practicing Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is an ancient practice that may have originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being.

After that all the faculty members, students of First, Second and Third B. V. Sc & A. H. did various *Assans* under the instructions of the yoga instructor. The program ended with thanking the Yoga Instructor and Trainer by Dr. Harshita Bhumra, Assistant Professor, Department of Veterinary and Animal Husbandry Extension Education, ACVM, Jaipur.

  
29/06/21  
DEAN  
Dean  
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Jaipur-302031