



National Service Scheme
Polytechnic in Agricultural Engineering,
Anand Agricultural University,
Muvaliya Farm, Dahod-389160
(Gujarat)



Report on Yoga and Meditation



A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a special session was organized by NSS unit of Polytechnic in Agricultural Engineering, AAU, Dahod on **18th March, 2021** for the students, NSS volunteers and teaching and non-teaching staff participated (50 Nos.) with full interest, enthusiasm and eagerness with the protocols. Yoga instructor Dr. Chirag Bhai took yoga session with great dedication. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers.

Dr. Chirag Bhai motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these. The programmes ended with dedication for the teachers by the messages and have a positive disposition towards the whole event. Prof.Sachin S.Chinchorkar NSS Programme Officer proposed vote of thanks.





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