

Organization of Yoga Education Programme at College of Agriculture & Polytechnic in Agriculture, AAU, Vaso

In order to make students aware of the yoga and its benefits a yoga education programme was organized by College of Agriculture & Polytechnic in Agriculture, Anand Agricultural University, Vaso on 12th November, 2016. Yoga is the alleviation of stress. Regularly doing poses, practicing yoga breathing reduced students stress level which translated into increase concentration and better academic performance. Yoga maintain physical fitness, control on emotions, feelings, control negative thoughts, improves mental clarity, enhance self understanding, connect to nature and many more. Yoga is a science of living healthy life forever. Shri. Vikrambhai Upadhyay Yog Guru and his colleagues taught different exercises, poses & pranayam to the students practically as well as through theory and informed about the benefits of regular practices of yoga in daily life.

