



**POLYTECHNIC IN AGRICULTURAL ENGINEERING
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Yoga Training Camp Introduces Serenity to Agricultural Engineering Students at Polytechnic in Agricultural Engineering, Anand Agricultural University, Dahod

In a bid to promote holistic well-being among its students, the Polytechnic in Agricultural Engineering, Anand Agricultural University, Dahod, has launched a pioneering initiative - a Yoga Training Camp on 24/04/2024 to 23/05/2024 (30 days). Aimed at fostering physical and mental wellness, the camp has garnered significant attention since its inception.

The serene campus of Polytechnic in Agricultural Engineering, Anand Agricultural University, nestled in the heart of Dahod, provides an ideal backdrop for this endeavor. The sprawling greenery and tranquil ambiance set the perfect stage for students to immerse themselves in the ancient art of yoga.

Under the guidance of seasoned yoga instructors Mr.Mahesh bhai Modi & Mrs. Harsha Bhatiya from Heartfulness advancing in love NGO, Dahod, students pursuing Agricultural Engineering are delving into various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques. The camp, designed to cater to students' hectic academic schedules, offers flexible timings, ensuring maximum participation and engagement.

Dr.B.K.Yaduvanshi, Principal of Polytechnic in Agricultural Engineering, Anand Agricultural University, Dahod, expressed his enthusiasm about the initiative, stating, "Incorporating yoga into our curriculum is a testament to our commitment to nurturing not just academic excellence, but also holistic development among our students. We believe that a balanced mind and body are crucial for success in both professional and personal spheres."

Dr. Farid Sayyad, SRC Chairman, visionary guidance and unwavering support have been instrumental in bringing this transformative initiative to fruition. His dedication to promoting student well-being and holistic development has left an indelible mark on our college community.

The participation of approximately 50 staff and students underscores the significance and impact of this initiative, made possible through the vision and dedication of Dr. B.K. Yaduvanshi, Dr.Farid Sayyad, Mr. S.S.Chinchorkar, Er.J.B.Bhimani, Mrs. Zeal Acharya and their team. By creating an environment conducive to physical and mental wellness, they have not only enriched the lives of our students but have also set a precedent for future initiatives aimed at promoting holistic development on our campus.

In a world marked by rapid changes and mounting challenges, initiatives like the Yoga Training Camp serve as beacons of hope, illuminating the path towards a harmonious and balanced future.

