

## 21 Days Training Camp on Yoga for Sustainable life Style

In the celebration of the 75th year of Amrit Mahotsav of Independence, 21 days Yoga Camp was organised. Students, scientists, professors and staff of the university have participated in the camp. They benefitted with the knowledge of yogic practices, pranayama, meditation, neurotherapy & manipulative therapy, acupressure & Acupuncture therapy shared by different field experts. The experts have also shared the benefits of adaptation of regular yoga and pranayama in daily life, i.e. for physical fitness, musculoskeletal functioning, cardiovascular health, management of various disorders in body like respiratory disorder, hypertension, hypotension, reducing depression, fatigue, anxiety and stress. It also helps us in developing a better immune system and better perception of oneself so that the environmental conditions and social factors do not affect adversely. In order to increase enthusiasm among students for yoga, a competition was also conducted in the camp. All the participants were encouraged to continue the regular practice of yoga and pranayama with message from short street play by students.

Date	Activities
01/06/2022- 21/06/2022	Prayer, Poses of Regular Movement, Palm Tree Pose, Swinging Palm Tree Pose, Standing Spinal Twist Pose, Tree Pose, Chair Pose Surya Namaskar, Frog Pose, Half Camel Pose, Boat Pose, Half Plough Pose, Bow Pose, Pranayama, Om and Serenity Prayer Acupressure & Acupuncture Therapy by Dr Mayur Jain, Complete health through yoga therapy and meditation by Dr. Rachna Jain Protocal of world yog day by Yogacharya Shri Swami Ganesh Giri

A total of 139 students and faculties of the university registered & participated in training programme. Out of which 57.6% were male and 42.4% were female. They belong to OBC (40.3%), UR (30.2%), SC (12.9%) and ST (16.5%) categories.

The students and faculties from almost all the stream and degree program registered for this event. Out of 139 registered participants B.Sc. Ag. / Horti. were found to be 39% followed by B.Tech. (32%), Ph. D. (12%), M.Sc. Ag/Horti. (9%) and B.Sc. Forestry (8%)

Participants of Yoga for Sustainable life Style										
Number of Participation						Percentage of participation of Category				
Gender	SC	ST	OBC	UR	Total	SC	ST	OBC	UR	Total
Male	10	9	36	25	80	12.5	11.3	45.0	31.3	57.6
Female	8	14	20	17	59	13.6	23.7	33.9	28.8	42.4
Total	18	23	56	42	139	12.9	16.5	40.3	30.2	100

