



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Reports for Extension/Outreach Activities Carried out in Year 2019

Name of Activity	Yoga Awareness Campaign
Date of Conduction	21-06-2019
Organized by	Department of Yogashastra
Student Participated	100

Brief Report

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad organized a Yoga Awareness Camp for students and local community, promoting physical health, mental well-being, and social cohesion, aligning with educational and community development goals to observe International Yoga Day. The Awareness Camp aimed to promote physical and mental health, raise awareness about yoga benefits, provide stress management tools, preserve yoga as a cultural heritage, foster community engagement, and integrate wellness into education for better academic performance. The Camp offered numerous benefits, including improved physical health, chronic disease prevention, and improved posture and balance. The camp promoted mental and emotional well-being, stress reduction, emotional regulation, improved focus and concentration through the eternal teaching that Yoga is an integral part of Indian cultural heritage, promoting cultural exchange and preservation.





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Glimpses of Yoga Awareness Campaign organized on 21-06-2019

The camp promoted a balanced approach to student development, combining academic, physical, and emotional growth, aligning with BAMU's goal of fostering well-rounded individuals. By opening the camp to the community, BAMU strengthened its relationship with local residents, positioning the university as a hub for community wellness and development. The camp contributed to improved public health and well-being, reducing the prevalence of lifestyle-related diseases and enhancing the quality of life for community members. The camp encouraged a shift towards a healthier lifestyle, promoting positive changes that can lead to long-term benefits for both individuals and the community as a whole.

Organizing a Yoga Awareness Camp by Dr. Babasaheb Ambedkar Marathwada University in Aurangabad was a significant step towards promoting holistic health, cultural preservation, and community engagement. It benefitted not only the university's students by enhancing their academic and personal development but also the broader community by fostering a culture of health and well-being. Through such initiative, Dr. BAMU reinforced its role as an educational institution that is committed to the holistic development of its students and the betterment of society.

The event was graced by Hon'ble Professor Dr. Devanand Shinde (Hon'ble Vice Chancellor), Professor Dr. W. K. Sarwade, Professor Dr. S. Salunke, Professor Dr. S. Pande (Registrar), Professor M. Khan among other dignitaries.



