



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Reports for Extension/Outreach Activities Carried out in Year 2023

Name of Activity	Yoga Awareness Program
Date of Conduction	21-06-2023
Organized By	Students Development Section
Student Participated	150

Brief Report

The Yoga Awareness Camp organized by the Students Development Section of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, was a significant event in celebration of International Yoga Day on 21st June, 2023. The primary objectives of the camp were to promote physical and mental well-being through yoga, educate participants on the importance and benefits of regular yoga practice, foster a sense of community and wellness among students and local residents, and celebrate International Yoga Day by engaging in healthy and mindful activities.





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Glimpses from Yoga Awareness Program. Hon'ble Pro Vice Chancellor, Deans of Respective faculties, Director (Students Development section) graced the event.

The event featured an inauguration ceremony, motivational speeches, yoga sessions, educational talks, and community engagement. The main highlight of the event was the morning yoga session, demonstration of advanced yoga techniques, and interactive workshops. Educational talks and workshops provided a deeper understanding of yoga and its benefits, such as the benefits of yoga for mental health, yoga and diet, and yoga for different age groups. Community engagement and participation from local residents were also key to the success of the event. A special yoga session was organized for local residents, encouraging them to embrace yoga as part of their daily routine. Open discussion and feedback allowed participants to share their experiences and provide feedback on the event, fostering a sense of community involvement and continuous improvement. Key outcomes of the Yoga Awareness Camp included enhanced awareness, community engagement, commitment to wellness, and educational impact. Feedback from participants was positive, with many expressing gratitude for the university's efforts in organizing the camp and the opportunity to learn about and practice yoga in a supportive environment. Future plans for the university include organizing regular yoga camps and workshops to promote continuous engagement with yoga practices and expanding community outreach to more local communities.



Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,

