



## e-Newsletter

# Guru Angad Dev Veterinary & Animal Sciences University, Ludhiana (Punjab)

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April - June 2019 (2)

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### From the Desk of the Vice-Chancellor



GADVASU has been ranked as the number 5 amongst the State Agricultural University in ICAR, New Delhi Ranking at National Level and 1<sup>st</sup> State agricultural University to be extant in amongst the top 300 coveted universities across globe by the survey undertaken by Global Ranking of Academic Subjects (GRAS) Shanghai (China). In the ensuing years, we will continue our efforts in transforming this institution as a Nation's pride and subsequently as National Advisory Centre where pragmatic decisions and advisory services for future growth of this Animal Husbandry Sector will be undertaken. This becomes more paramount as per new framework outlined by the Central Government in carving out a new ministry of Animal Husbandry, dairy and fisheries Vis-a-Vis an opportunity and a great challenge for the scientific fraternity of this University to steer the Livestock sector. This is enunciated due to the tremendous valuable output rendered out by our scientific staff through their continual unflinching effort and remarkable progress made within thirteen years of the existence of this university. The University's immediate priority in light of this paradigm change in setup of Animal Husbandry Ministry at National level, is to have a robust focussed road map of guiding document with defined priorities and thrust areas to respond to the present and future challenges facing livestock and fishery and dairy sector with reinforced emphasis on doubling the farmer's income via diversification in Agriculture.

To achieve these targets, heavy investment(s) for generating the required human resource with the requisite expertise in various areas of knowledge in veterinary, dairy and fishery sciences is being undertaken. The number of veterinary graduates produced each year is still far below the required level(s). An attempt to meet the increased demand; enrolled Undergraduate and Post-graduate were awarded degrees on successful completion of their degree programmes. The outstanding students were given merit certificates and Gold Medal(s). Further, to keep this torch of education ablaze in centres of learning; students (>350) were admitted to various Undergraduate programmes (B.V.Sc &AH, BFSc, BTech (Dairy) an Animal Biotechnology) and in various disciplines in Masters Programmes of all the constituent colleges of the University in the Academic Year 2019-20 for human resource development. Research focus would be rejigged to develop cutting edge technologies to increase the animal productivity while mitigating the effects of climate change on livestock productivity. For accurate and efficient disease diagnosis and treatment, excellence in clinical services shall be developed with super-specialty at species level and advancements in medicine, surgery and reproduction. Creation of Digitalized Animal Disease Registry and Blood Bank for continuous betterment, critical care of animal health, for better understanding of disease process and to strengthen surveillance and epidemiology of important economic disease(s) would be established. Priority would be to generate cost effective technologies for benefit of farmers. Animal Husbandry Extension Network and Skill development centre for demonstration and dissemination of technologies and services would be further strengthened. More short term courses for training livestock entrepreneurs would be introduced to equip them with latest production and management technique(s) and approved technologies for garnering the optimum output from livestock in the field of animal health, fisheries science and dairy technology.

GADVASU newsletter has been bringing to fore the yeoman's service done by the University faculty, staff for the populace directly or indirectly affiliated with livestock health and their concern(s) and hope to get grander involvement from them in terms of realization of our every sincere efforts in plummeting their agony and resultant value added growth. Also, I would like to invite our esteemed readers, veterinarians and alma matter across state and overseas to send valuable comments, suggestion(s) and visionary statement(s) that will facilitate abridging linkages between institution and field situation in harnessing rich potentials, unparalleled and undiscovered methodologies for the betterment and growth of livestock sector/fisheries sector in our country in light of positive flip to this Animal Husbandry Sector at National and State level.

Dr A S Nanda  
Vice-Chancellor

## GADVASU Ranked Among Top 10 Agricultural Universities and ICAR Institutes for the year 2018

### At National Level:

Guru Angad Dev Veterinary and Animal Sciences University (GADVASU) has been ranked number five amongst all Agricultural Universities (AUs) and number eight amongst AUs and ICAR institution(s) by the Indian Council of Agricultural Research (ICAR) for the year 2018. The ICAR ranked the universities and institutes based on their overall performance in academic, research and extension activities.

### At International Level:

GADVASU got coveted place in top 300 positions amongst 4000 institutions in the Global Ranking of Academic Subjects (GRAS) 2019, released by Shanghai Ranking Consultancy Shanghai (China). GADVASU has performed excellently encompassing all parameters of evaluation and became the only state university in India to be in Global Ranking under, GRAS 2019. The Vice-Chancellor of GADVASU, Dr Amarjit Singh Nanda dedicated the achievement and feat to all faculty, staff and students of the university. He said that in a short span of 13 years since 2006, when GADVASU came into existence, the Vet varsity had taken great strides to meet the demand of the livestock sector.

### Award function

Annual Award Function of the university was held on May 29<sup>th</sup>, 2019. Sh. R. K. Chaudhary (IAS), Secretary, Animal Husbandry, Fisheries and Dairy Development was the chief guest. He appreciated the academic, research and extension work of the university and emphasized on having collaboration(s) between GADVASU and the State Animal Husbandry Department to deliver better outcome to the farmers. Dr. A.S. Nanda, Vice-Chancellor, GADVASU encouraged the scientists of the university to work on genomics and quality germplasm for breed improvement, especially the buffalo breed improvement and conservation. Various faculty members were awarded under academic, research and extension categories. Teachers and Scientists who earned prestigious research projects and developed different technologies were also awarded with appreciation certificates and memento. A cultural programme was also showcased by students of university. Senior

officials of Animal Husbandry Department, Punjab, retirees of the university, officers, faculty members, employees and a large number of students and their parents graced the function.



Dr C S Randhawa given Best Teacher Award



Sh. R. K. Chaudhary (IAS) giving away Award

Dr(s) Charanjeet Singh Randhawa, Nirbhay Kumar Singh, Jaswinder Singh, Anil Kumar Arora, Ashwani Kumar, Harsh Panwar, Ram Saran Sethi and Abhed Pandey were given Best Teacher Award. Dr Vandana Sangwan was adjudged as Best Clinician. Dr(s) Nitin Mehta, Surjya Narayan Datta, Sunil Kumar and Chandra Shekhar Mukhopadhyay were given Best Researchers Award. Dr(s). Jaspal Singh Hundal, Ajeet Singh and Gopika Talwar were awarded as Best Extension Workers. Dr. Balwinder Kumar was given Best Extension Worker Award Outstanding and Dr. Simrinder Singh Sodhi was given Best Administrative Support Award. Three non-teaching staff members, viz. Mr. Arvinder Singh, Harpreet Kaur and Joginder Singh were adjudged as Best Non-Teaching Employees.

## DBT team lauds Vet Varsity Canine & Research Infrastructure

Advisors to DBT, Government of India, Dr S R Rao, Dr A K Rawat and other eminent scientists visited GADVASU to review the progress of ongoing DBT - GADVASU Canine Research Centre and Networks project. The DBT had granted Rs. 10.30 crore for DBT - GADVASU - Canine Research Centre which include 3 Network Projects, 11 In-house Research and Development projects and 3 projects to establish facilities and services. The team visited the newly established research units of the Canine Research Centre viz., Veterinary Hospital Database Management System, Canine orthopaedics, Semen cryopreservation, Dental unit, Renal disease unit, Gastroenterology as well as the Project monitoring unit.



VC, GADVASU interacting with Review committee of Canine project

The visiting experts were very much captivated to witness the infrastructure facilities created under the project and lauded the efforts of the researchers to meet the objectives delineated under the project. It is pertinent to mention here that the university is working on developing a portable acoustic sensor based canine pregnancy detection system and Semen cryopreservation. In near future, apart from advanced clinical care, the facility for parentage determination in dogs using DNA Finger Printing Technique.



DBT team with investigator(s) of canine project

## Canadian delegates extols the facilities available at Vet Varsity Clinics

Dr Nigel Caulkett, Head, Department of Veterinary Clinical and Diagnostic Sciences, and six internship students from Faculty of Veterinary Medicine, University of Calgary (UoC) visited GADVASU under the two weeks students' exchange programme between GADVASU and UoC. These students performed spay/neuter surgeries, a part of Animal Birth Control (ABC) program in male and female dogs, to enhance their skills.



Students given hands on training on spay/neuter of dogs

The delegates were taken detour to dairy and poultry farms of the Punjab. They interacted with the farmers and understood the basic management, health and other practices undertaken by them and the farmers explained fostering approach of the university. Dr Nigel also delivered an expert lecture on the topic "Use of anaesthesia in veterinary patients". Students interacted with the experts and learnt the safe and fast anaesthesia techniques. The Canadian delegates exalted the efforts of the university in the area of Canine Healthcare and further yearned to share their experience(s) with fellow students in Canada.



Visit of Canadian delegation to animal farm

## Faculty Awards/ Honours/ Recognitions

### Vet Varsity Scientists excel at National Conference

Scientists and students of GADVASU and at various outstations participated in the 3<sup>rd</sup> National Conference of Society for Veterinary and Animal Husbandry Extension (SVAHE) organized at GB Pant university of Agriculture and Technology, Pantnagar (GBPUAT), Uttarakhand. At the conference, Dr. S K Kansal, Head, Department of Veterinary Extension was conferred with *Life Time Achievement Award* for his dedicated services to livestock farmers. Dr Balwinder Kumar, Deputy Director, Krishi Vigyan Kendra, Tarn Taran, Dr(s) Udeybir Singh, Jaswinder Singh and Rajesh Kasrija won the prestigious awards during the said conference. GADVASU students also won best Ph.D. and M.V.Sc. thesis award besides winning poster and oral presentation awards.



Life time achievement award to Dr Kansal



Award winners at conference

### GADVASU faculty awarded at National Seminar

Dr Balwinder Kumar (Deputy Director, Training) KVK, Booh and Dr Y S Jadoun, Department of Veterinary and Animal Husbandry Extension Education, GADVASU were awarded with Paramount Achievement Award and Young Achiever Award, respectively at the National Seminar organized by Society for the Advancement of Human and Nature at Nauni, Solan.

## Guest Lecture

A guest lecture under Adjunct Faculty Programme was held from March 25–31, 2019. Dr. J R Rao, Former Emeritus Scientist, NAARM, Hyderabad was the resource person for the programme. The programme comprised of expert lectures and interactive sessions on intellectual property management, technology commercialization, patent landscape in immunobiologicals of infectious diseases and immunobiotechnological tools in early diagnosis of parasitic infections. Dr. Rao emphasized on the concerted efforts to demystify Intellectual Property, create public awareness and promote IP literacy, culture and IP audit. He also provided an overview of the need for improvement of capability to disease diagnosis, sensitivity of various immunologic tests employed for diagnosis of parasitic diseases, World Organisation for Animal Health (OIE) approved list of diagnostic tests for international trade, molecular tools to discern parasites and commercially available parasite vaccines and integrated control of vector and parasites.



Dr J R Rao given memento by Dean, COVS

## TV/ Radio Talks

- Dr Vaneeet Inder Kaur delivered a TV Talk on DD Jalandhar on the topic of 'Summer Management in Fish Culture' on April 2<sup>nd</sup>, 2019.
- Dr Grishma Tewari delivered a radio talk on All India Radio, Jalandhar under the theme 'Summer Season - the Best Season for Fish Growth' on June 10<sup>th</sup>, 2019.
- Dr Meera D. Ansal delivered a TV talk for DD Jalandhar on the topic of 'Inland Saline Water Aquaculture' on June 19<sup>th</sup>, 2019, where management practices for taking up carp and shrimp culture were discussed.

## Trainings/Workshops

### Training on Pig farming for Scheduled Caste farmers under RKVY

Trainees during one week programme were provided knowledge about pig breeds, breeding, management, shed design, weather management, vaccination protocols, diseases and their prevention, value addition of pork, economics of pig farm etc. Practical training on handling of pig, measuring temperature, signs of healthy animals was also provided to the participants. They were also given start-up kit comprising of literature relevant to pig farming, mineral mixture for pigs, subscription of university Punjabi magazine Vigyanak Pashu Palan free of cost under RKVY.

### Dairy entrepreneurship programme under RPL

GADVASU organized Recognition of Prior Learning (RPL) training programme for Dairy farmers/entrepreneur(s) at Village Barsal, (Ludhiana) under the Pradhan Mantri Kaushal Vikas Yojana (PMKVY), a flagship scheme of the Ministry of Skill Development and Entrepreneurship (MSDE), Government of India, for providing training to 2000 dairy farmers on job role dairy farmer/entrepreneur to farmers of the Punjab. A total of 11 dairy farmers participated in the training and got benefitted. The trainees were encouraged to adopt scientific ways of livestock rearing to improve their economic status as well as livelihood security.



Participants of RPL in Dairy entrepreneurship

### Training in Poultry farming

GADVASU conducted a two week poultry training programme for 41 farmers from Punjab and Uttar Pradesh. Farmers were apprised about specific breeds and strains of the poultry stock, construction of modern sheds, hatchery management, prevention

from heat and cold during environment stress, economical and balanced ration for different stages of the birds, making different products from egg and meat, their branding, vaccination in birds, biosecurity, post mortem examination, preparation of project reports for borrowing loans, etc. Farmers' visit to nearby commercial poultry farm and interaction with poultry farmers were organized and were urged to participate in Pashu Palan melas for keep-in up to date.



Dr H K Verma delivered lecture to poultry farmers

### Training Program on Disease Surveillance in Aquaculture

College of Fisheries, GADVASU organised one day training-cum-awareness programme on "Importance of aquatic animal disease surveillance in aquaculture environment" under the Indian Council of Agricultural Research and National Fisheries Development Board (ICAR-NFDB) funded project on 'National Surveillance on Aquatic Animal Disease'. A total of 24 farmers participated in the training and learnt about the shrimp farming practices, currently prevailing diseases and prevention protocols. Dr H K Verma, Director of Extension Education and Dean, College of Fisheries, Dr K S Sandhu inaugurated the training programme. The participants were sensitized about the sources of Specific Pathogen Free (SPF) seed, role of Coastal Aquaculture Authority (CAA) and Rajiv Gandhi Centre for Aquaculture (RGCA), importance of disease surveillance in shrimp farming, site selection, farm design, biosecurity measures, best management practices for sustainable shrimp farming, feed management and biofloc technology to increase and double the farmers' income. The farmers were also given exposure to onsite and point of care disease diagnostic tool (farmer level kit) for quick detection of shrimp pathogens.



Dr H K Verma and Dr K S Sandhu inaugurating the programme

In addition to this training programme, the College of Fisheries has organised various on site awareness programmes on 'Surveillance of Aquatic Animal Diseases' in districts Mansa, Sri Mukatsar Sahib, Fazilka and Bathinda.

### Advisory for fish farmers

College of Fisheries issued advisory for fish farmers as fish being cold blooded grows faster during summer months and hence, needs scientific management for optimized production.

Provision of sufficient comfortable zone to fish below the surface layer by maintaining 5-6 feet water depth, partial shading of the pond with non-deciduous trees, taking care of the water quality, providing aeration, partial water exchange, i. e. use of nutrient rich pond water to irrigate the paddy fields and adding fresh water in the fish ponds, etc. are the recommendations made to provide proper aquatic environment to the fish.

Experts recommended the examination of diurnal variation in water pH, keeping pond(s) rich in plankton through mixed utilization of organic manures and inorganic fertilizers and use of fully decomposed organic manures.



Hands on training for fish growers

### Advisory on care and management of animals during summer season

GADVASU issued farmers' advisory on management of livestock during summer season. Department of Livestock Production Management recommended proper shelter and housing management, water application, changes in feeding regime, preventive health management etc. as some of the techniques to minimize the effect of thermal stress, caused due to scorching heat. The ventilated sheds with proper standing and resting space for dairy animals and plantation of shady trees around the sheds for further cooling was also recommended. Water splashing, showering, sprinkling and fogging of water on animals, inside the shed 3-4 times during hottest part of the day (11 AM to 4 PM) reduces heat load and enhance productivity due to evaporative cooling.

Department of Animal Nutrition advised that concentrate mixture containing more than 18% digestible protein and 70% energy contents along with palatable, digestible and laxative fodders for animals. Increase in proportion of green fodder is recommended.

Department of Veterinary Parasitology advocated that the proper de-worming and vaccination schedule be practised for maintaining the health of animal.



Buffaloes kept under water sprinklers

### IFFA Meetings

- A meeting of Innovative Fish Farmer's Association (IFFA) was held at fish farm of a member of IFFA (Mr. Karminder Singh) at Village Jhakrodi, Distt. Ludhiana on April 18, 2019. Experts from the university discussed with farmers on various fish farming activities with special reference to seasonal operations. Farmers were also informed about importance and appropriate use

of Mahua oil cake in fish pond.

- A meeting of Innovative Fish farmers Association (IFFA) was held on May 16, 2019 at College of Fisheries, GADVASU, Ludhiana. Along with general issues regarding fish farming, experts delivered specialized lectures on 'Biofloc Technology for Aquaculture'.



University expert delivering lecture to fish farmers

### Visits of outside students

- Undergraduate and postgraduate students from Department of Zoology, Lovely Professional University, Phagwara visited the College of Fisheries on April 4, 2019. The visitors were appraised about fish culture and management practices along with recent technologies related to aquaculture.



Students of LPU interacting with faculty of College of Fisheries

- Students from Sat Paul Mittal School, Ludhiana visited College of Fisheries on April 15 and 16, 2019. Students visited various laboratories and demonstration units and were given information about various fish farm activities.
- The B.F.Sc. final year students (41) from College of Fisheries, Mangaluru visited College of Fisheries, GADVASU under Educational Tour on May 29, 2019. Lecture-cum-visit to various demonstration units was arranged for the students.

### Air Pollution Awareness program

GADVASU celebrated World Environment Day in collaboration with NABARD Punjab under on 6th June, 2019. Dr A S Nanda, Vice-Chancellor, GADVASU was the Chief Guest. Dr Nanda emphasized on minimizing the use of materials contaminating the environment and reminded the audience that it is responsibility of every individual to make India clean by beating air pollution. Trees were planted on the occasion for reducing air pollution. On the spot poster making competition was also held and best three posters prepared by students were awarded. Sh. Parveen Bhatia, Assistant General Manager, NABARD informed that NABARD had also launched the campaign against paddy straw burning (crop residue management) in 320 villages of district Ludhiana. He thanked GADVASU and other departments for joining hands for celebrating this day.



Dr Nanda, VC-GADVASU planting a tree

### Book of alumnus released

*Finding Julia*, second book by Rana Preet Gill, an alumni of the university was released. The function was organized under the aegis of Young writers association, GADVASU. The alma mater of Rana Preet Gill, GADVASU awarded her Distinguished Alumni Award for providing excellent services to the farming community.



Book release function at GADVASU

## Krishi Vigyan Kendra (KVK) Trainings of GADVASU

### Training on Bee-Keeping

KVK Barnala organized five days Bee-Keeping training programme for rural youth under the Project “**Attracting & Retaining of Youth in Agriculture**” (ARYA). The trainees were imparted technical knowhow on different aspects of bee keeping like identification of important caste of honey bee, European bee life cycle, seasonal management, queen bee rearing, laying worker, availability of flora, feed and feeding management, demonstration on honey extraction and management of insect-pests and diseases of honey bee. Practical aspects of bee-keeping were emphasized besides imparting knowledge on preparation of value added product(s) from honey like honey-ginger syrup, honey turmeric, ginger antiseptic and honey-lime.



Training on rearing of Honey bees

### Farmers' Awareness Camp

KVK Booh, Tarn Taran organized one day camp on ‘**Management of farm animals during summer season**’. More than forty farmers participated in the awareness camp at KVK campus and gained scientific knowledge on various aspects of dairy farming viz. clean milk production, feeding, artificial insemination related techniques, scientific breeding interventions and prevention and control of diseases due to thermal stress. Farmers were encouraged to manage their dairy animals and farms scientifically, especially during summer season. Experts from KVK and GADVASU interacted with farmers regarding housing management practices, treatment and control of diseases, and informed the farmers about initiatives of the university for the upliftment of livestock sector in the state.

### Vocational training on bakery products

KVK, SAS Nagar (Mohali) organized one week vocational training on “**Development of value added products through baking**” at village Sahauran. A total of 19 farm women participated in the training programme to enrich their knowledge for adopting baking technology as a profession. Participants were demonstrated value added products of cereals and millets and products like cake(s), bread(s), brownie(s), muffin(s), cookie(s) and biscuit(s) were prepared during the training.



Practical demonstration on making value added bakery products

### Training on scientific poultry farming

KVK, SAS Nagar (Mohali) of the university organized one week vocational training on ‘**Scientific Poultry Farming**’. A total of seventeen farmers took part in training programme and got benefitted. Participants were imparted knowhow on various aspects of poultry farming, viz. comfortable housing management of poultry, breeds of poultry, feeding management, record keeping, diseases of poultry, economics of poultry production, etc. They were also encouraged for poultry farming in integration with aquaculture and horticulture. An exposure visit was also arranged for participants to Central poultry Development Organization (CPDO), Chandigarh.



Poultry farming trainees during exposure visit

### Training on Scientific Pig Farming

KVK, Booh, Tarn Taran organized a vocational training on 'Scientific Pig Farming' at its campus. A total of 40 farmers participated in the training course and acquired scientific knowledge on various aspects of pig farming viz. breeds of pigs, breeding, feeding, artificial insemination, feeding and management, rearing piglets, marketing, scientific breeding interventions and prevention and control of zoonotic diseases. During training course, an exposure visit of farmers was also conducted to the Farmer Field School set up by KVK at Sandhu Pig Farm, Sarhali Kalan for practical learning.



Participants of pig training programme

### Training on Fish Farming

KVK, Barnala organized a vocational training on Fish Farming for self-employment in which 24 farmers participated and gained the practical knowledge on different types of fishes, breeding and rearing, their integration with agriculture and livestock farming systems for efficient recycling of waste, various diseases and their control, seasonal management, preparation of fish feed, management of fish pond and value addition of fish. Farmers were also imparted knowledge about integrated fish-cum-pig farming, fish-cum-agriculture and fish-cum-horticulture for uplifting their economic status. An exposure visit was also arranged at integrated fish-cum pig farm at village Sekha, where participant learned from the experiences of progressive farmer Mr. Gurmail Singh.



Participants of fisheries training programme

### Meeting for formation of Farmers' Producer Organization

KVK, Booh, Tarn Taran organised a group meeting of diversified group of progressive farmers of district Tarn Taran, Punjab regarding formation of Farmers' Producer Organization. The NABARD representative also participated in the meeting. Farmers were briefed about the importance of formation of Farmers' Producer Organization (FPO) so that maximum number of farmers get benefited from the different schemes of the Government. Farmers were made aware of FPOs running successfully in other districts of the state.



Meeting of Farmers' Producer Organization

### Pledge to cast vote in Lok Sabha Elections

In a bid to achieve the target of 100% voting in the Lok Sabha elections in the State, the NSS wing of the university organised a voter awareness programme at the university campus. As per the Election Commission of India guidelines, all the students, faculty and other participating volunteers were administered oath for casting their vote. Further, they were also encouraged to motivate their near and dears also to exercise their right to vote.



Voters awareness programme

## Festivities at Parkash Purb of Guru Angad Dev ji

GADVASU celebrated the Parkash Purb of Guru Angad Dev Ji. The Bhog of Sri Akhand Path of Shri Guru Granth Sahib ji was solmenised by devotees at university campus. Community langar was also served after the bhog. It is pertinent to mention that the Guru ji was the thorough animal lover and a number of sick and injured animals got treatment in his personal care. Faculty, non-teaching staff and students of the university participated with zeal and contributed their services in the festivities.



Gurpurav festivities

## University commemorated fifth Guru by organizing 'Chhabeel'

To commemorate the supreme sacrifice of fifth Guru Sri Guru Arjan Dev Ji a *Chhabeel* was arranged at GADVASU, Ludhiana. The martyrdom of Guru Arjan Dev Ji gives us a strong message of humanity and service of the people's. The university fraternity contributed wholeheartedly for this holy cause.



Chhabeel was served to the commuters

## NSS volunteers achieve clean campus target

National Service Scheme (NSS) team of the university worked towards achieving the target of clean campus. Ms. Madhu Bala, Regional Director NSS from Directorate of Youth Services, Punjab inaugurated the cleanliness drive. All the volunteers enthusiastically

participated in the event and cleaned the university campus. Ms. Madhu Bala addressed the volunteers and said that environmental conservation is need of the hour, failing which next generations will suffer owing to the ill effects of climate change



NSS volunteers cleaning campus

## International Yoga Day

National Service Scheme (NSS) volunteers, faculty, non-teaching staff and students of the university took part in yoga session at the Athletic Tracks of university to commemorate 5th International Yoga Day. It was all about spirit of healthy living and fitness. The one day yoga camp got off to a vigorous start with volunteers getting exposed to a blend of yoga asanas including pranayam, surya namaskar and brief lecture on varied aspects of healthy lifestyle. Participants were motivated to maintain a pollution-free environment to breath fresh air, not to use plastic bags and plant more and more trees. Various life changing techniques of Yoga were dwelled upon during the practice session.



Yoga in progress