

Kasegaon Education Society's

Arts and Commerce College, Kasegaon

Tal - Walwa, Dist - Sangli.

Yoga and Health Care Center

Our College has facility of Yoga and Health Care Center. Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Today, most Westerners do yoga for exercise or to reduce stress. We focus on health promotion, illness prevention, referrals, health and nutrition education. Our goal is to advocate, inform and empower students in making sound health care decisions and lifestyle changes. Health Care Center is committed to assisting students in their acquisition of the knowledge, skills, behaviors, and attitudes necessary to become self-directed health advocates in pursuit of their intellectual development.

