



**GUJARAT TECHNOLOGICAL UNIVERSITY
NATIONAL SERVICE SCHEME
PIONEER PHARMACY DEGREE COLLEGE, VADODARA**

**A Report on 8th INTERNATIONAL YOGA DAY CELEBRATION held on 21st JUNE
2022**

NSS Unit Name / College Name: PIONEER PHARMACY DEGREE COLLEGE
(235)

Event Name: 8th International Yoga Day Celebration

Program Officer: Dr. Sapna Desai

Event Date, Time and Location: 21st June, 9.00 AM onwards, Bakrol Primary
School

Brief Description of Event:

NSS Program Officer of Pioneer Pharmacy Degree College, Vadodara carried out Yoga Session dated 21st June 2022 on occasion of 8th International Yoga Day for the students of Bakrol Primary School, Bakrol, Vadodara, Gujarat. Students of Pioneer Pharmacy Degree College taught different Yoga Sana to students of Bakrol Primary Students. Total 40 students participated in camp. Event guidance to students given by Panch Prakalp Officer Dr. Sapna Desai and Panch Prakalp Co-ordinator Mrs. Rashmi Jagtap, Pioneer Pharmacy Degree College (235), NSS Unit, Vadodara.

Major Outcomes of Event:

The purpose of yoga is to build strength, awareness and harmony in both the mind and body. While there are more than 100 different types of yoga, most sessions typically include breathing exercises, meditation, and assuming postures (sometimes called asana or poses) that stretch and flex various muscle groups. Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga offer psychological benefits for children as well

Physical Benefits of Yoga:

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Yoga Coach. “Yoga can also lower blood pressure and reduce insomnia.”

Other physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

Mental benefits

Apart from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. “Stress can be relieved by itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate,” says Yoga Coach. “Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.”

Yoga’s incorporation of meditation and breathing can help improve a person’s mental well-being. “Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration,” says Yoga Coach Rama Vats. Body- and self-awareness are particularly beneficial, she adds, “Because they can help with early detection of physical problems and allow for early preventive action.

Event Photographs:







Program Officer:

Dr. Sapna Desai

NSS Unit Officer

Pioneer Pharmacy Degree
College (235), Vadodara

Principal:

Dr. D.B. Meshram

PPDC NSS Unit

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