

Banarsidas Chandiwala Institute of Physiotherapy

Event Report Title: International Yoga Day Celebration by NSS Unit

Date: 21th June 2024

General

The International Day of Yoga was celebrated with great enthusiasm on June 21, 2024, at the Banarsidas Chandiwala Institute of Physiotherapy. The theme for this year's celebration was "Yoga for Self and Society," reflecting the holistic benefits of yoga for both individuals and the community.

Objective

1. Promote Physical and Mental Well-being:

- Encourage participants to engage in yoga practices that enhance physical health, flexibility, strength, and mental clarity.

2. Foster a Sense of Community:

- Bring together faculty, staff, and medically fit patients in a shared activity, promoting social cohesion and mutual support.

3. Raise Awareness about Yoga:

- Educate participants about the significance of International Yoga Day and the theme "Yoga for Self and Society."

4. Encourage Healthy Lifestyle Choices:

- Inspire participants to integrate yoga into their daily routines as a sustainable practice for maintaining overall health.

5. Strengthen Institutional Bonds:

- Enhance the sense of unity and collaboration among faculty, staff, and patients through a collective wellness activity.

Event Coordination and Participation: The event was meticulously coordinated by the NSS program officer, who ensured smooth arrangements and active participation. Faculty, staff, and patients, who were medically fit, were invited to join the celebration, making it a diverse and inclusive event. Additionally, students participated from their homes, sharing photos and videos of their yoga practice, which were displayed during the event.

Highlights of the Event:

1. **Inauguration:** The celebration commenced at 11:00 AM with a brief introduction to the significance of International Yoga Day and the chosen theme for this year. The

opening speech highlighted how yoga contributes to personal well-being and fosters a sense of community.

2. **Yoga Session:** A comprehensive yoga session was conducted, featuring various asanas, pranayama (breathing exercises), and meditation techniques. Our Director Dr. C.S Ram guided the participants through the session, ensuring that everyone could follow along regardless of their experience level.
3. **Participation of Patients:** This year, a special effort was made to include patients in the celebration, subject to their medical fitness. Their participation underscored the therapeutic benefits of yoga, aligning with the theme of promoting well-being within the community.
4. **Interactive Segment:** An interactive segment allowed participants to share their experiences with yoga and its impact on their lives. This session fostered a sense of camaraderie and mutual encouragement among the participants.

Attendees

Total Students who attended the event: 20

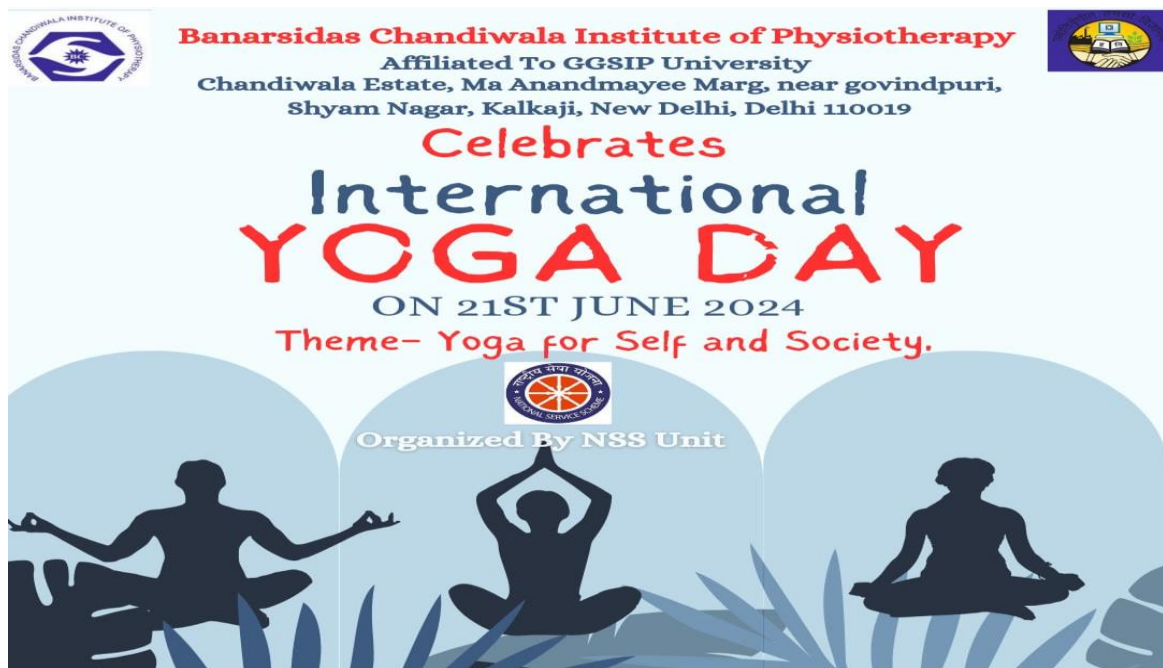
Total Faculty who attended the event: 15

Total patient who attended the event: 4

Conclusion

The International Day of Yoga celebration was a resounding success, reflecting the theme "Yoga for Self and Society" through active participation and a shared commitment to well-being. The event not only promoted physical and mental health but also strengthened the sense of community within the institution.

The coordination by the NSS and OPD Faculty was commendable, ensuring a well-organized and engaging event. Participants left with a renewed appreciation for yoga and its benefits, looking forward to incorporating it into their daily routines.





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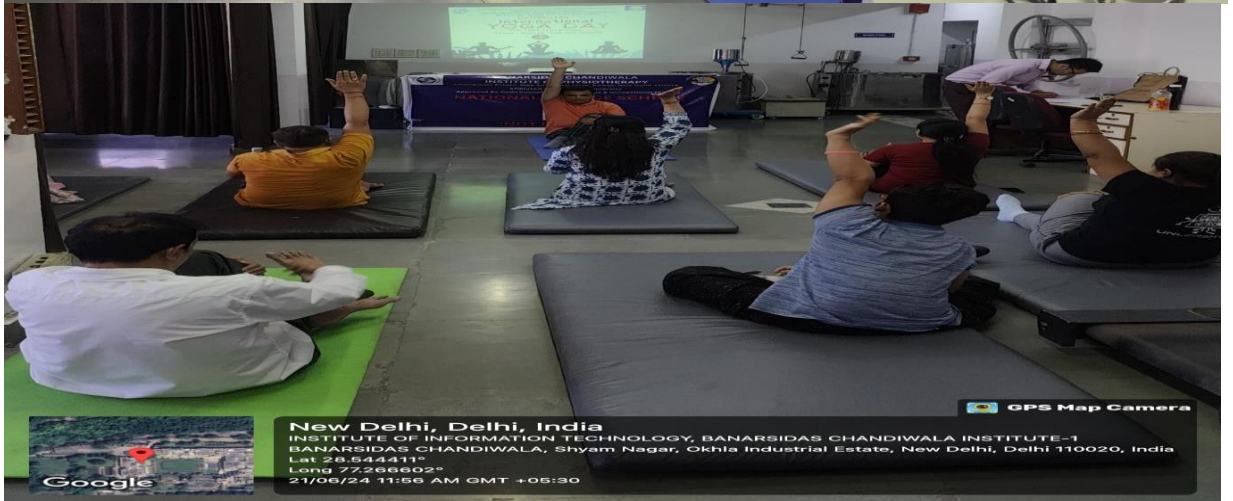
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