



Banarsidas Chandiwala Institute of Physiotherapy

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Awareness Campaign on Healthy Lifestyle for a Sustainable Environment

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The NSS Club of Banarsidas Chandiwala Institute of Physiotherapy (BCIP) organized an Awareness Campaign on "Healthy Lifestyle for a Sustainable Environment" at an Old Age Home. This initiative aimed to educate the elderly about the benefits of adopting a healthy lifestyle, the importance of yoga, and the role of sustainable living practices. A dedicated yoga session was conducted during the campaign, with residents actively participating in simple yet effective yoga exercises.

The geriatric participants experienced significant benefits, expressing joy and enthusiasm throughout the session. Many shared that they felt inspired to integrate yoga into their daily routines, recognizing its positive impact on their physical and mental well-being. The session also provided an opportunity for the residents to articulate their understanding of yoga, fostering deeper engagement. Meditation exercises further enhanced their sense of relaxation and mental tranquillity.

For the students involved, the campaign offered a valuable experiential learning platform. They gained firsthand experience in organizing community health initiatives, refined their communication and interpersonal skills through interactions with the elderly, and developed a stronger appreciation for the holistic benefits of yoga and meditation. This activity reinforced their ability to deliver meaningful health interventions, contributing to the institute's commitment to promoting community health and well-being.

