



Office-Principal

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Towards Excellence...

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Report

Title: "Yoga for Wellness": Health Awareness Programme

Organizing Agency: National Service Scheme Unit

Date: 12.10.2021

Location: College Campus

Number of Participants: 36

Objective:

To conduct a health awareness programme based on yoga, promoting physical, mental, and emotional well-being among participants.

Programme Highlights:

- Yoga sessions led by certified instructors
- Interactive sessions on stress management, nutrition, and lifestyle
- Demonstrations of yoga techniques for common health issues
- Distribution of yoga guides and health resources

Participant Feedback:

- "The programme helped me understand the benefits of yoga for my overall health!"
- "I learned simple yet effective yoga techniques to manage stress and improve flexibility!"
- "This programme inspired me to make yoga a part of my daily routine!"

Outcomes:

- Increased awareness about the benefits of yoga for physical and mental health
- Improved understanding of stress management and relaxation techniques
- Enhanced flexibility and balance among participants
- Encouragement of healthy lifestyle habits

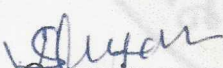


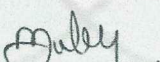
Recommendations:

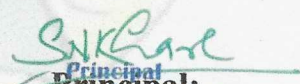
- Conduct regular yoga sessions and health awareness programmes
- Collaborate with healthcare professionals to provide comprehensive resources
- Encourage participants to share their experiences and inspire others

Conclusion:

The "Yoga for Wellness" programme was a successful initiative, promoting health awareness and encouraging participants to adopt yoga to achieve overall well-being. By continuing to prioritize yoga and health education, we can empower individuals to take control of their health and foster a healthier community.


Organizer:
 Smt. Vijya Shyam
 N.S.S. In charge


Coordinator:
 Dr. Aradhna Dubey
 Coordinator, IQAC


Principal:
 Govt. J.M.C. Mahila
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