PARUL UNIVERSITY

NATIONAL SERVICE SCHEME (NSS) UNIT OF JNHMC INTERNATIONAL YOGA DAY

Date: - 07-06-2020

CIRCULAR

All the faculty members and students of Jawaharlal Homoeopathic Medical College are hereby informed that NSS unit Of JNHMC, Parul University is going to organizean Online Yoga On Occasion of **International Yoga Day** on **21-06-2020** between **7:00 AM to 9:00 AM**.

All faculty advisers are instructed to do the needful and ensuring the full attendance for the same.

Dr. Bhavik Purohit NSS Programme Officer JNHMC, Parul University

PARUL UNIVERSITY

NATIONAL SERVICE SCHEME (NSS) UNIT OF JNHMC

INTERNATIONAL YOGA DAY CELEBRATED ON 21ST JUNE2020

International Yoga Day is observed every year on 21 June worldwide. The day came into existence in 2015 after being declared unanimously by the United National General Assembly (UNGA). Yoga is a mental, physical, and spiritual practice that roots back to India. It is celebrated by JNHMC Staff and NSS Unit and Its member and Students Online.

GENERAL DETAILS:-

- ❖ Occasion :- International Yoga Day
- Organized By :- NSS Unit of JNHMC
- ❖ Mode of Celebration : Online
- ❖ Participated By: Homoeopathic Staff 5, Students 50 of JNHMC.
- ❖ Date of Celebration :- 21/06/2020
- Name of Guide :- Dr.Poorav Desai
- Name of Programme In charge : Dr.Bhavik Purohit
- Name of Programme Co-Ordinator: Dr.Chirag Patel and Dr Vidita Rathava

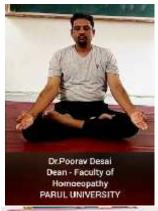
BRIEF ON YOGA DAY:-

June 21 as International Yoga Day as it is the longest day of the year in the Northern Hemisphere. The day holds a special significance in India as well as other parts of the world. The idea of Yoga Day celebration was proposed by PM Modi during his speech at the UNGA in September 2014. During his speech, he said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world, and nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."

BENEFITS OF YOGA

Yoga comprises of different asanas targetted towards the healing of particular physical and mental health issues. Yoga poses function by stretching the muscles. The yoga asanas help you move better while relieving tiredness or laziness. After a good yoga session, one feels less stressed and more relaxed both in the body and the mind. Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart disease, and people who've had a stroke. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system function.

GLIMPSE OF YOGA CELEBRATION











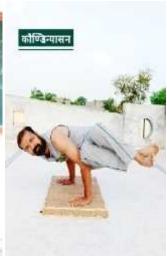














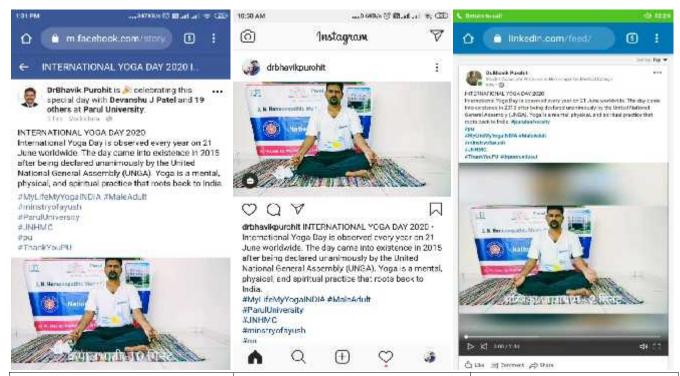








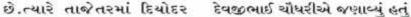
INTERNATIONAL YOGA DAY CELEBRATED POST ON SOCIAL MEDIA:-



http://www.facebook.com/story.p hp?story_fbid=3352002071585835 &id=100003282260832&scmts=sc wspsdd&extid=MkPfeEIP7Ar2kioB

https://www.instagram.com/tv/CBrz tr8jlFtb3YbOnDjL647GVM42l7qhWV hHbl0//igshid=16clm51g5pv3k https://www.linkedin.com/feed/ update/activity:6680374455807 69280

NESW IN:-





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Attendance (21-06-2020) International Yoga Day Celebrated by NSS Unit of JNHMC					
Sr. No	Name	Year	Online		
1	Dr Bhavik Purohit	Faculty	Rresent		
2	Dr Poorav Desai	Faculty	Present		
. 3	Dr Dhaval Jadav	Faculty	Present		
4	Dr Rakesh Gohel	Faculty	Present		
5	Dr Chirag Patel	Faculty	Present		
1	NEHA AFREEN	2nd BHMS	Present		
2	ARCHANA	2nd BHMS	Present		
,3	BAMAN UTSAV JAGDISHBHAI	2nd BHMS	Present		
4	BAMBHANIYA UMESH JAGABHAI	2nd BHMS	Present		
5	BARIA VIPULESHVER SANJAYKUMAR	2nd BHMS	Present		
6	CHAMPANERIYA RIYAKUMARI VIMALBHAI	2nd BHMS	Present		
7	CHAUHAN NEHA YOGENDRA	2nd BHMS	Present		
8	CHAVDA RAVI RAJESHBHAI	2nd BHMS	Present		
9	DAVE VAIBHAV VIJAYKUMAR	2nd BHMS	Present		
10	DESAI DISHABEN ARVINDBHAI	2nd BHMS	Present		
11	DHAMOT DIVYABEN AKHAMABHAI	2nd BHMS	Present		
12	GAHA INAYAT MANUBHAI	2nd BHMS	Present		
13	GAJERA AYUSHI ATULBHAI	2nd BHMS	Present		
14	GOLAKIYA KRIYA VINAYBHAI	2nd BHMS	Present		
15	GOLANI UMANG MAHIPATBHAI	2nd BHMS	Present		
16	GONDALIYA DENISH JITUBHAI	2nd BHMS	Present		
17	GOSWAMI VIDHİ BHARATGIRI	2nd BHMS	Present		
18	GOTI HARSHKUMAR BHAVESHBHAI	2nd BHMS	Present		
19	JINJALA VISHAL KARSHANBHAI	2nd BHMS	Present		
20	KAKADIYA NISHA MANSUKHBHAI	2nd BHMS	Present		
21	MAIYANI ISHA HARESHBHAI	2nd BHMS	Present		
22	MANSURI MOHAMAD SHAD SAFI AHAMAD	2nd BHMS	Present		
23	MISTRY KINJAL NAYANKUMAR	2nd BHMS	Present		
	NAGPAL AMISHABEN JITENDRAKUMAR	2nd BHMS	Present		
	NAVADIYA PARTHKUMAR PARESHBHAI	2nd BHMS	Present		
	PANDYA SHUBHAM PRADIPKUMAR	2nd BHMS	Present		
	PANSERIYA MEETKUMAR MAHESHBHAI	2nd BHMS	Present		
28	PATEL AMIBEN RAKESHBHAI	2nd BHMS	Present		

1	14
Lir	rida.
Vade	dara.
· Har	wara.

7=1			
	PATEL JAY SANGITBHAI	2nd BHMS	Present
20	PATEL NAIRUTYAKUMAR BHARATKUMAR	2nd BHMS	Present
31	PATEL NISTHABEN MANUBHAI	2nd BHMS	Present
32	PATEL NUAMA IQBAL	2nd BHMS	Present
33	PATEL PARTHKUMAR SHARADBHAI	2nd BHMS	Present
34	PATEL PRADIPBHAI ARVINDBHAI	2nd BHMS	Present
35	PATEL RONIL JAYESHKUMAR	2nd BHMS	Present
36	PATEL SRUSHTI DILIPBHAI	2nd BHMS	Present
37	PATEL VYOM HASMUKHBHAI	2nd BHMS	Present
38	PATEL YASH RAJESHKUMAR	2nd BHMS	Present
39	PRAJAPATI DILIPKUMAR PARBATBHAI	2nd BHMS	Present
40	RAJ DHRUVKUMAR YAJUVENDRASINH	2nd BHMS	Present
41	RAJPUROHIT DIXIT CHETAN	2nd BHMS	Present
42	RAVAL DHRUV ASHOKBHAI	2nd BHMS	Present
43	SHAH APAL BHAVESHKUMAR	2nd BHMS	Present
44	SHAH HET JIGNESHKUMAR	2nd BHMS	Present
45	SOJITRA MEET PARSOTAMBHAI	2nd BHMS	Present
46	SONDAGAR JENISHKUMAR DULABHAI	2nd BHMS	Present
47	TIWARI NITYA SARAS	2nd BHMS	Present
48	VAGHELA JANVIBEN ASHOKBHAI	2nd BHMS	Present
49	VALA DARSHAN VINODBHAI	2nd BHMS	Present
50	VANISHA SINGH	2nd BHMS	Present



Principal

Jawaharlal Nehru

Homoeopathic Medical College

Limda. Vadodara. Pin-391760.