

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 organize an 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 JUNE 2020**

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 Nations 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 members 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 targeted 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.php?story_fbid=3352002071585835&id=100003282260832&scmts=scwpsdd&extid=MkPfeIP7Ar2kioB



<https://www.instagram.com/tv/CBrztr8jIFtb3YbOnDjL647GVM42I7qhWVhHbl0//igshid=16clm51g5pv3k>




<https://www.linkedin.com/feed/update/activity:668037445580769280>

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 |  Present |
| 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 VIDHI 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 |
| 24 | NAGPAL AMISHABEN JITENDRAKUMAR | 2nd BHMS | Present |
| 25 | NAVADIYA PARTHKUMAR PARESHBHAI | 2nd BHMS | Present |
| 26 | PANDYA SHUBHAM PRADIPKUMAR | 2nd BHMS | Present |
| 27 | PANSERIYA MEETKUMAR MAHESHBHAI | 2nd BHMS | Present |
| 28 | PATEL AMIBEN RAKESHBHAI | 2nd BHMS | Present |

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| 30 | PATEL JAY SANGITBHAI | 2nd BHMS | Present |
| 31 | PATEL NAIRUTYAKUMAR BHARATKUMAR | 2nd BHMS | Present |
| 32 | PATEL NISTHABEN MANUBHAI | 2nd BHMS | Present |
| 33 | PATEL NUAMA IQBAL | 2nd BHMS | Present |
| 34 | PATEL PARTHKUMAR SHARADBHAI | 2nd BHMS | Present |
| 35 | PATEL PRADIPBHAI ARVINDBHAI | 2nd BHMS | Present |
| 36 | PATEL RONIL JAYESHKUMAR | 2nd BHMS | Present |
| 37 | PATEL SRUSHTI DILIPBHAI | 2nd BHMS | Present |
| 38 | PATEL VYOM HASMUKHBHAI | 2nd BHMS | Present |
| 39 | PATEL YASH RAJESHKUMAR | 2nd BHMS | Present |
| 40 | PRAJAPATI DILIPKUMAR PARBATBHAI | 2nd BHMS | Present |
| 41 | RAJ DHHRUVKUMAR YAJUVENDRASINH | 2nd BHMS | Present |
| 42 | RAJPUROHIT DIXIT CHETAN | 2nd BHMS | Present |
| 43 | RAVAL DHHRUV ASHOKBHAI | 2nd BHMS | Present |
| 44 | SHAH APAL BHAVESHKUMAR | 2nd BHMS | Present |
| 45 | SHAH HET JIGNESHKUMAR | 2nd BHMS | Present |
| 46 | SOJITRA MEET PARSOTAMBHAI | 2nd BHMS | Present |
| 47 | SONDAGAR JENISHKUMAR DULABHAI | 2nd BHMS | Present |
| 48 | TIWARI NITYA SARAS | 2nd BHMS | Present |
| 49 | VAGHELA JANVIBEN ASHOKBHAI | 2nd BHMS | Present |
| 50 | VALA DARSHAN VINODBHAI | 2nd BHMS | Present |
| | VANISHA SINGH | 2nd BHMS | Present |



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