

**MSP Mandal's**  
**Vinayakrao Patil Mahavidyalaya, Vaijapur**  
**National Service Scheme**  
**'Yuva Jagruk Ho: Arogya va Vyayam'**  
**Report**  
**29-08-2019**

On 29<sup>th</sup> August 2019, NSS unit organized a lecture of Dr. L. S. Bansode on the topic 'Health and Exercise.' Dr. Kishor Bholane gave the introduction of the resource person Dr. Leela Bansode to the volunteers. In her talk she told about the importance of yoga in maintenance of health. She told that yoga is combination of meditation and exercises. She further told that this is our thousands years old heritage to the world given by our ancient yogis. Before starting yoga, a person must do some micro exercises and then should go for asana, breathing exercise and later for meditation.

She told that, yoga if practiced well in our daily life then it gives us many health benefits such as Relief of stress, supports healthy habits better mental health, sleep becomes better and digestion becomes proper. It also makes neck and back stronger, reduces chance of osteoarthritis, weak person becomes healthy and overweight person loses weight. It is also helpful in quitting the addictions. It is helpful in mental growth a, maintaining hormonal balance, maintenance of sugar and blood pressure, etc. students must practice it daily as it improves our memory and concentration in study or in any field.

After this programme, the students watched the video message of 'Sudhrudh Bharat' addressed by Hon. Prime Minister Shri. Narendra Modiji in the Computer Lab. The program was concluded with vote of thanks given by Dr. Kshor Bholane.



Dr. L. S. Bansode on the topic 'Health and Exercise.'



Students viewing PM Narendra Modi's address

  
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