



**MATOSHRI BAYABAI SHRIPATRAO KADAM KANYA MAHAVIDYALAYA,
KADEGAON**

Outreached Program-2022-23

Yoga for Senior Citizen

Mohitevadgaon (1-8th December,2022)



Everyone should know about the healthy-wealthy lifestyle, but in practice it becomes very difficult to maintain/achieve. Nowadays parameters of everything are found to be changed. Unbalanced (pesticide and chemical enriched) diet, Polluted water, polluted air, affect the physical health and unwanted needs creates the mental stress. Expenses-Income ratio of the family increases day by day. Diseases like Diabetes, Heart attack, Blood pressure becomes common to age above 40. The survey of the senior citizen says, more than 80 percent are suffered from joint pains, overweight, mental stress, majority of them are found uncomfortable in their daily routine, their lifestyle found to be mismatched with healthiness, in various senses. Our Prime-Minister H'ble Naredraji Modi always talks about the healthy life style, under the campaign of '*Azadi ka Amrut Mohatchav*'. Yoga is the best relief for all type of the incurable diseases, like, Diabetes, Blood pressure.

We decided to conduct the Yoga activity in the village *Mohitevadgaon, Tal- Kadegaon*. The interested and healthy students were selected from the same village and trained by Yoga Expert *Mohanrao Mane* from nearby village *Chinchani, Tal- Kadegaon*.

With prior permission of Grampanchayat the same Camp was successfully conducted in first week of December (1st December to 8th December, 2022). On 1st December the event was inaugurated in august presence of *Mr. Shikrishna Mohite, Secretary Gramin Vikas Pratisthan, Sangli*. In the said camp villagers were trained with *Pranayam like Omkar, Bhastrika,*

Kapalbhati, Agnisar, Anulom-vilom, Bhramari, Udgat, Shitali and Dhyan Dharna etc. The valedictory function was chaired by Dr. V. Y. Kadam, Incharge Principal of our college on 8th December 2023. There are ***Ten students*** and ***Fifteen villagers*** were participated in the said event.

Convener

Principal