



B.V. Patel Institute of Commerce, Uka Tarsadia University



A Report on

“करके योग रहे स्वस्थ”

To improve the strength, balance and flexibility in our health yoga session was organized on 16th Feb. 2024 by Dr. Arpana Patel, I/c Director.

Dr. Sujit Vasava, Faculty of Physiotherapy (SRCP) was invited to conduct the session. Dr. Sujit with his team performed yoga stating the importance of yoga in our life and for our good health.

Benefits of Yoga

1. Improve strength and flexibility
2. Relief Back pain
3. Strengthening ones digestive system
4. Cure gastric problems
5. Stress Management
6. Relaxes and help in better sleep
7. Improve quality of life during illness
8. Energies your body
9. It stimulates self-care

