

CLUB PROJECT REPORT – RID 3030

Zone 1

Club Name – Rotaract Club of VSPM Physios

Project Name – Yoga Room for Geriatrics

Project Mode – Ground meet

Start Date – 29/12/2021

End Date – 29/12/2021

Venue – Maheshwar Vanprasth Ashram Gonhi , Nagpur

Reporting Date – 31/12/2021

Description of Project in Brief

Club Report – 2021

By Rtr. Umisha Rathi

We conducted a Yoga Room for Geriatric age group at Maheshwar Vanprasth Ashram Gonhi Nagpur.

Our 3 main motives behind the main event were:-

- 1) To Fight against Covid-19
- 2) To increase life expectancy
- 3) To work on fitness component - strength, cardiovascular endurance and the flexibility component.

Our first session included in the warm up exercises which included

Neck Rotation ( up ,down and side to side) which started from in 10:45 AM - 10:50 AM

Then we move towards Standings asanas which included Tadasana, Utkata Asana, Half Squat, Trikonasana, Veer Bhadra Asana - Warrior Pose which started from 10:55 AM - 11:20 AM.

Going further was the Sitting Asanas which included Sukhasana, Malasan, Vajrasan, Balasana, Badrasana which started from 11:20 AM - 11:30 AM.

Moving next was Lying Asanas which included Pawan Muktasana, Shawasna which started from 11:30AM - 11:35AM.

Next were the Breathing exercises which included pursed lip breathing, Huffing, Bhramari pranayam and it started from 11:35-11:45am.

Last was meditation for 15 minutes.

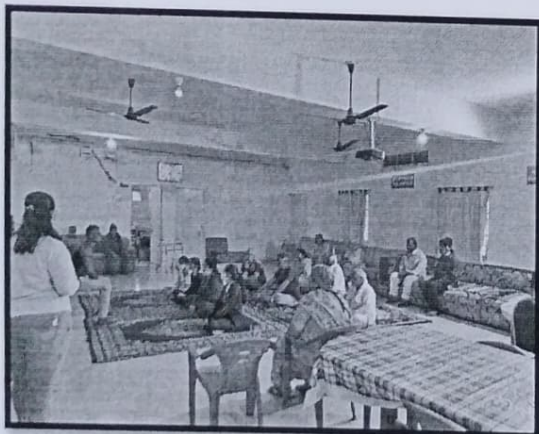
Conducting this Yoga Session has put a great impact on them. First and foremost the awareness regarding Yoga and its variations helped them to understand yoga better. The most beneficial impact is good progress in maintaining their health by doing daily Yoga Asanas and this will directly increase the life expectancy up to some percent in their age group. As the old saying of an apple a day keeps doctor away same goes for an exercise a day keeps the hospitalization away. A positive thinking approach is inculcated in them to stay fit and healthy.

The impact of Yoga session was wonderful as they were filled with enthusiasm to continue the Yoga session for some more hours.

On a good note it created a everlasting impression among themselves and new resolution to continue doing Yoga. Once they are properly trained it will remain forever with them and they'll be benefitted even after the project ends. They all promised that they'll continue to do yoga and we'll visit them twice in a month.

Thank You

-RAC VSPM Physios.



*Nishi*



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