

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2021-22)

Online Yoga Fitness Camp-Begin to Breathe

1st September, 2021 to 28th February 2022

NAME OF THE EVENT: Online Yoga Fitness Camp-Begin to Breathe

NATURE OF THE EVENT: Online Event

DATE AND DURATION: Six Months (1st September, 2021 to 28th February, 2022)

VENUE: On Zoom platform

NUMBER OF PARTICIPATING STUDENTS: 110 participants (Event was attended by Students /Teaching/ Non-Teaching staff and also their family members)

BRIEF SUMMARY OF THE EVENT:

Amid the challenges posed by the COVID-19 pandemic, the Yoga and Meditation Society of Ram Lal Anand College took the initiative to promote the physical and mental well-being of its students and members through Monthly Online Yoga Classes for the duration of six months from 1st September, 2021 to 28th February 2022. This event was designed to provide a regular opportunity for participants to engage in yoga practice from the safety and comfort of their homes.

The Camp had the following objectives:

- 1) Foster Holistic Wellness: The primary objective of the Monthly Online Yoga Classes was to foster holistic wellness by encouraging participants to embrace a regular yoga routine. The classes aimed to address both physical fitness and mental well-being during these challenging times.
- 2) Adaptation to COVID-19 Restrictions: With in-person gatherings restricted due to the pandemic, organizing virtual yoga classes allowed the college community to stay connected and maintain their wellness journey.

The Monthly Online Yoga Classes received an enthusiastic response from the college community. Participants reported various positive impacts, including increased flexibility, reduced stress levels, improved focus, and enhanced overall well-being. The regularity of the classes allowed participants to develop a consistent yoga practice, leading to better physical and mental health outcomes. By providing a consistent platform for yoga practice and mindfulness exercises, the event contributed significantly to the community's health and resilience during challenging times. The positive feedback and active participation in these classes underscore the importance of continuing such efforts to support the overall well-being of the college community, even beyond the pandemic era.



YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

**is organising
ONLINE YOGA classes**

7.30 am-8.30 am (Monday-Saturday)

6:00 pm-7:00 pm (Monday- Friday)

1st-31st September 2021

***Open for all the students and staff of Ram Lal Anand College**

*Family members
of the students
are also welcome
to join and get
benefited*



*Classes
will continue
till the
Lockdown
continues*

RELAX REPLENISH REVIVE

To join register at:

<https://forms.gle/DaSuJ99oFeXaCWrx7>

Zoom link

<https://zoom.us/j/2818141414?pwd=VmxkZ1lOaEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

e certificates to regular participants will be provided

Dr. Seema Gupta
Convenor

Dr. Rakesh K Gupta
Principal



**FIT
INDIA**
FIT INDIA MOVEMENT

75
Azadi Ka
Amrit Mahotsav



Yoga and Meditation Society

is organising



ONLINE YOGA FITNESS CAMP

Begin to breathe.....

- ✓ MON TO SAT (7:30-8:30am)
- ✓ Students, Teachers and Non-Teaching Staff are invited to join the camp.
- ✓ Family members of the participants can also join and get benefited.



01st October, 2021

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ211OaEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma
Co-Convenor

Dr. Seema Gupta
Convenor

Dr. Rakesh Kumar Gupta
Principal

E- Certificates to all regular participants



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[Click Here to Register](#)

01st November, 2021

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ1l0aEs4NlV6dy9lQTFmcmNBNU09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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**WELCOME
FRESHERS**

ONLINE YOGA FITNESS CAMP

Begin to breathe.....



- ✓ MON TO SAT (7:30-8:30am)
- ✓ Students of first year can enroll for the camp
- ✓ All Students, Teachers and Non-Teaching Staff are invited to join the camp.
- ✓ Family members of the participants can also join and get benefited.

10th December, 2021

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ1l0aEs4NlV6dy9lQTFmcnBNUT09>

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ONLINE YOGA FITNESS CAMP

2022

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01st January, 2022

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ110aEs4NlV6dy9lQTFmcmNBNUT09>

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01st February, 2022

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ110aEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

[Click Here to Register](#)

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Co-Convenor

Dr. Seema Gupta
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Dr. Rakesh Kumar Gupta
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