

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2021-22)
Online Yoga Fitness Camp-Begin to Breathe

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

NATURE OF THE EVENT: Online Event

DATE AND DURATION: One Month (1st January, 2022 to 31st January, 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:

The Online Fitness Yoga Camp, organized by the Yoga and Meditation Society of Ram Lal Anand College for the duration of one month from 1st January, 2022 to 31st January 2022 with the aim to promote physical and mental well-being among students and staff members through the practice of yoga. In response to the challenges posed by the pandemic, the event was conducted virtually, allowing participants to join from the comfort of their homes.

The Camp had the following objectives:

- 1) Promote a healthy lifestyle: The primary objective of the event was to encourage participants to adopt a regular fitness routine and develop a healthier lifestyle through yoga practices.
- 2) Relieve stress and anxiety: The camp aimed to provide an effective means for participants to reduce stress, anxiety, and mental fatigue by incorporating mindfulness and meditation techniques into their daily lives.
- 3) Virtual Yoga Sessions: Experienced and certified yoga instructor Mr. Shishir Pokhriyal, Mr. Deepak Saini led daily online yoga sessions, catering to participants of all fitness levels. The sessions included various yoga styles, such as Hatha, Vinyasa, and Ashtanga, ensuring diversity and engagement.
- 4) Mindfulness and Meditation: In addition to physical exercises, the camp also emphasized the importance of mental well-being. Guided meditation sessions helped participants to relax, focus their minds, and achieve a sense of inner peace.

The Online Fitness Yoga Camp witnessed an overwhelming response, with a significant number of students and staff members participating actively. Participants reported experiencing reduced stress levels, improved flexibility, enhanced concentration, and better sleep patterns. The Online Fitness Yoga Camp successfully promoted health and well-being among its participants. By providing an accessible and engaging platform for yoga and mindfulness practices, the event contributed positively to the physical and mental fitness of the college community. It further emphasized the significance of incorporating such activities into daily routines, even beyond the duration of the camp.



FIT
INDIA
FIT INDIA MOVEMENT

75
Azadi Ka
Amrit Mahotsav

Yoga and Meditation Society

is organising



ONLINE YOGA FITNESS CAMP **2022**

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.

[Click Here to Register](#)

01st January, 2022

Zoom link:

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

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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Co-Convenor

Dr. Seema Gupta
Convenor

Dr. Rakesh Kumar Gupta
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