

Detailed Report

Activity- “International Yoga Day Celebration (Yoga Camp)”

Scheme- Yoga

Organized by- Eshan Club

Yoga originated in India as an ancient physical, spiritual and mental practice. A yoga practice symbolises the union of the body and consciousness by using a Sanskrit word meaning joining or uniting. International Yoga Day is celebrated with enthusiasm all over the world on 21 June. Narendra Modi proposed the idea of an International Yoga Day on 27 September 2014. He chose this day because this is the longest day in the northern hemisphere and has great significance in many parts of the world. Yoga is a form of meditation which makes people's lives better holistically. It attempts to promote physical and mental fitness for the mind, body, and soul. It also revitalises our bodies and promotes tranquillity.

The theme for International Yoga Day Celebration on 21/06/2017 organized by was 'Yoga For Humanity' in which 55 participants took part. International Yoga Day is celebrated in ECE every year with great zeal.

Following points were discussed apart from practicing yoga-

- It has been proven that Yoga improves coordination, IQ and memory. The person does not easily deviate from their path and concentrates on their aim. Also, yoga relaxes the entire body and makes people happier.
- Yoga keeps our nervous system healthy and helps us fight stress. It increases the lifespan of the people who practice it regularly.
- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic sequencing, and effective group management.

Yoga is a whole way of life that strengthens and improves physical and mental health. It is not just a kind of exercise. It instils discipline, values, love, and respect for one's body. Our Director praised experts by providing them mementos.



