

Detailed Report

Activity- “Yoga Camp”

Scheme- Fit India

Organized by- Eshan Club

Yoga is a very useful practice which is easy to do and helps in getting rid of certain serious health problems that are common in today's life style. Yoga is an art which connects our body, mind and soul together and makes us strong and peaceful. Yoga is necessary because it keeps us fit, helps burst stress and maintains out overall health. A healthy mind can concentrate well and do everything. Yoga is important because by practicing it you are being benefited in many ways. A “Yoga Camp” was organized on 06/01/2020 in the premises of Eshan College of Engineering under the scheme of Fit India. There were 156 participants in the camp and apart from teaching important yogic exercises, experts gave their valuable time and stressed on these points-

- Inner Peace- Yoga helps achieve inner peace and fight against stress and other problems.
- Health- A healthy person can achieve and do more work than an unhealthy person. Just 10-20 minutes of yoga each day can help regain your health. Better health means better life.
- Activeness- Being active keeps you aware of the things happening around you and also helps you complete your work more efficiently and quickly. And one way to achieve this is by practicing yoga regularly.
- Flexibility – People nowadays suffer from joint pains, face difficulties while bending or touching their toes. Regular practice of yoga helps in relieving these pains.
- Power to Concentrate – Yoga helps your body to calm down and relax which means there is less stress and one can concentrate and focus quickly on his work.

Youth and teenagers are encouraged to do yoga because it helps them concentrate better on their studies. This was the main reason for conducting this camp as explained by organizing committee. All the participants were encouraged towards practicing yoga on a daily basis for improved quality of life.



