

Detailed Report

Activity- “Yoga Camp”

Scheme- Fit India

Organized by- Eshan Club

Yoga aids in controlling a person’s body, mind and soul. It brings the physical and mental discipline together to soothe the body and mind. It also aids in managing stress and anxiety and keeps you relaxed. Yoga asana are known to develop vigour, flexibility and confidence. Yoga is a practice that works on eight levels of development in the areas of mental, physical, spiritual and social health. When the physical health is intact, the mind is clear and focused and there is no more. The main goals of yoga include: Physical Health, Mental Health, Spiritual Health, Self-Realization and Social Health. “Yoga Camp” was held in the ECE campus to instil these benefits in all the students and faculty as well as other staff members. There were 190 participants in this camp which was conducted on 18/06/2019.

One of the main benefits of practicing yoga is that it helps manage stress. Stress is common these days and is known to have devastating effects on students’ body and mind. Due to stress people develop serious problems like sleeping disorder, neck pain, back pain, headaches, rapid heart rate, sweaty palms, dissatisfaction, anger, insomnia and inability to concentrate. Yoga helps a person in managing stress by meditation and breathing exercise and improves a person’s mental wellbeing. Regular practice creates mental clarity and calmness thereby relaxing the mind. Following benefits of Yoga were taught-

- Improves flexibility of muscles
- Corrects the posture and alignment of the body
- Renders better digestive system
- Strengthens internal organs
- Helps in curing heart related problems
- Helps in skin glow

The yoga session mainly comprised of breathing exercises, meditation and yoga asana that stretch and strengthen various muscle groups. It is a good substitute for avoiding medicines that are harmful for our mental and physical health. Students felt energized at the end and instructors were appreciated by our Director.



