

Detailed Report

Activity- “Yoga Camp”

Scheme- Fit India

Organized by- Eshan Club

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace. In the earlier days, the followers of Hinduism, Buddhism, and Jainism practiced it. Slowly, it found its way in Western countries. Ever since people from all over the world perform yoga to relax their minds and keep their bodies fit. Furthermore, after this popularity of yoga, India became known for yoga worldwide. People all over the world have started to realize the benefits of yoga. Several workshops are held and now there are even professional yogis who teach this ancient practice to people so they can learn about it. To make our faculty and students more energetic, a “Yoga Camp” was organized by Eshan Club in the campus on 02/01/2021. There were 195 participants.

Highlights

- Yoga has numerous benefits if we look at it closely. Students got relief as it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.
- Furthermore, yoga helped in sharpening mind and improving our intelligence. We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being. This is exactly what the camp provided.
- Students can develop self-discipline and self-awareness from yoga if practiced regularly by gaining a sense of power.

Experts suggested that yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga.



