

## Detailed Report

**Activity- “3 Days Yoga Camp at Eshan College Campus”**

**Scheme- Fit India**

**Organized by- Eshan Club**

The word “Yoga” literally means “union,” and refers to an inner state where one experiences everything as a part of oneself. Often mistaken for a system of physical exercise, the Yogic system is a set of tools for self-transformation that are designed to bring one to this state of union. Contrary to popular belief, Yoga postures or asanas are not just about stretching and bending the body. Yog asanas are not exercises. They are very subtle processes of manipulating your energy in a certain direction. It needs to be done with a certain level of awareness. Although Yoga has many health benefits such as Improved breathing, Reduced stress, Improved sleep, Higher levels of energy and many more, it is a holistic system that touches every aspect of your being – physical, mental, emotional, and energy-wise.

Yoga camps are characterized by carefully conceived content, devised by a yoga Teacher, with the goal of purification and release on the energetic plane, while regenerating the body plane and refining the emotional and creative plane, rewarding your inner being with deep contemplative experience. Following are the main objectives of conducting yoga camps-

- 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.
- Demonstrate the ability to create and present various yoga sequences.
- Demonstrate an understanding of health-related fitness components.
- Assess current personal fitness levels.

To refresh the students, a “3 Days Yoga Camp at Eshan College Campus” was organized by Eshan Club from 18/06/2021 to 21/06/2021. 315 people, participated in the camp with great zeal and energized themselves. Our respected Director thanked experts for their precious time and students expressed their optimism towards such event.









