Ram Lal Anand College Yoga and Meditation Committee

Event Report (Session 2021-22)

Online Yoga Fitness Camp-Begin to Breathe <u>1st September, 2021 to 28th February 2022</u>

NAME OF THE EVENT: Online Yoga Fitness Camp-Begin to Breathe
 NATURE OF THE EVENT: Online Event
 DATE AND DURATION: Six Months (1st September, 2021 to 28th February, 2022)
 VENUE: On Zoom platform

NUMBER OF PARTICIPATING STUDENTS: 110 participants (Event was attended by Students /Teaching/ Non-Teaching staff and also their family members)

BRIEF SUMMARY OF THE EVENT:

Amid the challenges posed by the COVID-19 pandemic, the Yoga and Meditation Society of Ram Lal Anand College took the initiative to promote the physical and mental well-being of its students and members through Monthly Online Yoga Classes for the duration of six months from 1st September, 2021 to 28th February 2022. This event was designed to provide a regular opportunity for participants to engage in yoga practice from the safety and comfort of their homes.

The Camp had the following objectives:

- Foster Holistic Wellness: The primary objective of the Monthly Online Yoga Classes was to foster holistic wellness by encouraging participants to embrace a regular yoga routine. The classes aimed to address both physical fitness and mental well-being during these challenging times.
- Adaptation to COVID-19 Restrictions: With in-person gatherings restricted due to the pandemic, organizing virtual yoga classes allowed the college community to stay connected and maintain their wellness journey.

The Monthly Online Yoga Classes received an enthusiastic response from the college community. Participants reported various positive impacts, including increased flexibility, reduced stress levels, improved focus, and enhanced overall well-being. The regularity of the classes allowed participants to develop a consistent yoga practice, leading to better physical and mental health outcomes. By providing a consistent platform for yoga practice and mindfulness exercises, the event contributed significantly to the community's health and resilience during challenging times. The positive feedback and active participation in these classes underscore the importance of continuing such efforts to support the overall well-being of the college community, even beyond the pandemic era.



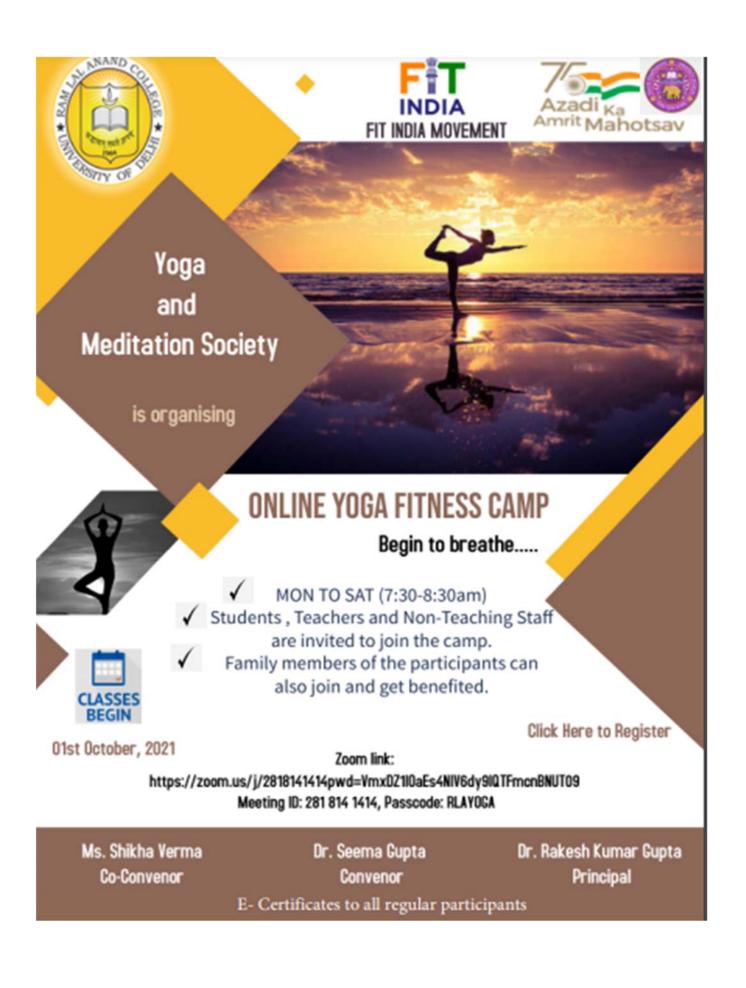
YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising ONLINE YOGA classes

7.30 am-8.30 am (Monday-Saturday) 6:00 pm-7:00 pm (Monday- Friday) 1st-31st September 2021

*Open for all the students and staff of Ram Lal Anand College









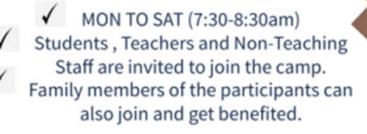


Yoga and Meditation Society

is organising

ONLINE YOGA FITNESS CAMP

Begin to breathe.....



Click Here to Register

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

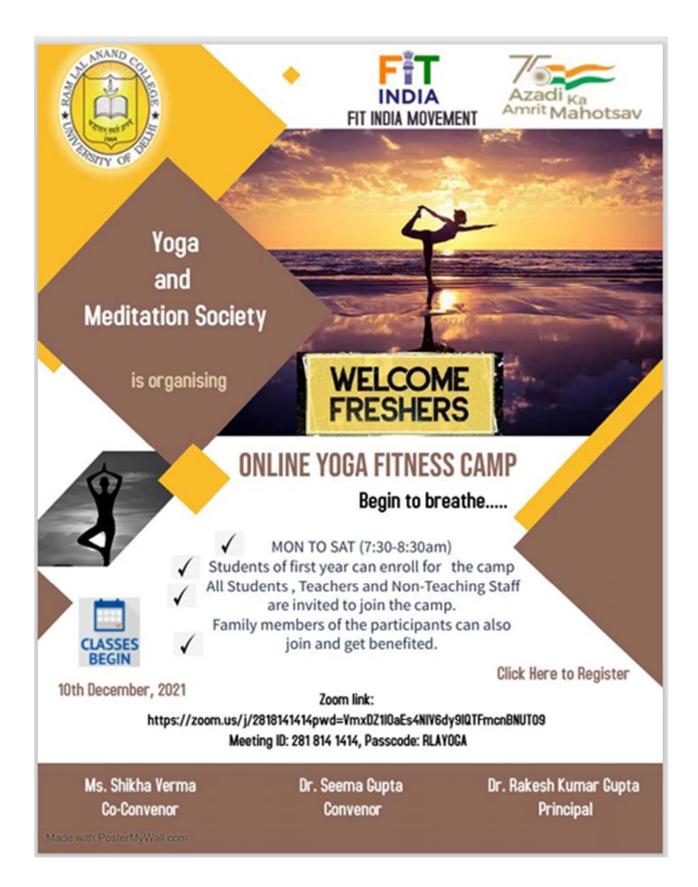
Ms. Shikha Verma Co-Convenor

CLASSES BEGIN

01st November, 2021

Dr. Seema Gupta Convenor

Dr. Rakesh Kumar Gupta Principal









Yoga and Meditation Society

is organising



ONLINE YOGA FITNESS CAMP



Begin to breathe.....

 MON TO SAT (7:30-8:30am)
 Students , Teachers and Non-Teaching Staff are invited to join the camp.
 Family members of the participants can also join and get benefited.

Click Here to Register

01st January, 2022

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma Co-Convenor Dr. Seema Gupta Convenor Dr. Rakesh Kumar Gupta Principal







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ONLINE YOGA FITNESS CAMP

Begin to breathe.....

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Click Here to Register

01st February, 2022

BEGIN

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

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