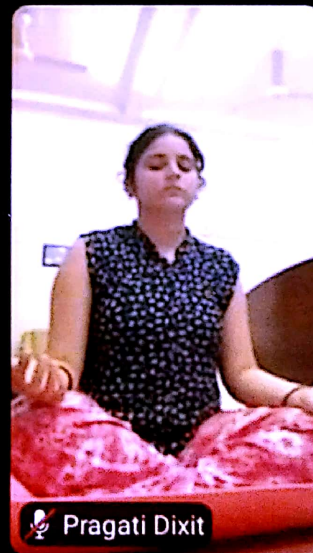
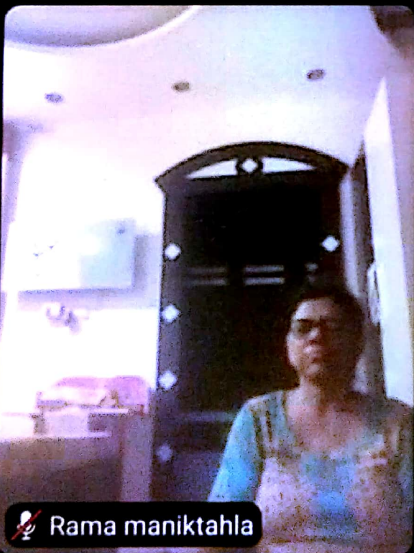


# 4 DAYS ONLINE YOGA CAMP DURING LOCKDOWN SEPTEMBER 2021



*[Signature]*  
Govt. Pimpri  
Principal  
in College  
NABHA



# REPORT

**Name of Activity:** 4 Days Online Yoga workshop during Lockdown

**Department** : Economics Society & NSS ( Girls unit )

**Date** : 29.07 2021 to 01.08 2022 1st Batch

26.08. 2021 to 29.08.2021 2nd Batch

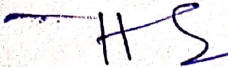
**Collaborating Agency** : Art of living / Ministry of Ayush

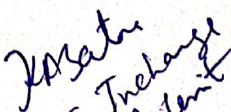
**Number of Participants** : 20 participants in each batch

**Objectives of the Event** : Yoga can prepare the Students physically and mentally for the integration of their Physical, mental and spiritual faculties So that the students can become healthier, saner and more integrated members of the society of nation.

**Description of the Event** : This online workshop was done in two batches. Mr Abhishek Soti a Certified Yoga trainer from Ministry of Aayush took the yoga class and taught them many pranayams and yog aasans to keep their immunity strong to save themselves from Corona infections. Many breathing techniques were also taught to enhance their lung capacity.

**Outcomes:** Students learnt to keep their mind stress free and physically fit to fight with corona. They further helped there family members by guiding them with yoga techniques to boost

  
Principal  
Govt. Ripudaman College  
NAL

  
Anshu  
NSS Incharge  
Girls Unit