

GOKHALE CENTENARY COLLEGE, ANKOLA.

7 DAY VIRTUAL YOGA CAMP



ORGANIZED BY

NSS UNIT, DEPT OF PHYSICAL EDUCATION & YRC UNIT

IN ASSOCIATION WITH PATANJALI YOGA PEETH, ANKOLA TALUK UNIT.

21ST TO THE 28TH OF JUNE 2021

A BRIEF REPORT

7 DAY VIRTUAL YOGA CAMP

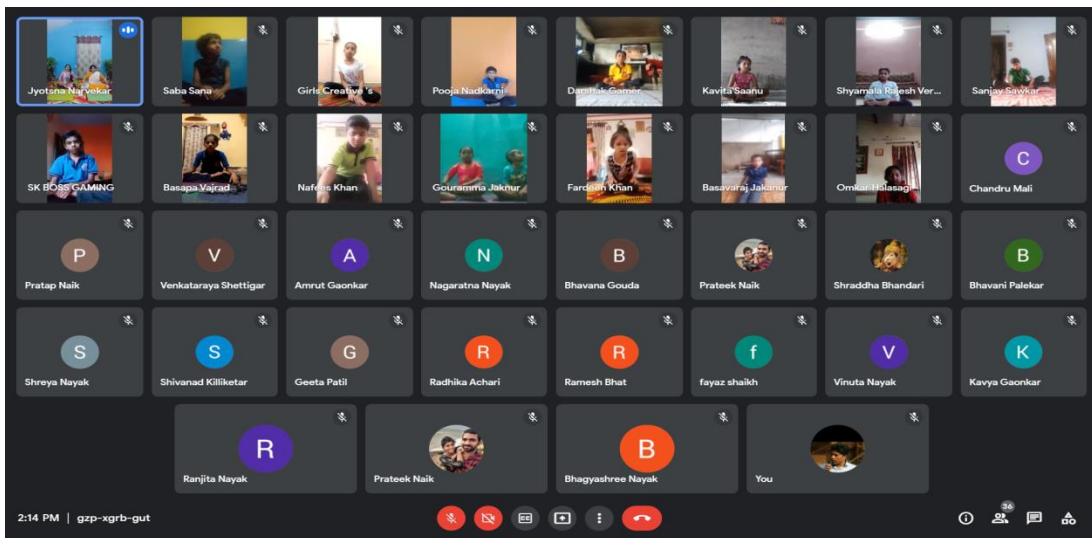
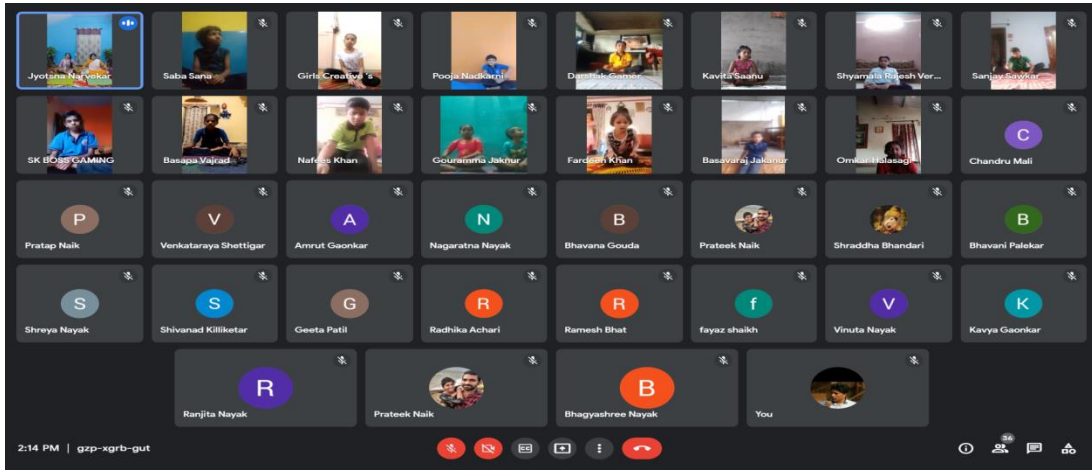
After observing the International Yoga Day and arranging a special talk on Benefits of Yoga and Suryanamaskar in our daily life the NSS wing, YRC and the Dept of Physical Education in association with Patanjali Yoga Peeth Ankola Taluka Unit, thought of organizing a 7 days virtual camp for students of the college and nearby schools. This virtual format was planned considering the lockdown imposed due to the Covid – 19 pandemic.

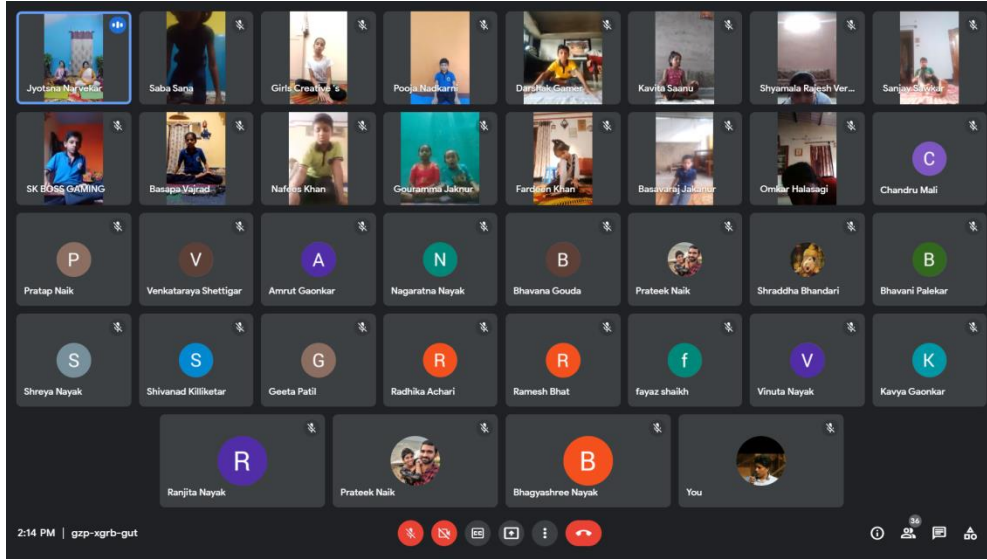
A separate zoom link was created along with a G form and circulated 10 days before the camp. Students who were interested to participate in the Virtual camp, were required to join a separate whatsapp group through the link Nearly 256 students joined the group.

The virtual camp started on the 22nd of June daily upto the 28th of June 2021 from 7:00 am to 8:00 am. Smt.Jyotsna Narvekar Mahila president of Patanjali Yoga Peeth, Ankola taluk Unit along with Smt.Radhika taught yogasanas and suryanamaskar on all the 7 days. The students were taught Suryanamaskar, Asanas(Padmasana, Vajrasana, Ushtrasana, Karnapeedasana, Chakrasana, Naukasanaetc) along with a few basics of Pranayama.

Every day the camp started with yogic warm up for nearly 10 minutes and then continued with yogic postures and concluded with prayers. Nearly 54 students attended the camp on all the 7 days. A e-certificate shall be sent to all those who attended the camp and maintained an attendance for minimum of 50%.

PICS OF VIRTUAL YOGA CAMP OF RESOURCE PERSONS AND PARTICIPANTS





Dr. ASHWIN.R