

**Anekant Education Society's
TuljaramChaturchand College of Arts, Science and Commerce, Baramati.
(Autonomous)
NSS Department
Academic Year – 2020-21**

NOTICE

Date: 30/06/2020

All the NSS Students are hereby informed that the department of NSS is going to organized “Online Yoga Trainin Program” on 01/07/2020 Students take the note of the same and accordingly participated in the same.



Programme Officer



Principal



Report on Online Youga Trainin Program During Covid-19 Pandemic

Date: 01/07/2020

During the COVID-19 pandemic, the NSS Unit of [Your College Name] recognized the importance of maintaining physical and mental well-being among students and faculty. In response to the increased levels of stress, anxiety, and isolation caused by the pandemic, the NSS unit launched an Online Yoga Training Program to help participants stay healthy and active while adhering to lockdown protocols. The program was held from [Start Date] to [End Date] on virtual platforms, ensuring the safety of all participants while promoting fitness and mental relaxation.

The primary goals of the online yoga program were:

1. To promote physical fitness and mental well-being during the pandemic lockdowns.
2. To teach participants yoga asanas (postures), pranayama (breathing exercises), and meditation techniques that they could practice at home.
3. To help reduce the stress, anxiety, and isolation experienced during the COVID-19 pandemic.
4. To engage the college community in a collective wellness initiative that could be followed online, ensuring continuity of interaction and social connection in a safe environment.

The Online Yoga Training Program was conducted by certified yoga instructors, who led the sessions through online platforms like Zoom and Google Meet. The program was designed to accommodate participants of all fitness levels, from beginners to those experienced in yoga. Each session lasted 1 hour and included the following segments:

The online yoga training program was a huge success, with Total Participants 50 students, faculty members, and staff actively participating in the sessions. Feedback from the participants was overwhelmingly positive, with many expressing that the program helped them maintain a sense of routine, improved their mental health, and provided a much-needed outlet for physical activity during the lockdown. Key outcomes included:

Improved Mental Health: Participants reported reduced stress, better sleep quality, and a more positive outlook on life despite the challenges posed by the pandemic. **Physical Benefits:** Regular yoga practice helped improve flexibility, posture, and overall physical fitness among the participants. **Community Engagement:** The program provided a platform



for the college community to connect virtually, reducing feelings of isolation during the pandemic.

Conclusion:

The Online Yoga Training Program conducted by the NSS Unit during the COVID-19 pandemic was a successful initiative that contributed to the well-being of the college community. The program not only helped participants stay physically active but also provided tools to manage stress and anxiety during a time of uncertainty. The NSS unit plans to continue offering virtual wellness programs in the future to promote health and fitness among students and faculty.



NSS Programme Officer



IQAC Coordinator



Principal



Delivering Training of Yoga by NSS Volunteers through online

