



SLC (University of Delhi)

NATIONAL CADET CORPS

Report on

“Yoga Session from 26th to 31st May, 2025”

Date-26 /05/2025

Time:6:00 pm

Mode:Online (Goggle meet)

Objective:

The primary objective of the yoga session was to promote physical and mental well-being among the participants through guided yoga practices, breathing exercises, and meditation.

The yoga session held at SHYAM LAL COLLEGE offered an interactive online yoga session on 26th May 2025 at 6:00 PM. The session aimed to promote physical fitness, emotional calmness, and holistic wellness among cadets through mindful participation in guided yogic practices.

Session Highlights:

The session began with a short introduction to yoga and its benefits and a one-minute prayer. Warm-up exercises were conducted to prepare the body.

A sequence of asanas (yoga postures) was practiced, including Loosening practices; Yogasanas; Pranayama; Shanti Mantra

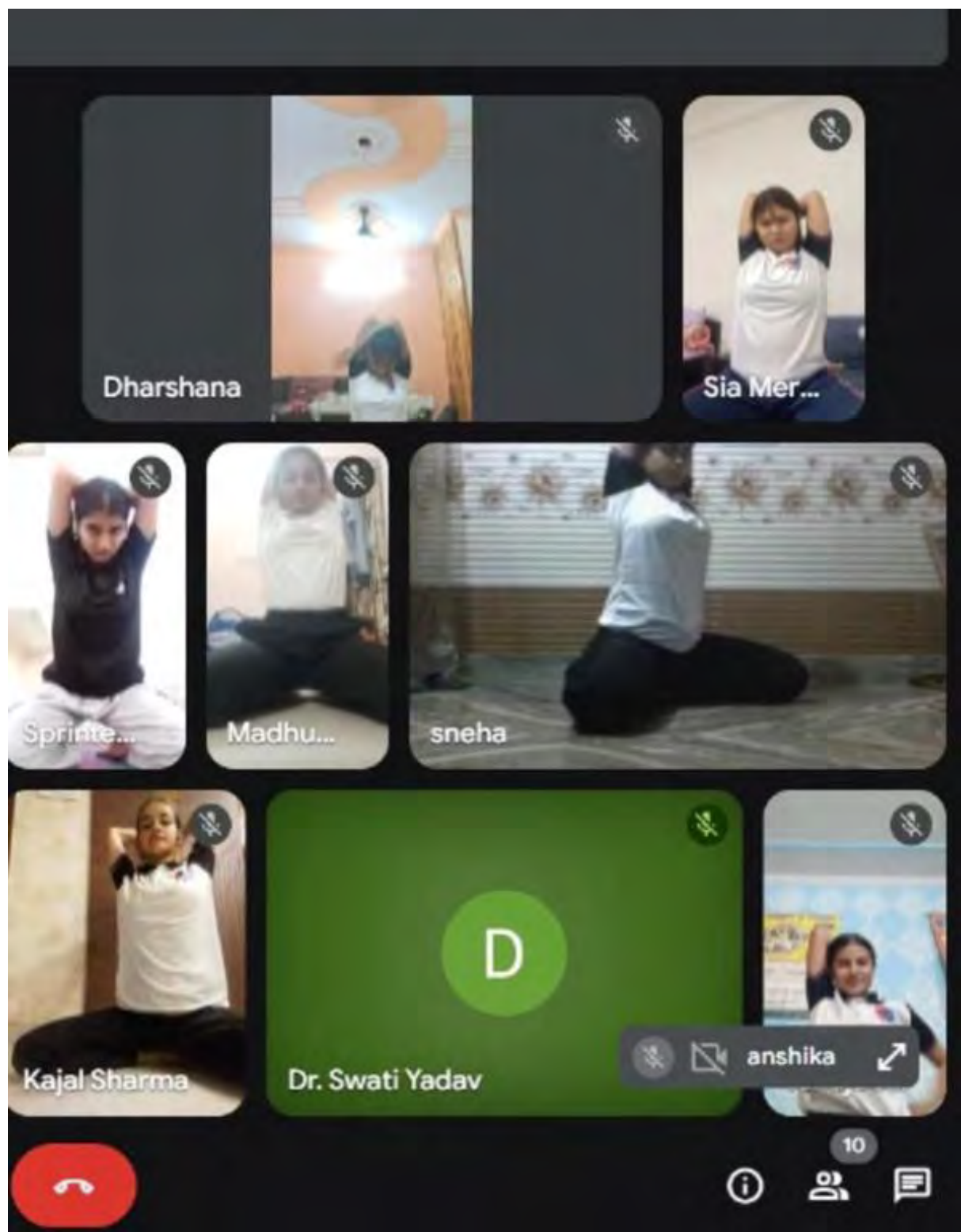
The session concluded with a short meditation and relaxation period. Cadets followed the instruction from their respective locations

Feedback:

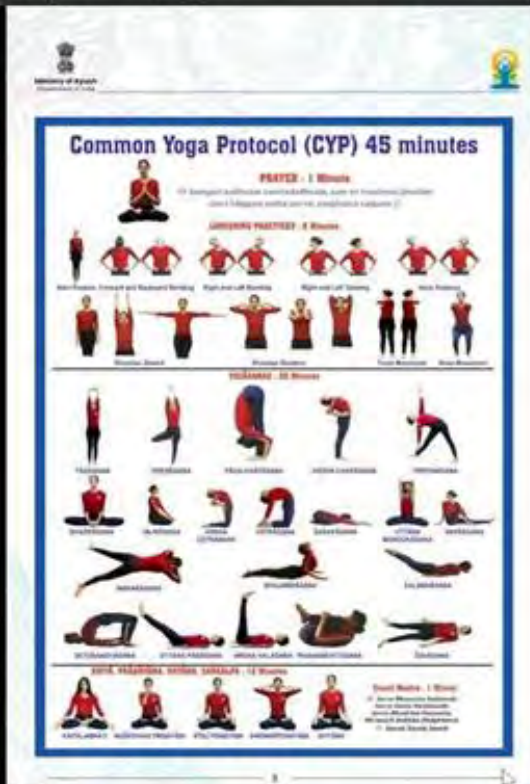
Participants expressed positive feedback, noting increased relaxation, improved flexibility, and a sense of inner calm. Many requested regular yoga sessions in the future.

Conclusion:

The yoga session was a successful initiative that helped cadets connect with their physical and mental well-being. It encouraged a healthy lifestyle and mindfulness among attendees.



anshika is presenting



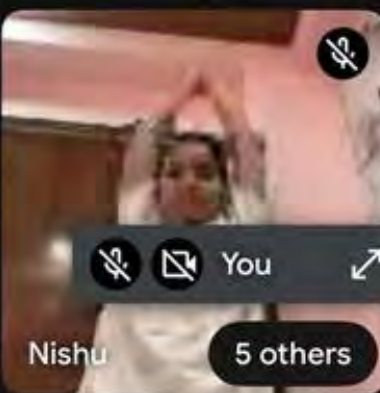
Sprinter Gauri



Kajal



Madhumitha



Nishu

5 others

Date: 27th May , 2025

Time: 6:45 am

Mode:Online

Overview:

The second day of the online yoga session commenced with enthusiastic participation from cadets. focused on introducing participants to foundational breathing techniques and simple asanas for stress relief and flexibility. The session aimed to promote physical fitness, emotional calmness, and holistic wellness among cadets through mindful participation in guided yogic practices.

Session Highlights:

Opening: The session began with a short welcome and recap of Day 1, followed by a guided meditation to centre the participants.

Session began with a short introduction to yoga and its benefits and a one-minute prayer. Warm-up exercises were conducted to prepare the body.

A sequence of asanas (yoga postures) was practice, Including Loosening practices; Yog asanas ; Pranayama; Shanti Mantra .The session concluded with a short meditation and relaxation period.

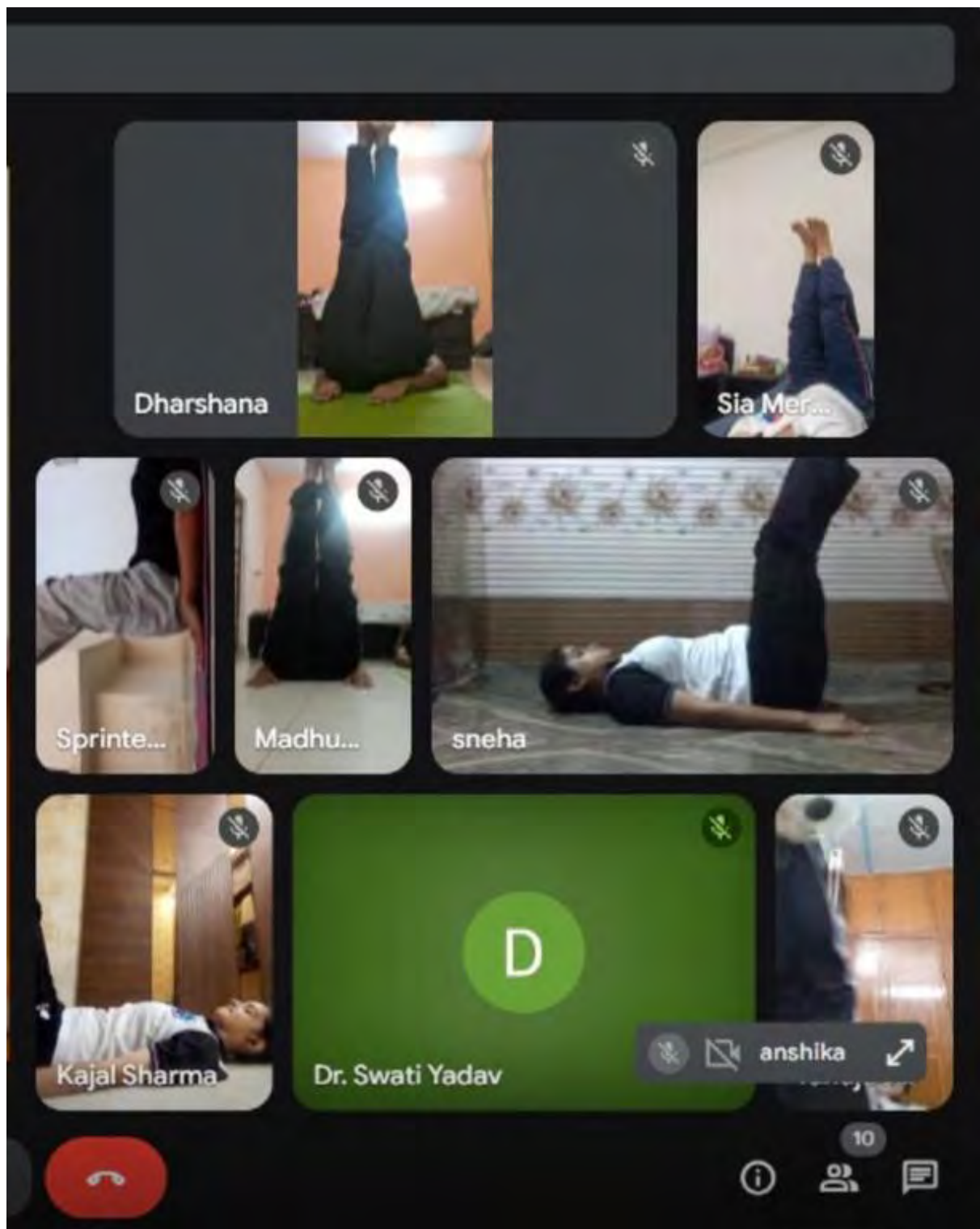
Feedback:

Participants expressed positive feedback, noting increased relaxation, improved flexibility, and a sense of inner calm. Many requested regular yoga sessions in the future.

Conclusion:

Day 2 of the yoga session was a successful continuation of the program, with active involvement and positive energy of cadets. The focus on alignment, breath control, and mental relaxation provided holistic experience.





Date: 28th May , 2025

Time: 6:00 pm

Mode:Online

Overview:

The third day of the online yoga session commenced with enthusiastic participation from cadets. focused on introducing participants to foundational breathing techniques and simple asanas for stress relief and flexibility. The session aimed to promote physical fitness, emotional calmness, and holistic wellness among cadets through mindful participation in guided yogic practices.

Session Highlights:

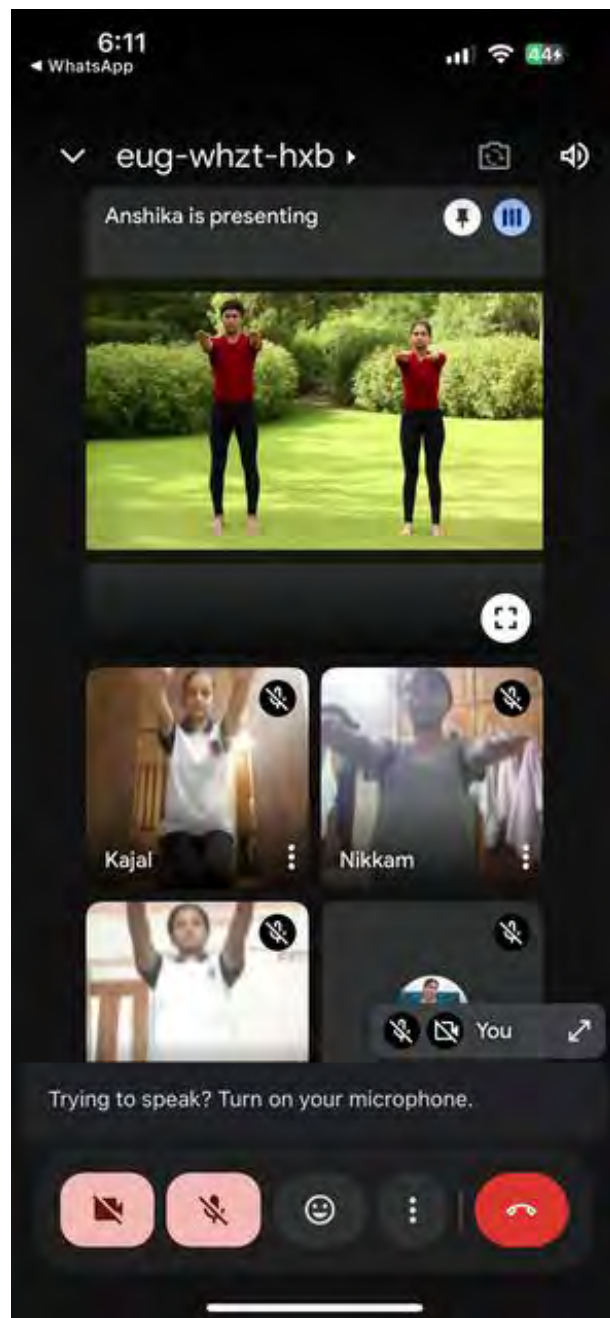
Opening: The session began with a short welcome and recap of Day 2, followed by a guided meditation to center the cadets. Session began with a short introduction to yoga and its benefits and a one-minute prayer. Warm-up exercises were conducted to prepare the body relaxation flow, guided meditation, and wellness tips.

Feedback:

The program successfully engaged participants and encouraged healthy habits. Due to positive feedback, future sessions will be more interesting

Conclusion:

The 3-day online yoga program was a successful initiative in promoting holistic health and wellness. The positive response and engagement indicate a strong interest in similar future programs. Positive response from cadets regarding stress reduction



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Anshika is presenting



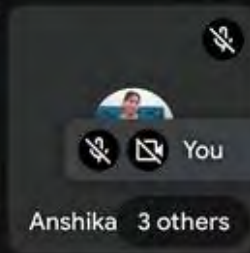
Kajal



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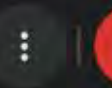
Madhumitha



You



Anshika 3 others



Date: 29th May , 2025

Time: 6:00pm

Mode: Online

Overview:

Yoga is not about touching your toes; it's about what you learn on the way down

The day 4 yoga session focused on enhancing flexibility, balance, and breath awareness. The class began with a brief mindfulness meditation followed by a series of warm-up stretches, leading into the main asana (pose) practice and ending with a guided relaxation (Savasana).

Session Highlights:

Opening: The session began with a short welcome and recap of Day 3, followed by a guided meditation to centre the cadets.

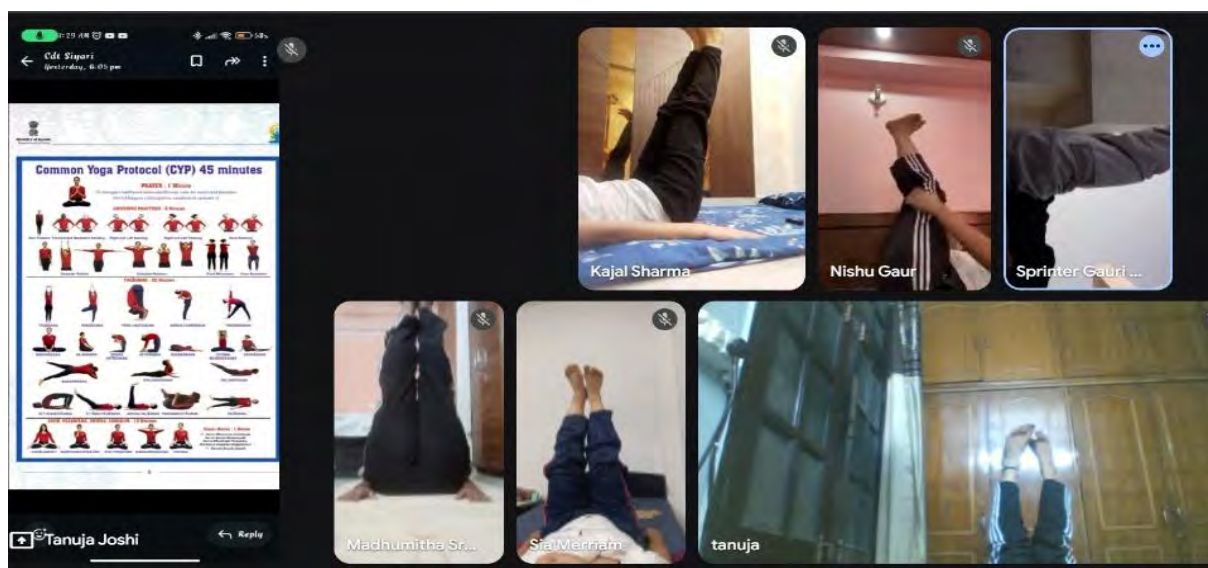
Opening Meditation: A calming session to centre the mind and body. Warm-up exercises were conducted to prepare the body. Breathing exercises like Anulom Vilom and Bhramari Pranayama were practiced to foster inner calm and stress relief.

Feedback:

The session saw active involvement from cadets. The collective spirit and shared energy created an atmosphere of positivity and learning. The positive energy and group synergy made the day both enjoyable and enriching. Because of yoga our mind gets into the path of peace , relaxes our body make our body feel energetic helps in bloods circulation

Conclusion:

The Day 4 of the Yoga Week was a resounding success, leaving participants rejuvenated and more mindful of the importance of balance in their daily lives. The event continues to inspire individuals to adopt a healthier lifestyle through the practice of yoga. In this hustles of life yoga helps in relaxing and making peaceful mind



7:54



You
27/05/25, 7:34 AM



DATE: 30/05/2025

TIME: 6 PM

MODE: Online

OVERVIEW:

The 5th day yoga session began with gentle warm up asanas to prepare the body, followed by a sequence of standing and seated postures that are aimed at enhancing flexibility and strength. The session also focused on pranayama to regulate breathing and calming the mind. It concluded with Shavasana for deep relaxation and rejuvenation

SESSION HIGHLIGHTS

The one-hour virtual session saw active participation from all the cadets which commenced with gentle warm up exercises to loosen joints and activate muscles. From the stillness of the Vrikshasana to the grace of Bhujangasana each posture told the story of nature. When calming and soothing Anulom Vilom and Bhramari(Pranayama) are done we breathe life into stillness. Also, the mind met harmony through short guided meditation's awareness.

FEEDBACK

The virtual yoga session was a serene escape into stillness and strength, seamlessly blending breath with movement. The thoughtful blend of asanas and pranayama created a perfect harmony of body and mind. Ending with meditation and Shavasana felt like a gentle whisper to the soul- truly a digital sanctuary of peace and presence.

CONCLUSION

The virtual yoga session was more than just a series of movements- it was a journey inward. As screens faded and mats rolled up, we carried with us a renewed sense of calm, connection, and clarity. A gentle reminder that even in the digital space, peace finds a way to flow.

anshika is presenting



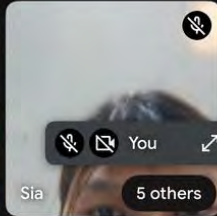
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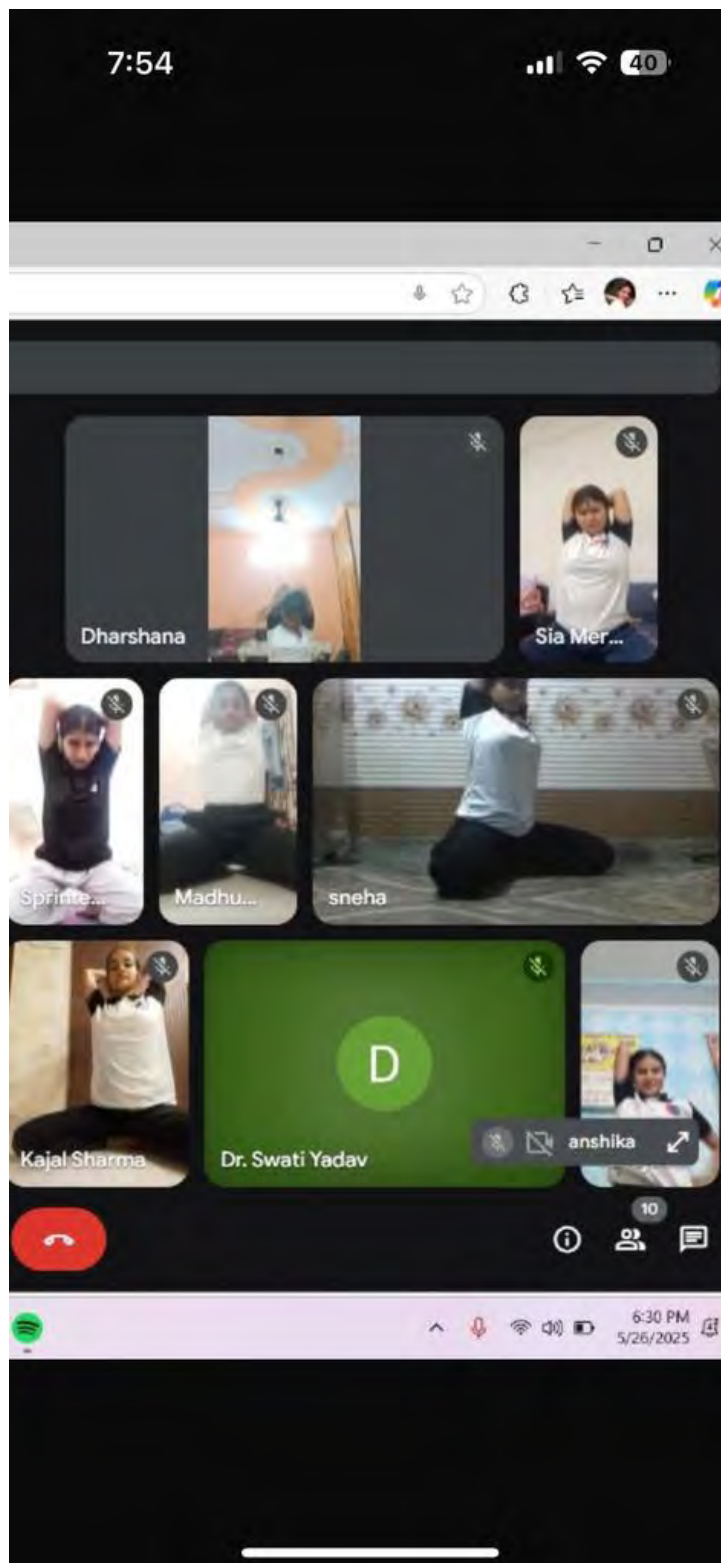


Nishu



Sia

5 others



Date: 31 st May , 2025

Time: 6:00 pm

Mode: Online

Overview:

"Yoga is the perfect opportunity to be curious about who you are"

The sixth day of the online yoga session commenced with enthusiastic participation from cadets. Today's yoga session focused on core strength and balance, integrating breathing techniques to enhance stability and mindfulness.

Session Highlights:

Day 6 of the yoga program focused on deepening breath control, improving posture, and enhancing mental clarity. The session aimed to build upon the foundational asanas and pranayama introduced in previous days, incorporating slightly more advanced variations and longer hold.

The session was challenging yet deeply rewarding. Felt a sense of progress compared to earlier days, particularly in core strength and mental focus. Ended the session with a peaceful and centred mindset, ready to carry that energy into the day.

Feedback: Participants shared how the day's focus on balance helped them feel more centred, both physically and mentally. Many expressed eagerness to continue these practices beyond the event.

Conclusion:

Balance is not something you find; it's something you create.

Day 6 reminded us all that inner peace and focus are cultivated through consistent practice. With each session, we move one step closer to holistic well-being.



