

## ACADEMIC YEAR (2020-2021)

### REPORT ON FIT WEEK

**Date: 27-01-2021**

**Venue: Online**

The B.Ed. Association encouraged students to perform yoga and fitness activities through an event called 'POSTURE PERFECTION!' on 27<sup>th</sup> January 2021. The programme was conducted on the vision statement: Vision: - Encourage students in Yoga activities/competitions and increase the number of talented students in fitness activities.

Surya Namaskar, a practice in yoga incorporating a flow sequence of twelve gracefully linked asanas were to be performed and the photos in each asana/pose were to be taken, compiled and send to the association id. Participation certificate was given to all. There were six participants.

**B.ED. ASSOCIATION PRESENTS**  
**Posture Perfection!**

Surya Namaskar is a practice in yoga incorporating a flow sequence of some twelve gracefully linked asanas. Participants are requested to take a picture of each pose, collage and send it to our association mail address [bedassociation17@gmail.com](mailto:bedassociation17@gmail.com)

DATE- 27/01/2021  
**START - 10 AM**  
**END - 5 PM**

**FIT WEEK**  
Lifting Fitness Spirit

PARTICIPATION CERTIFICATE WILL BE GIVEN

**R.A.L. fitness**

