

## **Report on Yoga and Morning Assembly Programme**

**Organized by:** NSS Units 53 & 95, MES Asmabi College

**Dates:** 21st December 2024 to 26th December 2024

**Venue:** NSS Special Camping Program Camp Site, Seethi Sahib Memorial High School, Azhikode

### **Introduction**

As part of the NSS Special Camping Program (December 20–26) organized by NSS Units 53 & 95 of MES Asmabi College, a daily **Yoga and Morning Assembly Programme** was conducted from 21st to 26th December 2024. The initiative aimed to promote physical and mental well-being among the volunteers and to instill a sense of discipline and unity at the start of each day.

### **Programme Overview**

1. **Yoga Sessions:** Each day began with a yoga session at 6:00 a.m., led by volunteers proficient in yoga. These volunteers took turns to serve as yoga instructors, fostering a spirit of mutual learning and leadership. The sessions included a variety of asanas (postures), pranayama (breathing techniques), and short meditation practices to energize the body and calm the mind.

The inclusion of yoga as a daily activity underscored its importance in enhancing physical health, flexibility, and mindfulness. The volunteers actively participated, appreciating the positive start it gave to their day.

2. **Morning Assembly:** Following the yoga session, a morning assembly was held at 7:00 a.m. The assembly served as a platform for volunteers to gather, recite the NSS pledge, and share motivational thoughts. It also included important announcements for the day and short reflections on the ongoing camp activities.

The assembly was conducted in a structured manner, emphasizing punctuality, teamwork, and effective communication. Each day, different groups of volunteers were assigned responsibilities for organizing and leading the assembly, which helped them develop coordination skills and accountability.

The Yoga and Morning Assembly Programme proved to be a meaningful addition to the NSS Special Camping Program. By prioritizing physical and mental well-being, the initiative empowered the volunteers to embrace a healthier lifestyle and approach their responsibilities with renewed energy and focus.

The success of the programme highlights the importance of integrating wellness practices into community service activities. The NSS Units 53 & 95 remain committed to promoting holistic development among volunteers through such initiatives.





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