

## Event Summary Report:

### Breathe and Balance : Guided Yoga session

**Venue :** Sculpture Lawn

**Duration :** 3:00 PM to 05:00 PM

**Participation :** 63 Documented Check-ins

**Date :** 25th February, 2025



# Event Highlights

**Event Report: Breathe and Balance**

**Date & Time:** 25th February, 2025

**Club Collaboration :** Healing Hearts Club and Yoga Life Club

**Location:** Sculpture Lawn

**Overview:** The Breathe & Balance event seamlessly blended yoga, mindfulness, and interactive engagement, promoting holistic wellness. Students participated in guided yoga postures, icebreaker activities, and wellness discussions led by the Zolo Team in collaboration with Healing Hearts Club, and Yoga Life Club. A lucky draw and refreshments added excitement, making the session both refreshing and inspiring.

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## Event Highlights :

### Set up and Check in

#### 1. Decor and Check ins :

- The venue was prepared **45 minutes prior**, ensuring a seamless experience.
- A **check-in desk** was placed at the entrance, where students **checked in via the Zolo Scholar app** and added their names into the **lucky draw bowl**.
- A **foam board with the event poster** was placed on an easel stand for branding.
- A **refreshment counter** offered **Yoga Bars and Nimbu Pani** to keep participants energized.

#### 2. Engagement and Participation :

- The **Zolo team along with Yoga life and Healing Hearts Club** kicked off the session with **fun icebreaker activities**, including yoga challenges and hold-the-pose competitions.
- A **Healing Hearts Club speaker** discussed yoga's **mental wellness benefits**, emphasizing its role in relaxation and self-care.
- A **yoga trainer led the Yoga session**, guiding students through **breathing exercises, stretches, and postures** to help them achieve balance and mindfulness.

- Students actively participated, immersing themselves in a **relaxing and rejuvenating** experience.

### 3. Lucky Draw and Group photos :

- The lucky draw winners were announced, with five students winning Yoga Bars and one receiving a **book on Yoga by Swami Vivekananda** as the grand prize.
- Students showcased their yoga poses in a lively group photo, capturing the event's energy.
- The event concluded with refreshments and socializing, leaving students refreshed and inspired by the holistic wellness experience.

### 4.Club Collaborations & Scope :

- Yoga Life Club and healing hearts club engaged students in icebreaker activities like "Hold-the-Pose" and "Guess-the-Pose", promoting their club by highlighting how wellness, yoga, and mental health are interconnected.
- However, despite the collaboration, fewer students from the Yoga Life and Healing Hearts Club showed up, indicating a need for stronger engagement from the clubs in future events.

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## Event Impact

- **Cultivating the Habit of Yoga :** The event successfully encouraged students to **embrace yoga as a sustainable wellness practice**, inspiring them to incorporate **breathing exercises, stretching, and mindfulness techniques** into their daily routines for long-term **physical and mental well-being**.
- **Club Collaboration & Engagement :** The collaboration between the Zolo team and the Healing Hearts and Yoga Life Club, enhanced the event's engagement. The Zolo team along with the clubs led interactive discussions and facilitated **icebreaker yoga challenges**. The Healing Hearts Club emphasized **yoga's role in mental well-being**, reinforcing its benefits beyond physical fitness.
- **Participation & Student Enthusiasm :** Students actively participated in the guided yoga session, breathing exercises, and mindful relaxation techniques.

The structured yet engaging format provided a balance between movement and mindfulness, making the session both enjoyable and refreshing. The lucky draw and group photo session at the end celebrated their commitment to wellness.

- **Memorable Moments** : From the fun yoga challenges to the guided session led by the trainer, the event was filled with energizing and uplifting experiences. Students enjoyed exploring different yoga poses and experiencing the calming effects of deep breathing exercises, creating lasting memories of their wellness journey.
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## Feedback and Insights

The **Breathe & Balance** event was highly praised for its **well-planned setup, engaging ice breaker activities, and smooth flow**, ensuring an enjoyable experience for all participants. The **seamless coordination** and **enthusiastic participation** from students made the session truly special.

- **Positive Feedback:** The Yoga Event received an overwhelming response, with students wholeheartedly participating in this rejuvenating and mindful session. The practice of yoga brought a sense of calm, relaxation, and positivity, strengthening bonds among participants. From breathing exercises to dynamic poses, students engaged in a holistic wellness experience. The lucky draw added an extra element of excitement, making the event even more engaging and fun.
- **Student Testimonials:** One student shared, "Breathe & Balance was a truly great experience! The session left me feeling refreshed and at peace."

## Challenges:

- The instructor did not meet the same level of expectation as the other instructors we usually invite.

## Social Media Statistics

To capture the essence of the **Breathe & Balance** event and foster a sense of **well-being and mindfulness** within the VGU community, engaging content was shared to highlight the **energizing yoga sessions, student enthusiasm, and the collective spirit of holistic wellness** that defined the event.

Links to the shared content:



- Reel : [Link](#)

## Conclusion:

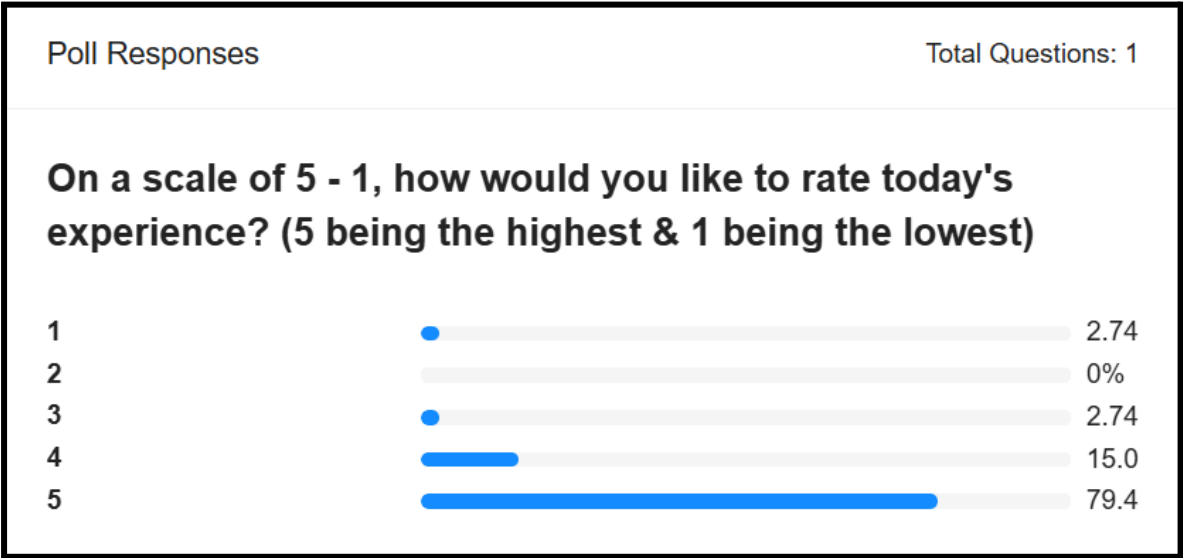
The Breathe & Balance event received heartfelt appreciation from participants across the VGU community. Many expressed how the initiative beautifully promoted holistic wellness and mindfulness, fostering a sense of connection through yoga and mental well-being. The opportunity to engage in guided yoga sessions, breathing exercises, and interactive challenges added a refreshing touch, making the experience both rejuvenating and inspiring. The lucky draw and engaging activities were major highlights, keeping the energy high and participation enthusiastic.

## Photo Gallery :



# ZoTribe Statistics

- Feedback Poll



- Quest-wise Data

| Type of Quest | Quest Name                      | No. of Participants |
|---------------|---------------------------------|---------------------|
| Real          | Check-in!                       | 63                  |
| Quiz          | Yoga Knowledge Quest 🧘          | 63                  |
| Poll          | Yoga Practice Preferences 🌿     | 72                  |
| Poll          | Yoga & Mental Clarity ✨         | 66                  |
| Poll          | Breathing Techniques Love ❤️    | 69                  |
| Social        | Yoga Ka Josh, Shanti Ka Ehsaas! | 6                   |
| Poll          | Feedback                        | 68                  |
| Total         | 7                               | 407                 |