

# REPORT ON ASCEND

**DATE: 26TH FEBRUARY 2026  
AND 27TH FEBRUARY 2026  
VENUE: FST LAWN  
ORGANISED BY: ASANA CLUB**



## 2 DAY FITNESS

# WORKSHOP

# INTRODUCTION

ASCEND – 2 Day Fitness Workshop was successfully conducted at the FST Lawn on 26th and 27th February 2026. The event was organised by the Asana Club with the primary objective of encouraging students to adopt a healthy and active lifestyle. In today's fast-paced academic environment, maintaining physical fitness and mental well-being has become extremely important. The workshop combined strength-based training and relaxation techniques to promote overall wellness among students.

The workshop aimed to create awareness about the importance of regular exercise, proper posture, breathing control, and stress

management. The event received an enthusiastic response from students, making it a meaningful and impactful experience for all participants.



# DAY1:

## CALISTHENICS SESSION (26TH FEBRUARY 2026)

The first day featured an energetic calisthenics session conducted by Calisthenics Lab India. The trainers introduced participants to various bodyweight exercises that improve strength, flexibility, endurance, and coordination without the need for heavy gym equipment.



Exercises such as push-ups, squats, planks, and core-strengthening movements were demonstrated with proper techniques. Participants practiced basic movements under expert supervision, focusing on posture, balance, and controlled breathing. The interactive session motivated students to maintain discipline and consistency in their fitness journey. It emphasized that regular practice and determination are key to achieving physical well-being.



# DAY2:

## YOGA SESSION (27TH FEBRUARY 2026)

The second day focused on mental relaxation and holistic wellness through a yoga session conducted by Shreekaala Yoga. The session began with breathing exercises (pranayama), followed by stretching techniques and various yoga asanas.



Participants practiced postures that improved flexibility, concentration, and stress relief. The calm and peaceful environment of the FST Lawn enhanced the overall experience, allowing students to feel refreshed and rejuvenated.

The session highlighted the importance of maintaining mental clarity and emotional balance along with physical fitness.



# OVERALL IMPACT OF THE WORKSHOP

The combination of calisthenics and yoga provided a balanced approach to fitness. While the first day focused on strength and endurance, the second day emphasized flexibility and mindfulness. The structured format allowed participants to experience both high-energy training and peaceful relaxation.

The workshop encouraged students to prioritize health, practice discipline, and maintain an active lifestyle even amidst academic responsibilities.

## CONCLUSION

The ASCEND – 2 Day Fitness Workshop was conducted successfully and achieved its objectives. Through expert guidance and enthusiastic participation, the event created awareness about the importance of physical activity and mental well-being. Overall, the workshop was informative, engaging, and beneficial, leaving a positive impact on all participants.



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