

REPORT

YOGA AND MEDITATION CLUB

Objective of the event: - A yoga session of 3 days (12th to 14th February 2024) was organized by Yoga and Meditation Club to increase their immunity, built-up their strength and feel the inner peace of mind.

Details/ List of Teacher Participants

S. No.	Name of Faculty	Name of Department
1	Mr. Satyaveer Singh (Yoga Instructor)	Electrical Engineering
2	Ms. Archika Jain	CSE
3	Mr. Brij Mohan Sharma	Mechanical Engineering
4	Dr. Deepak Kumar	Mechanical Engineering
5	Mr. Manoj Raman	IT
6	Mr. Yusuf Sharif	Electrical Engineering
7	Ms. Deepti Arela	Electrical Engineering
8	Dr. Mithlesh Arya	CSE
9	Ms. Ritu Shukla	IT
10	Mr. Praveen Kumar Yadav	IT
11	Mr. Vikram	IT
12	Ms. Shanu Tripathi	CSE
13	Dr. Aakriti Sharma	CSE
14	Ms. Priyanka Sharma	CSE
15	Dr. Sunita Gupta	IT
16	Mr. Banwari Lal Sharma	Civil Engineering
17	Ms. Priya Gupta	CSE
18	Ms. Allisa Goyal	CSE
19	Dr. Niketa Sharma	CSE
20	Mr. Sohan Lal Gupta	CSE
21	Mr. Rajesh Rajaan	CSE
22	Ms. Richa Rawal	IT
23	Dr. Mithlesh Arya	CSE
24	Dr. Arpita Sharma	CSE
25	Mr. Manish Kumar Sharma	CSE
26	Ms. Barkha Jain	CSE
27	Mr. Dinesh Kumar Sharma	Mechanical Engineering

Details of Faculty Coordinators

Sr. No.	Name	Department	Mobile No.	Email Id
1	Ms. Archika Jain	CSE	7597161891	archika.jain@skit.ac.in
2	Mr. Satyaveer Singh	EE	9785118885	satyaraj501@gmail.com

Details of Student Coordinators

Sr. No.	University Roll No.	Name	Year	Branch	Mobile No.	Email Id
1	22ESKCS194	Sakshi Bhasker	II	CSE	9672959642	b220671@skit.ac.in
2	22ESKCS802	Sharda Meghwal	II	CSE	8383056954	b220630@skit.ac.in

BHRAMARI AASAN



Bhramari asana, also known as the Humming Bee Pose, is a yoga posture that involves controlled breathing with a humming sound. Bhramari asana is known for its calming and soothing effects on the nervous system. It can help reduce stress, anxiety, and agitation while promoting relaxation and mental clarity. It's often practiced as part of pranayama (breathing exercises) or as a preparation for meditation.

ANULOM VILOM



Anulom Vilom, also known as Nadi Shodhana or Alternate Nostril Breathing, is a popular pranayama (breathing exercise) in yoga. It involves the rhythmic and controlled breathing through alternate nostrils. Anulom Vilom is known for its calming and balancing effects on the mind and body. It's often practiced as part of a regular yoga routine or as a standalone breathing exercise to reduce stress and improve concentration.

STRETCHING



Stretching is a physical activity that involves deliberately lengthening or extending muscles, tendons, and ligaments to increase flexibility, improve range of motion, and prevent injury. It's an essential component of any fitness routine and is often performed before and after exercise or as part of a standalone practice such as yoga or Pilates. It's important to note that stretching should be done safely and should never cause pain. It's also not a substitute for warming up before exercise, as cold muscles are more prone to injury.

MEDITATION



Meditation is a practice that involves training the mind to focus and redirect thoughts, leading to a state of heightened awareness, relaxation, and inner peace. It has been practiced for thousands of years and is often associated with various spiritual and religious traditions, including Buddhism, Hinduism, and Taoism. Meditation can be practiced anywhere and at any time, and even just a few minutes of daily practice can yield significant benefits. It's essential to approach meditation with an open mind and without expectations, as experiences can vary widely from person to person.

ADHO MUKHA SVANASANA



Adho Mukha Svanasana is the Sanskrit name for Downward-Facing Dog pose in yoga. It is one of the most widely recognized yoga poses and is frequently practiced in various yoga styles. It's essential to practice Downward-Facing Dog mindfully, paying attention to your body's alignment and respecting its limitations. If you have any wrist, shoulder, or back injuries, or if you're pregnant, you may need to modify the pose or avoid it altogether.

PRANAMASANA



Pranamasana, also known as the Prayer Pose or the Namaste Gesture, is a foundational yoga asana (pose) that is typically performed at the beginning and end of a yoga practice as a gesture of respect and gratitude. This pose can be practiced by individuals of all levels and abilities and can be easily modified to suit different needs. It's a beautiful way to begin and end a yoga practice, connecting with yourself and the present moment.

Objective of the event: - A yoga session was organized on 21 Feb. 2024 by Yoga and Meditation Club to increase their immunity, built-up their strength and feel the inner peace of mind.

Details/ List of Teacher Participants

S. No.	Name of Faculty	Name of Department
1	Mr. Satyaveer Singh (Yoga Instructor)	Electrical Engineering
2	Ms. Archika Jain	CSE
3	Dr. Mithlesh Arya	CSE
4	Ms. Ritu Shukla	IT
5	Ms. Priyanka Sharma	CSE
6	Dr. Sunita Gupta	IT
7	Dr. Arpita Sharma	CSE

Details of Faculty Coordinators

Sr. No.	Name	Department	Mobile No.	Email Id
1	Ms. Archika Jain	CSE	7597161891	archika.jain@skit.ac.in
2	Mr. Satyaveer Singh	EE	9785118885	satyaraj501@gmail.com

Details of Student Coordinators

Sr. No.	University Roll No.	Name	Year	Branch	Mobile No.	Email Id
1	22ESKCS194	Sakshi Bhasker	II	CSE	9672959642	b220671@skit.ac.in
2	22ESKCS802	Sharda Meghwal	II	CSE	8383056954	b220630@skit.ac.in

BAIASANA



Balāsana, also known as Child’s Pose, is a relaxing yoga pose that has several benefits. It helps to calm the mind, reduce stress, and relieve tension in the back, neck, and shoulders. Balāsana also stretches the hips, thighs, and ankles. However, it’s important to note that if you have knee or ankle injuries, or if you’re pregnant, you should avoid this pose. Always listen to your body and consult with a yoga instructor if you have any concerns.

BHUJANGASANA



Bhujangāsana, also known as Cobra Pose, is a powerful yoga pose with numerous benefits. It strengthens the back muscles, improves posture, and increases flexibility in the spine. Bhujangāsana also helps to open up the chest, stretch the shoulders, and tone the abdominal muscles. However, it's important to avoid this pose if you have back or neck injuries, or if you’re pregnant. As always, listen to your body and consult with a yoga instructor if you have any concerns.

SAHAJ YOGA MEDITATION

Date, Time and Venue of the event: - 1st May 2024, 1:30 -2:30pm
At IAI Lab

Level of the event: - College level

Notice of the event: -



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YOGA AND MEDITATION CLUB

SKIT/ECA/2023-24/

Date: - 29/04/2024

NOTICE

Talk time on Sahaj Yoga Meditation: 35 Minutes (15 minutes talk + 15 minutes activity + 05 minutes Questions)

As per World Health Organization, Health is a state of complete physical, mental and social well being and not merely the absence of disease. During our professional life (studies and working in premier R&D lab), we remain physically fit and achieve goals successfully. But the work pressure and competition seems difficult obstacles to the mental and social well being. Here, Sahaj Yoga Meditation helps to pursue our activities in a without being tiredness. We have regular sense of enjoyment during our day .

So join us for an insightful session with **Dr. Hemant Kumar Meena, Associate Professor, Dept. of Electrical Engineering, MNIT Jaipur** on 1st May 2024.

Venue: IAI Lab

(Timings: 1st May 2024, 1.30 – 2.30 pm)

Student Coordinators:

Sakshi Bhaskar: 9672959642

Sharda Meghwal: 8383056954

Faculty Coordinators:

Archika Jain: 7597161891

Satyaveer Singh: 9785118885

ECA Coordinators:

Dr. Aakriti Sharma

Deepti Arela

Details of invited guest/speakers:- Dr. Hemant kumar Meena, Associate Professor, Department of Electrical Engineering, MNIT Jaipur.

Objective of the event:- To let the students know about the role of sahaj yoga meditation in their life and how to do sahaj yoga meditation.

Details (Execution):-

The guests and speakers of the event are welcomed with a bouquet and momento After that they give their insightful views on Sahaj yoga meditation and then everyone performed some activities with them. Lastly, a token of thanks was given by faculty coordinator and with this the session ends.

Details/List of faculty coordinator(s)-

Sr. No.	Name of Teacher	Department
1	Ms. Archika jain	Computer science and engineering
2	Mr. Satyaveer Singh	Electrical Engineering

Details/List of student coordinators:

Sr. No.	Name	Univ. Roll no	Year	Branch
1	Sakshi Bhaskar	22ESKCS194	2nd	CSE
2	Sharda Meghwal	22ESKCS802	2nd	CSE

Details/List of student participants:-

Sr. No.	Name	Univ. Roll no	Year	Branch
1	Sakshi Bhaskar	22ESKCS194	2nd	CSE
2	Sharda Meghwal	22ESKCS802	2nd	CSE
3	Shrey Ghiya	22ESKCS809	2nd	CSE
4	Shivam Gupta	22ESKCS807	2nd	CSE
5	Shivam Agarwal	22ESKCS805	2nd	CSE
6	Shivam Bora	22ESKCS806	2nd	CSE
7	Satvik Vaishnav	22ESKCS800	2nd	CSE
8	Satveer Gujar	22ESKCS199	2 nd	CSE
9	Sikha Mahar	22ESKCS804	2 nd	CSE
10	Ruchika Meena	22ESKCS187	2 nd	CSE
11	Vallari Asthana	22ESKCS829	2nd	CSE
12	Sachin Mishra	22ESKCS190	2nd	CSE
13	Rohit Soni	22ESKCS185	2nd	CSE
14	Nitisha Vijay	22ESKCS300	2nd	CSE
15	Abhinav Soni	22ESKCS302	2nd	CSE
16	Shreya Samariya	22ESKCS304	2nd	CSE
17	Yash Karodiwal	22ESKCS850	2nd	CSE
18	Tanishka Sain	23ESKCS221	2nd	CSE
19	Utkarehika Jangid	23ESKCS222	2nd	CSE

20	Barkha Vijay	23ESKCS205	2nd	CSE
21	Sonali Sharma	23ESKCS218	2nd	CSE
22	Suruchi Bharti	23ESKCS220	2nd	CSE
23	Vishal Gothwal	22ESKCS842	2nd	CSE
24	Nikhil sharma	23ESKCS214	2nd	CSE
25	Anuj	23ESKCS203	2nd	CSE
26	Gajraj singh	23ESKCS208	2nd	CSE
27	Nityam kaushik	23ESKCS215	2nd	CSE
28	Dharmendra singh	23ESKCS207	2nd	CSE
29	Lokesh sharma	23ESKCS212	2nd	CSE
30	Sudhansh jain	23ESKCS219	2nd	CSE
31	Tanishka jain	22ESKCS301	2nd	CSE
32	Tanisha	22ESKCS303	2nd	CSE
33	Jatin jain	23ESKCS210	2nd	CSE
34	Aditya singh	23ESKCS200	2nd	CSE
35	Aseem jain	23ESKCS204	2nd	CSE
36	Akash sharma	23ESKCS201	2nd	CSE

Feedback of the event:-

It was a successful event from which everyone learnt about sahaj yoga meditation.

Photos of event (with Geotagged):-

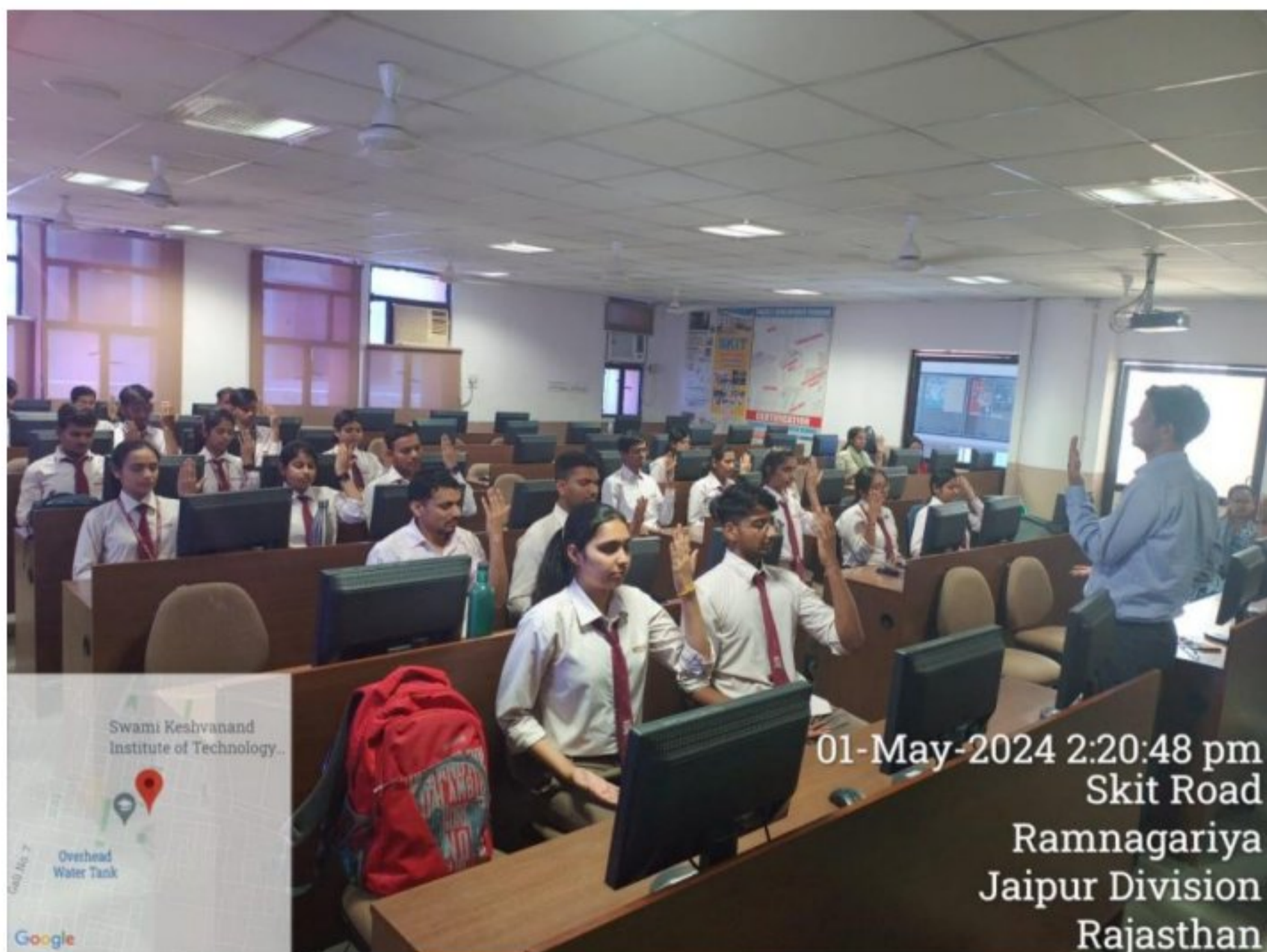




01-May-2024 2:11:35 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



01-May-2024 2:15:25 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



01-May-2024 2:20:48 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



Photos of event (without Geotagged):-





Certificates (winners and participants and coordinators):-

Collage of the event:-



Faculty Coordinator(s)
Ms. Archika Jain

Student Coordinator(s)
Sakshi Bhaskar