

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):-

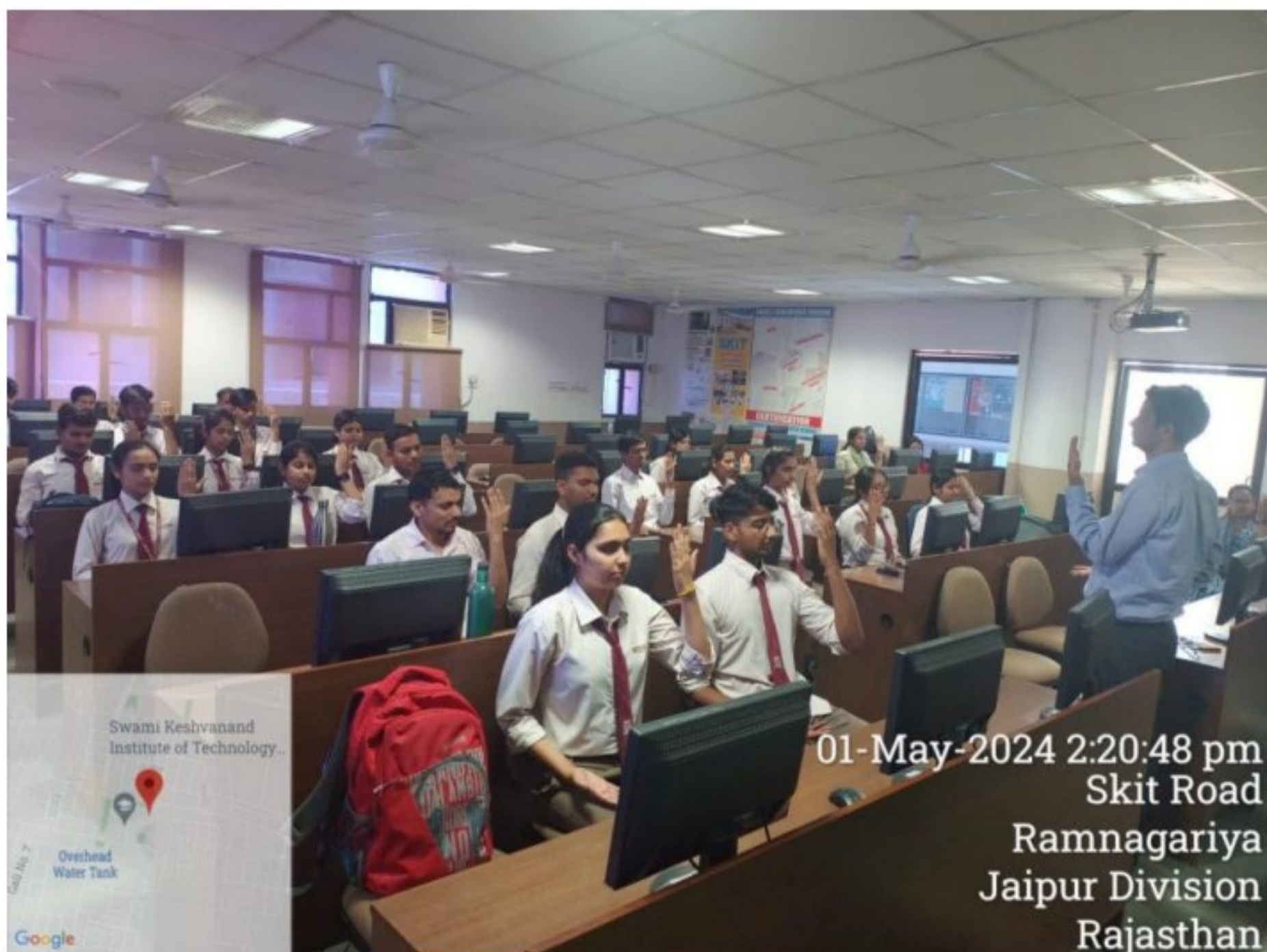




01-May-2024 2:11:35 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



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