

# 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	<a href="mailto:archika.jain@skit.ac.in">archika.jain@skit.ac.in</a>
2	Mr. Satyaveer Singh	EE	9785118885	<a href="mailto:satvaraj501@gmail.com">satvaraj501@gmail.com</a>

### Details of Student Coordinators

Sr. No.	University Roll No.	Name	Year	Branch	Mobile No.	Email Id
1	22ESKCS194	Sakshi Bhasker	II	CSE	9672959642	<a href="mailto:b220671@skit.ac.in">b220671@skit.ac.in</a>
2	22ESKCS802	Sharda Meghwal	II	CSE	8383056954	<a href="mailto:b220630@skit.ac.in">b220630@skit.ac.in</a>

## 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.