

Report

Core Strength and Stability

Date, Time and Venue of the event: - 11-12-2024, 1:30pm-3:30pm,
Indoor Badminton Court

Level of the event: - College level

Notice of the event: -



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YOGA AND MEDITATION CLUB

SKIT/ECA/2024-25/

Date: - 7/12/2024

NOTICE

We are delighted to announce a special workshop on **Core Strength and Stability**, led by renowned yoga instructor **Satyaveer Singh**.

Highlights of the Workshop:

- Learn effective techniques to enhance core strength.
- Explore stability-focused yoga postures for improved balance.
- Practical tips to integrate core exercises into daily routines.
- Suitable for all levels, from beginners to advanced practitioners.

Details of the Session:

Speaker: Satyaveer Singh, Yoga Instructor

Venue: Indoor Badminton Court

Date: 11 Dec. 2024

Time: 1.45 pm – 3.30 pm

This session is ideal for anyone looking to boost their fitness, prevent injuries, and improve overall body strength. Don't miss this opportunity to learn from an expert in the field.

Student Coordinators:

Sakshi Bhaskar: 9672959642

Sharda Meghwal: 8383056954

Vijay Soni: 8769476924

Faculty Coordinators:

Dr. Archika Jain: 7597161891

Mr. Satyaveer Singh: 9785118885

ECA Coordinators:

Dr. Aakriti Sharma

Deepthi Arcia

Details/List of invited guest/speakers:- Mr. Satyaveer Singh, yoga expert, SKIT

Objective of the event:-

- Learn effective techniques to enhance core strength.
- Explore stability-focused yoga postures for improved balance.
- Practical tips to integrate core exercises into daily routines.
- Suitable for all levels, from beginners to advanced practitioners.

Details (Execution):- This 2-hour Core strength and stability session was a blend of yoga postures to enhance core strength and improved balance. The session conclude with a guided meditation session to help participants integrate the experience and cultivate a sense of inner peace.

Details/List of teacher participants:-

Sr. No.	Name of Teacher	Branch
1	Dr. Archika Jain	Computer Science & Engineering
2	Mr. Satyaveer Singh	Electrical Engineering

Details/List of student participants:-

Sr. No.	Name	Univ. Roll no	Year	Branch
1	Sakshi Bhaskar	22ESKCS194	3rd	CSE
2	Sharda Meghwal	22ESKCS802	3rd	CSE
3	Vijay Soni	23ESKCY057	2nd	IOT
4	Komal Suthar	B241042	1st	ECE
5	Khuhsi Jangir	B241538	1st	ECE
6	Arun Kumar Yadav	L240003	2nd	CSE
7	Shreya Kumari	L240002	2nd	AI
8	Darshah Jangid	B230636	2nd	EE
9	Akshita Agarwal	B231362	2nd	EE
10	Megha Sharma	B231199	2nd	EE
11	Abhishek	B231014	2nd	EE
12	Kalp Mundra	B230695	2nd	DS
13	Harsh Mathur	B231157	2nd	DS
14	Ankit Kumar	L240026	2nd	CS
15	Abhishek kumar	L240022	2nd	CS
16	Vishu	B231100	2nd	CE
17	Rahul	B230849	2nd	CE
18	Pragya	B231284	2nd	CE
19	Rohit	B230600	2nd	CE
20	Parth	23ESKIT117	2nd	IT
21	Praveen Singh	B230658	2nd	EC
22	Diwakar	B231173	2nd	EE
23	Prachi Bhardwaj	B230993	2nd	IOT

24	Jiya Arora	B230325	2nd	CS
25	Himanshu Dayama	B230958	2nd	CS
26	Jahanvi	B231360	2nd	CS
27	Priyanshu	B230982	2nd	CS

Feedback of the event:- The feedback is positive , the outcomes of the event are:

- ☐ Increased flexibility and strength
- ☐ Reduced stress and anxiety
- ☐ Improved mindfulness and focus
- ☐ Deep relaxation and sense of well-being

Photos of event (with Geotagged at least 4)*:-





Photos of event (without Geotagged at least 4):-





Certificates (winners and participants and coordinators):-



Signature of Event Coordinator:- Sakshi Bhaskar
(*for offline event)