


Report **Mindfulness Meditation for Stress Relief**



Date, Time, and Venue of the event: 02-04-2025, 1:30PM-3:30PM,
Indoor Badminton Court.

Level of the event: College Level.

Notice of the event:



**Swami Keshvanand Institute of Technology,
Management & Gramothan, Jaipur**




MINDFULNESS MEDITATION FOR STRESS RELIEF

by yoga and meditation club

Objective: Help students manage stress or anxiety with
mindfulness and relaxation.

Join us here:



Time and venue

02-04-25/Wednesday
1:30-3:30
Indoor Badminton Court

Faculty coordinators:
Dr. Archika Jain
Mr. Satyaveer singh

For queries:
Sakshi Bhaskar: 9672959642
Sharda : 8383056954
Vijay Soni : 8769476924

Objective of the event: -

- Helping participants manage stress by calming the mind and body.
- Encouraging present-moment awareness to break free from negative thought patterns.
- Enhancing focus and mental clarity through mindful breathing and observation.
- Promoting relaxation, emotional balance, and resilience.
- Strengthening the link between physical sensations, emotions, and thoughts.

Details (Execution): -

Mindfulness Meditation for Stress Relief helps individuals cultivate inner peace by focusing on the present moment. Through guided breathing, body awareness, and meditation, participants learn to release tension, enhance emotional well-being, and improve mental clarity. Regular practice fosters resilience, reduces anxiety, and promotes a balanced, stress-free lifestyle.

Details/List of teacher participants:

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

Details/List of student participants:

Sr. No.	Name	Univ. Roll No	Year	Branch
1	Abhishek Kumar Chugh	23ESKEC302	2	Electronics
2	Amrita Kurani	23ESKC011	2	DS
3	Tanmay Malhotra	23ESKIT176	2	IT
4	Kritika Dhadhuch	23ESKC055	2	DS
5	Rameshwar Chaudhary	23ESKEC090	2	CE
6	Ujjwal Ranjan	23ESKIT179	2	IT
7	Yash Goyal	23ESKIT187	2	IT
8	Sandesh Gupta	23ESKIT150	2	IT
9	Naman Balana	23ESKEC060	2	ECE
10	Shivansh Ajmera	23ESKIT156	2	IT
11	Sumit Saini	23ESKIT170	2	IT
12	Rudraksh Dusad	23ESKC096	2	DS
13	Shanker Joshi	23ESKC106	2	DS
14	Prachi Agarwal	23ESKC080	2	DS
15	Sharuti Sharma	24ESKCS909	1	CSE
16	Sakshi	24ESKCS898	1	CSE
17	Shriya JB	24ESKCS918	1	CSE
18	Shailya Sharma	24ESKCS908	1	CSE
19	Sanjeevani Sharma	24ESKCS901	1	CSE
20	Shubhangi Mudgal	23ESKEC106	2	CE
21	Priyanka Lomror	23ESKEC078	2	CE
22	Payal Meena	23ESKEC073	2	CE
23	Bhumi Porwal	23ESKC301	2	DS
24	Rishu Sharma	23ESKC092	2	DS
25	Riya Dhakad	23ESKC093	2	DS
26	Harshita Kumawat	23ESKIT058	2	IT
27	Harshvardhan Singh	23ESKIT059	2	IT
28	Jai Khandelwal	23ESKIT069	2	IT
29	Deepak Panchali	23ESKIT043	2	IT
30	Hiya Tiwari	23ESKIT065	2	IT
31	Mo Yunus	23ESKEC057	2	ECE
32	Kovid Gupta	23ESKIT081	2	IT
33	Jayant Singh	23ESKIT071	2	IT
34	Kanak Singh	23ESKIT076	2	IT
35	Hemang Khandelwal	23ESKIT060	2	IT
36	Chirayu Vaishnav	23ESKIT041	2	IT
37	Vikush	23ESKEE088	2	EE
38	Abhishek Sharma	23ESKEE003	2	EE
39	Jitesh Kumawat	23ESKEE038	2	EE
40	Mohit Prasad	23ESKEE046	2	EE
41	Aryan Soni	23ESKEE099	2	EE
42	Ashok Kumar	23ESKEE012	2	EE
43	Tanishka Jagetiya	23ESKIT173	2	IT
44	Tanisha Saini	23ESKIT172	2	IT
45	Yuvika Singodia	23ESKIT303	2	IT
46	Jayant Kaushik	23ESKCS105	2	CSE

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

- Participants experienced a noticeable reduction in stress and anxiety levels.
- Learned techniques to manage emotions effectively.
- Acquired breathing exercises and meditation techniques for daily use.
- Participants reported feeling more relaxed and peaceful.

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)