



# Report


## Study Break Stretch And Relax

**Date, Time and Venue of the event:** 26-03-2025, 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**



**STUDY BREAK STRETCH AND RELAX**  
by yoga and meditation club  
Objective: Provide a mental and physical break from  
studying to help students relax.

Join us here:  


Time and venue  
26-03-25/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

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

**Objective of the event:** -

- Encourages relaxation and mindfulness, leading to a balanced study routine.
- A quick yoga session reinvigorates the body, preventing fatigue and burnout.
- Suitable for all levels, from beginners to advanced practitioners.
- Provide a mental and physical break from studying to help students relax.

**Details (Execution):** -

The Study Break Stretch and Relax in Yoga session aimed to provide students with a mental and physical break from their studies. Through guided stretching, breathing exercises, and relaxation techniques, the session helped students reduce stress, improve focus, and refresh their energy levels. This initiative promoted overall well-being and encouraged a balanced study routine.

**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	Darshan Jangid	23ESKEE018	2	EE
2	Harsh Vardhan Singh Rajawat	23ESKEE030	2	EE
3	Tanmay Malhotra	23ESKIT176	2	IT
4	Shivansh Ajmera	23ESKIT156	2	IT
5	Sandesh Gupta	23ESKIT150	2	IT

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

- Students experienced a noticeable reduction in mental and physical fatigue.
- Improved posture awareness and flexibility through guided stretching sessions.
- The session promoted awareness of the importance of taking mindful breaks.
- Created a calm and positive environment, encouraging students to incorporate relaxation techniques into their routine.

**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)