

# Report

## Yoga and Breathwork

**Date, Time and Venue of the event:** - 23-10-2024, 1:30pm-3:30pm,  
Tea Room near JC Bose Auditorium

**Level of the event:** - College level

**Notice of the event:** -



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### YOGA AND MEDITATION CLUB

SKIT/ECA/2024-25/

Date: - 21/10/2024

#### NOTICE

We are introducing a special focus on **Conscious Breathing** in our “Yoga and Breathwork” sessions conducted by esteemed yoga expert Mr. Satyaveer Singh. Conscious breathing (pranayama) is a key aspect of yoga that helps to enhance mental clarity, reduce stress, and improve physical performance.

#### **Details of the Event:**

**Venue:** Tea Room near JC Bose Auditorium

**Date:** 23 Oct. 2024

**Time:** 1.30 pm – 3.30 pm

#### **Who Can Attend?**

This session is open to all students who are interested in enhancing their understanding of yoga and integrating it into their daily lives for a healthier and balanced lifestyle.

#### **Key Benefits of Conscious Breathing:**

- Reduces Stress and Anxiety: Activates the body's relaxation response
- Improves Focus: Enhances mental clarity and mindfulness
- Boosts Physical Performance: Increases oxygen flow for better endurance and flexibility
- Balances Emotions: Supports emotional stability and resilience

Don't miss this opportunity to learn from an expert and gain valuable insights into maintaining a healthy and balanced life through yoga. For more details, please contact here.

#### **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

Deepti Arela

*Sakshi*  
21/10/24

*Aakriti*  
21/10/24

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

**Objective of the event:-** To Introduce students to the breathing practices of yoga, emphasizing its benefits for physical health ,mental clarity, and overall well-being.

**Details (Execution):-**

This 2-hour yoga and breathwork session is a blend of traditional yoga poses and breathwork techniques designed to promote mindfulness, relaxation, and stress reduction. The session begin with a gentle warm-up, followed by a series of yoga poses that focus on stretching, strengthening, and increasing flexibility. The yoga poses interspersed with guided breathwork exercises that help to calm the mind and promote deep breathing. 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

**Attendance list:**

S.No.	Name	Roll No/Clg Id	Branch	Year
1	Akshat Kumawat	23ESKCS016	CSE	2nd
2	AmanJeet Singh	23ESKCS019	CSE	2nd
3	Aditya Singh	23ESKCS011	CSE	2nd
4	Anish Saini	23ESKCS023	CSE	2nd
5	Nivya Mangal	23ESKIT112	IT	2nd
6	Nirali Chipad	23ESKIT109	IT	2nd
7	Priyanka	23ESKCS304	CSE	2nd
8	Priya Thalor	23ESKIT128	IT	2nd
9	Payal	23ESKIT118	IT	2nd
10	Pratik Raj	23ESKIT127	IT	2nd
11	Bhavika	23ESKCS018	DS	2nd
12	Pranay	23ESKIT124	IT	2nd
13	Hitesh Singal	23ESKCA054	AI	2nd
14	Ashutosh Gupta	23ESKCA023	AI	2nd
15	Akash Sharma	23ESKCA006	AI	2nd
16	Manish Godara	23ESKIT097	IT	2nd
17	Kuldeep Rajoria	23ESKIT084	IT	2nd
18	Kunal Gupta	23ESKIT085	IT	2nd
19	Ketan Bansal	23ESKIT080	IT	2nd
20	Mohit Sharma	23ESKIT106	IT	2nd
21	Manas Kumar Jha	23ESKIT096	IT	2nd
22	Hitesh Kumar Gupta	B240617	CSE	1st
23	Kshijit Dakhera	23ESKIT083	IT	2nd
24	Nikhil Agarwal	23ESKIT108	IT	2nd
25	Kartik Mahaloniya	23ESKIT078	IT	2nd
26	Khushagra Sharma	23ESKIT089	IT	2nd
27	Puneet Kumar Sulariya	23ESKCE066	CE	2nd
28	Mohd Shafiq	23ESKCE085	CE	2nd
29	Manish Kumar	23ESKIT098	IT	2nd
30	Mayank Kumar	23ESKIT101	IT	2nd
31	Mohit Khandelwal	23ESKIT105	IT	2nd
32	Tanuj Gupta	23ESKCY052	IOT	2nd
33	Vaibhav Gupta	23ESKCY056	IOT	2nd
34	Prakhar Khatri	23ESKIT123	IT	2nd
35	Khushi Jangir	B241533	ECE	1st
36	Komal Suthar	B241042	ECE	1st
37	Momeen Khan	23ESKCE0665	CE	2nd
38	Harshit Goyal	23ESKCA043	AI	2nd
39	Dev Khandelwal	23ESKCA035	AI	2nd
40	Dhruv	23ESKCA037	AI	2nd
41	Kartev Vashisth	23ESKCS049	DS	2nd
42	Pulkit Choudhary	B241349	CE	1st
43	Rohit	B241223	CE	1st
44	Lakshya Kumar Rathor	B230626	AI	2nd
45	Abhishek Sharma	B230626	CSE	2nd
46	Rohit Singhal	B230433	CSE	2nd
47	Arvind Jangir	B230902	IOT	2nd
48	Harsh Parmar	B23178	IOT	2nd
49	Saloni Jain	B241350	CE	1st
50	Priyanka Meena	B241619	CE	1st
51		B230695	DS	2nd
52	Harsh Mathur	B231157	DS	2nd
53	Gourav Amerya	23ESKCA0546	AI	2nd
54	Parth Dadich	23ESKIT117	IT	2nd
55	Praveen Kumar	23ESKCA079	AI	2nd
56	Riya Aggarwal	23ESKCA089	AI	2nd
57	Unnati Mangal	23ESKCY053	IOT	2nd
58	Dhruv Garg	23ESKCY014	IOT	2nd
59	Ronak Mourya	23ESKCY043	IOT	2nd
60	Laveena Gupta	23ESKCS131	CSE	2nd
61	Mahita Jain	23ESKCS134	CSE	2nd
62	Shelja	22ESKCS803	CSE	3rd
63	Suffiyan Khan	23ESKIT169	IT	2nd
64	Sandesh Gupta	23ESKIT150	IT	2nd
65	Tanmay Malhotra	23ESKIT176	IT	2nd
66	Shivansh Ajmera	23ESKIT156	IT	2nd
67	Somy Timani	23ESKIT166	IT	2nd
68	Rudraksh Sharma	23ESKIT142	IT	2nd
69	Ujjawal Kumar	23ESKIT178	IT	2nd
70	Vaibhav Dadhich	23ESKCY055	IOT	2nd

## 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)\*:-

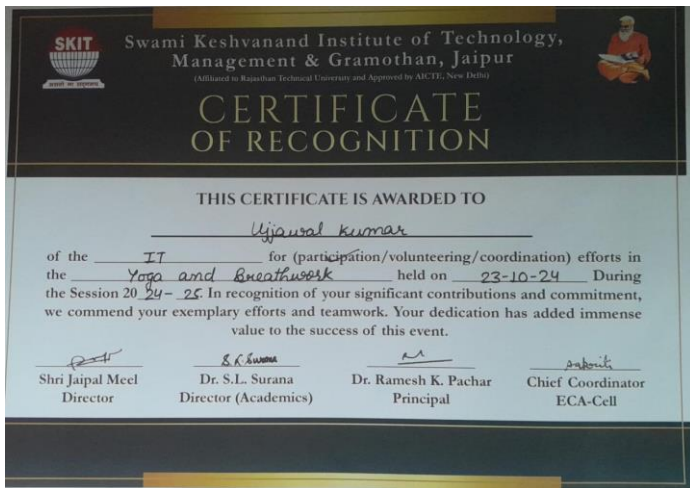


## Photos of event (without Geotagged at least 4):-



## Certificates (winners and participants and coordinators):-





**Signature of Event Coordinator:-**

**Sakshi Bhaskar**

(\*for offline event)