

# **SKIT WOMEN CELL**

## **REPORT**

**EVENT: STRESS MANAGEMENT WITH YOGA**

**Date: July 29, 2021**

**Time: 1:00 pm onwards**

**Venue of the event: - online through google meet**

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

## Notice of the event: -

**SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY, MANAGEMENT AND GRAMOTHAN,  
JAIPUR**

### **SKIT WOMEN'S CELL**

#### **NOTICE**

**Date:26/7/21**

We are pleased to inform you that SKIT WOMEN'S CELL is organizing an online workshop on "Stress management with Yoga" on July 29, 2021 at 1:00 PM.

Interested candidates may register through online link given below.

Title:" Stress management with Yoga "

Date: 29 July, 2021

Time: 1:00 PM to 2:00 PM

Venue: Online through Google Meet

For registration: <https://forms.gle/aUqWkGw9jn8eLkXr9>

We look forward to your kind presence.

You are also requested to circulate the information and encourage other students to participate.

Thanking you

With kind regards,

Faculty Coordinator:-

Dr. Sangeeta Gupta

+91 9414455719

**Event poster:-**



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

*SKIT WOMEN`s Cell presents-*

## **STRESS MANAGEMENT WITH YOGA**

*"YOGA adds Years to your life  
and Life to your Years"*



*29 July*



*G-Meet*



*1pm - 2pm*

### **Instructor**



**Dr. RASHMI SHARMA**

*(20 Years in the Field of YOGA)*

*NDDY, DNYS, MA(Yoga & naturopathy)*

*YOGA Trainer, Meiso-Shiatsu Therapist*

*Exp. in Pregnancy Yoga, Nutritionist*

*Running- "Rashmi YOGA House" Giving services  
for noble cause.*

**Scan this QR  
for Registration**



**For more details contact :**

**Dr. Sangeeta Gupta- 9414455719**  
*(Faculty Coordinator)*

**Deepak Kumar- 6204338698**  
*(Student Coordinator)*

## **Details/List of invited guest/speakers:-**

**Dr. Rashmi Sharma** [20 yrs in the field of YOGA]

### **Professional Qualifications-**

N.D.D.Y, DN.Y.S., M.A(yoga and Naturopathy) Ladnun University OKI.DO. YOGA Trainer, Meiso- Shiatsu Therapist, Expertise in pregnancy yoga Nutritionist , Have done courses in Reiki , sujok, Acupressure and pranic Healing, IYENGAR YOGA TRAINER.

### **Educational Qualification-**

Graduation - Zoology. Hons

Post Graduation- Eng literature Diploma in pharmacy (S.M.S. Medical College)

## **Objective of the event:-**

In today's life, everybody suffers under stress in one or the other way. Yoga has always been known as **a way to calm the mind** through the **combination of movement and breath**. This, in itself, is a way to **help manage stress**. Even further benefits have been found because yoga has been proven to have a positive effect on the parasympathetic nervous system. This **reduces the amount of oxygen that your body needs, resulting in the leveling out of your heartbeat and blood pressure**. In short, this system **controls the stress response systems**. One of the main principles of yoga is to **connect the body and mind**. Stress can affect both and yoga helps to balance and connect the body and mind. Considering all these benefits of yoga, this workshop was organized for students, staff and faculty members of SKIT.

## **Participants**

S.no.	Name	Mail Id	Student/Faculty
1.	Ashwini singh	ashwinisingh6268@gmail.com	Student
2.	Harsh Tanwar	harshtanwar364@gmail.com	Student
3.	Arvind Gupta	arvindguptagc123@gmail.com	Student
4.	Kapil	wersdf1232@gmail.com	Student
5.	Aayushman Mishra	mishraayushman786@gmail.com	Student
6.	Pooja Jain	poojajain624@gmail.com	Faculty
7.	Deepak kumar Mina	meenadeepak533@gmail.com	Student
8.	Naveen	naveen@skit.ac.in	Faculty
9.	Deepak Yadav	yadav8094deepak@gmail.com	Student
10.	BAIBHAV BISHAL	baibhavajit@gmail.com	Faculty
11.	Komal Sharma	kbhardwaj18@gmail.com	Faculty
12.	Atul Jangid	atul2001jangid@gmail.com	Student

S.no.	Name	Mail Id	Student/Faculty
13.	Raj Kumar Meena	rajkumarmeena6376408563@gmail.com	Student
14.	Komal Kanwar Korawat	komalkanwarkorawat1815@gmail.com	Student
15.	Vinita Sharma	vinita.sharma@skit.ac.in	Faculty
16.	Aakanksha Sharma	B200508@SKIT.AC.IN	Student
17.	Rachi khandelwal	rachikhandelwal789@gmail.com	Student
18.	Kirti Jaiswal	kirtikiranjaiswal07@gmail.com	Student
19.	Geetanshikha Gautam	geetanshikhagautam@gmail.com	Student
20.	Himanshu Kachhawa	b200460@skit.ac.in	Student
21.	Kashish Sharma	kashishsharma30872@gmail.com	Student
22.	Gungun Wadhwa	gungunwadhwa05@gmail.com	Student
23.	Tanu gautam	tanug2106@gmail.com	Student
24.	Sanyam Iodha	tmp1795@skit.ac.in	Student
25.	Dolly Malik	dollymalik69@gmail.com	Student
26.	Mohit Kumar Singh	tmp1845@skit.ac.in	Student
27.	Prafull Bhargava	prafullbhargava7@gmail.com	Student
28.	Harshita Paliwal	harshitapaliwal07@gmail.com	Student
29.	Sakshi Gurbani	sakshi18.gurbani@gmail.com	Student
30.	Dheeraj Kumar garg	dheerajgarg496@gmail.com	Student
31.	Raksha Modi	modiraksha03@gmail.com	Student
32.	Archita Gocher	b200232@skit.ac.in	Student
33.	Sarla karwasra	sarlakarwasara687@gmail.com	Student
34.	Vanshika Nirwan	vanshikanirwan28@gmail.com	Student
35.	Rishi Sharma	ri2001hi@gmail.com	Student
36.	DIKSHA SAMBHARIYA	dikshasambhariya93@gmail.com	Student
37.	Kushal sharma	kushalvedsharma2002@gmail.com	Student
38.	Lokesh kumar kumawat	Lk1678172@gmail.com	Student
39.	Himanshu sharma	himxnshu@gmail.com	Student
40.	Gaurav sharma	thegauravsharma81@gmail.com	Student
41.	Sanskar Rana	sanskarjatrana@gmail.com	Student
42.	Kanishk Sharma	kanishks2002@gmail.com	Student
43.	Atishayee Singh	atishayeesingh12@gmail.com	Student
44.	Shivam Kumar	shivamsingh93100@gmail.com	Student
45.	Jyoti Agrawal	jyotiagrawal1407@gmail.com	Student
46.	Shubham Gundaliya	shubhamgundaliya77@gmail.com	Student
47.	Himanshi Sharma	himanshi.k.sharma112@gmail.com	Student
48.	Radhika ojha	radhikaojha70@gmail.com	Student
49.	Prachi Dhiliwal	prachidhiliwal@gmail.com	Student
50.	Kashish karamchandani I	kashishkaramchandani3@gmail.com	Student
51.	Ishita vyas	ishrvyas@gmail.com	Student
52.	AVDESH MEENA	meenaavdes20@gmail.com	Student
53.	Shubhiksha khandelwal	khandelwalshubhiksha@gmail.com	Student
54.	KaShish jagwani	tmp1699@skit.ac.in	Student
55.	MANASVI DIXIT	manasvi.spsl@gmail.com	Faculty
56.	Muskan Meena	muskanmeena0827@gmail.com	Student
57.	Hariom kumar	hariomsingh7250@gmail.com	Student

S.no.	Name	Mail Id	Student/Faculty
58.	Akshat Jinakar	ajinakar574@gmail.com	Student
59.	Geetika Mathur	geetikamathur714@gmail.com	Student
60.	Gaurav jangid	gauravjangid452@gmail.com	Student
61.	Sakshi Sharma	sakshisharma.0725@gmail.com	Student
62.	Kuldeep Nagar	tmp0444@skit.ac.in	Student
63.	SOORAJ PACHOURI	soorajpachouri@gmail.com	Student
64.	ASHVANI KHANDELWAL	ashwinkhandelwal2002@gmail.com	Student
65.	Shreya pandey	shreyapandey1722@gmail.com	Student
66.	Ashutosh kumawat	Kumawatashutosh2001@gmail.com	Student
67.	Kavita Sharma	kavitachote2001@gmail.com	Student
68.	Mahi Jain	Jainmahi264@gmail.com	Student
69.	Shray	shraymathur13@gmail.com	Student
70.	Ankita meena	tmp1610@skit.ac.in	Student
71.	Prashansha khandelwal	kpsakshi516@gmail.com	Student
72.	PRIYANSHU JANGID	JANGIDPRIYANSHU02@GMAIL.COM	Student
73.	khushi garg	khushigarg.64901@gmail.com	Student
74.	Harsh kumawat	harshkumawat5111@gmail.com	Student
75.	Monika Dudi	monikadudi53@gmail.com	Student
76.	Jayesh Khatri	khatrijayeshrl@gmail.com	Student
77.	Mohit Soni	24mohits@gmail.com	Student
78.	Maahi Kaur Disanj	maahikaur31892@gmail.com	Student
79.	Natasha kaushik	natashakaushik0408@gmail.com	Student
80.	Anupam Meena	B200600@skit.ac.in	Student
81.	NITYA SINGH	nityasingh1273@gmail.com	Student
82.	Pawani Bhardwaj	pawanib0405@gmail.com	Student
83.	Vanshika Gupta	vanshikagupta8007@gmail.com	Student
84.	Rohit Kumar	rkrohit55kmr@gmail.com	Student
85.	Isha Agarwal	ishaagarwal181@gmail.com	Student
86.	KHUSHI KAKKAD	b201065@skit.ac.in	Student
87.	Khushi kakkad	b201065@skit.ac.in	Student
88.	Muskan Goyal	muskan.goyal2111@gmail.com	Student
89.	Arpit gothwal	arpitverma332@gmail.com	Student
90.	Kalpana Meena	b200521@skit.ac.in	Student
91.	Manan Sharma	manansharmaudz15@gmail.com	Student
92.	Vipasha goyal	Goyalvipasha07@gmail.com	Student
93.	Rudraksh Agarwal	rudrakshagarwal785@gmail.com	Student
94.	Ayushi Agrawal	ashayuparth@gmail.com	Student
95.	ASHUTOSH TIWARI	ashutosh19002@gmail.com	Student
96.	Aditi Pareek	aditipareek1032@gmail.com	Student
97.	Nikita Gupta	nikita2002gupta@gmail.com	Student
98.	Ritu Yadav	tmp1376@skit.ac.in	Student
99.	Dilkhush meena	dilkhushbalot@gmail.com	Student
100.	Ayushi Agarwal	agarawal.ayushi1@gmail.com	Student
101.	Kamlesh choudhary	kamleshjat3366@gmail.com	Student
102.	Ruchika Jain	ruchikajain2002@gmail.com	Student

S.no.	Name	Mail Id	Student/Faculty
103.	Aaditya Trivedi	nikita2015trivedi@gmail.com	Student
104.	Dharmi Kapadiya	dharmipatel567@gmail.com	Student
105.	Aanchal yadav	aanchi89015@gmail.com	Student
106.	Dr.Pramila Kumawat	pramila.kumawat@skit.ac.in	Faculty
107.	Srishti Ajmera	b200716@skit.ac.in	Student
108.	Divya dulani	divyadulani111@gmail.com	Student
109.	Gulshan Sharma	2sagulshan@gmail.com	Student
110.	Vaidehi Mudgal	vaidehi.mudgal02@gmail.com	Student
111.	Sanskriti Kaushal	sanskritikaushal2002@gmail.com	Student
112.	Rishiraj nagar	dhakarishi8056@gmail.com	Student
113.	Sandeep Kumar Yadav	b201084@skit.ac.in	Student
114.	Navya Sharma	2002navyasharma@gmail.com	Student
115.	Deepak Kumar Sai	deepaks63937@gmail.com	Student
116.	Yash saini	yashgahlot2002@gmail.com	Student
117.	Aaditya Trivedi	nikita2015trivedi@gmail.com	Student