

***Swami Keshvanand Institute of Technology, Management
& Gramothan
Ramnagar (Jagatpura) Jaipur-17***



**EXTRA CURRICULAR ACTIVITIES 2021-22
(YOGA AND MEDITATION CLUB)
ANNUAL REPORT OF CLUB ACTIVITIES**

Student Coordinator

Manjeet Singh

8890786967

Faculty Coordinator

Ms. Ruchika Khandelwal

9828124477

Mr. Satyaveer Singh

9785118885

About The Club:- “ YOGA AND MEDITATION CLUB ”

Objective of the club:- Awareness for Yoga .

Outcomes of the club:- Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being

Details of Registered Students (1st to 4th year):-

Sr.No.	Name	Roll Number	Year	Branch
1.	Manjeet Singh	20ESKCS140	2nd	Computer science & Engineering
2.	Navya Gupta	20ESKCS156	2nd	Computer science & Engineering
3.	Nilisha Nagar	21ESKCS143	1st	Computer science & Engineering
4.	Ayush garg	21ESKCS048	1st	Computer Science & Engineering
5.	Abhishek Sharma	21ESKCS014	1st	Computer science & Engineering
6.	Paridhi khandelwal	21ESKCS151	1st	Computer science & Engineering
7.	Sonali jain	21ESKCS830	1st	Computer Science & Engineering
8.	Naveen. Yadav	20ESKCS155	2nd	Computer science & Engineering
9.	Lakshay Jain	21ESKCS119	1st	Computer Science & Engineering
10.	Nikita Rao	21ESKCA077	1st	Computer Science- Artificial Intelligence
11.	Ankit shakdweepiya	21ESKCS032	1st	Computer Science & Engineering
12.	Sarthak Maheshwari	20ESKCS827	2nd	Computer science & Engineering
13.	Vartika Garg	21ESKCS842	1st	Computer Science & Engineering

14.	Saloni	21ESKEE067	1st	Electrical Engineering
15.	Garvita Sakhrani	21ESKIT049	1st	Information Technology
16.	Dhruv Pathak	21ESKCX017	1st	Computer science & Engineering
17.	Falguni pareta	21ESKCE022	1st	Civil Engineering
18.	Kanishk Bhardwaj	21ESKCE039	1st	Civil Engineering
19.	Prashant Singh	21ESKCS163	1st	Computer Science & Engineering
20.	Mudit Choudhary	20ESKCS150	2nd	Computer Science & Engineering
21.	Mohit Meena	21ESKCE053	2nd	Civil Engineering

Details of Students Coordinators:-

Sr. No.	University Roll No.	Name	Year	Branch	Mob. No.	Remarks (if any)
1.	20ESKCS140	Manjeet Singh	2nd	CSE	8890786967	

Details of Faculty Coordinators:-

Sr. No.	Name	Branch	Mob. No.	Remarks (if any)
1.	Ruchika Khandelwal	CS	9828124477	
2.	Satyaveer Singh	CS	9785118885	

Yearly Calendar:- (Starting from 1 July 2021 to June 2022)

Sr. No.	Date	Name of The Activity	Description	Remarks (if any)
1.	21/12/21	Yoga For Beginners	Online event	
2.	23/05/22	One Day Yoga Session	Offline Event	
3.	21/06/22	International Yoga Day	Offline Event	

Yoga for Beginners

Date:- 21th Dec 2021

Time:- 2:30 PM onwards

Venue: Virtually held at Google Meet platform.

Notice of the event: -

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

YOGA AND MEDITATION CLUB
COK/SKIT/2021-22/03
DATE: 20/12/2021

NOTICE

Yoga and Meditation Club is organizing an event “**Yoga for Beginners**”. This event will provide you new insight about yoga the power of meditation. All the students are requested to register themselves by the given link and participate in this event and get inspired and trained by **Mr. Dharamendar Kumar sir** (yoga expert) on 21st December 2021.

Registration Link: <https://forms.gle/GinHZgx7tieguhMz8>
Event Link: <meet.google.com/wqx-eqry-hcj>
(Timings: 21st December 2021, 2:30 – 3:30 pm)



Scan to register

Student coordinators
Saksham Agarwal: 9664418859
Manjeet Singh: 8890786967

Faculty coordinators
Ruchika Khandelwal: 9828159333
Satyaveer Singh: 9785118885


signature club coordinator

Ramnagar, Jagatpura, Jaipur, Rajasthan 302017 - +91 141 5160400  www.skit.ac.in

Event brochure / banner:-



Details of invited speaker:-

Our guest and speaker of the event was Mr. Dharmend Kumar who is a Yoga & Nutrition expert. His last 19 years experience include practicing at Poornima University & Gyan Vihar University and many School and Hotels . He also works for Corporate Company like Reliance, Idea . He is also an active Politician and business man

Objective of the event :-

The main objective of the event is to provide the student with the basic knowledge of yoga and nutrition so that in the student could learn its importance, practice it and imply this knowledge in their life .

Details :-

The session began with a wonderful Introduction of the Event by our Anchor-“Manjeet Singh”. He gave details about the main points to be discussed in the event , After that he handed over the session to Mr.Dharmendra kumar the expert of the day , who started by giving the basic knowledge about nutritions and diet ,that we should include pulses ,multi-grains ,green leafy vegetables and salad in our daily meals ,he said for every 20kg of a persons weight he/she should drink 1 ltr of water ,and many more .Then he talked about the importance of yoga and showed how to do some asana and then he gave all the participants a basic yoga task to do for 2minutes , then he showed some realistic data about people who got benefitted by yoga .

At the end he told the this yoga and health community is very large and there are many scopes in this field if any one who wishes to make career in this field can contact to him he would be happy to help . At end sir answered some questions that students asked about asana and about health .

Details/List of teacher participants:-

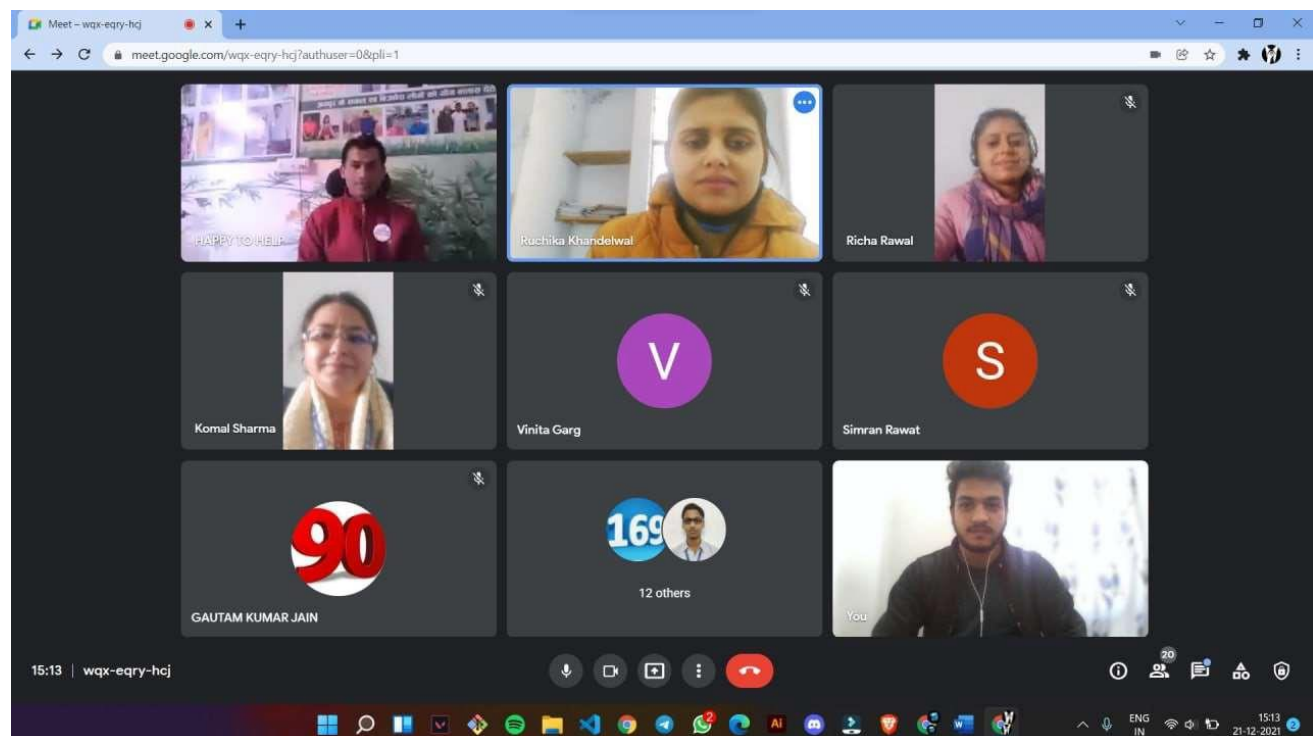
Sr. No.	Name of Teacher	Branch
1	Ruchika Khandelwal	CSE
2	Richa Rawal	CSE
3	Akrati Sharma	CSE
4	Komal Sharma	Physics

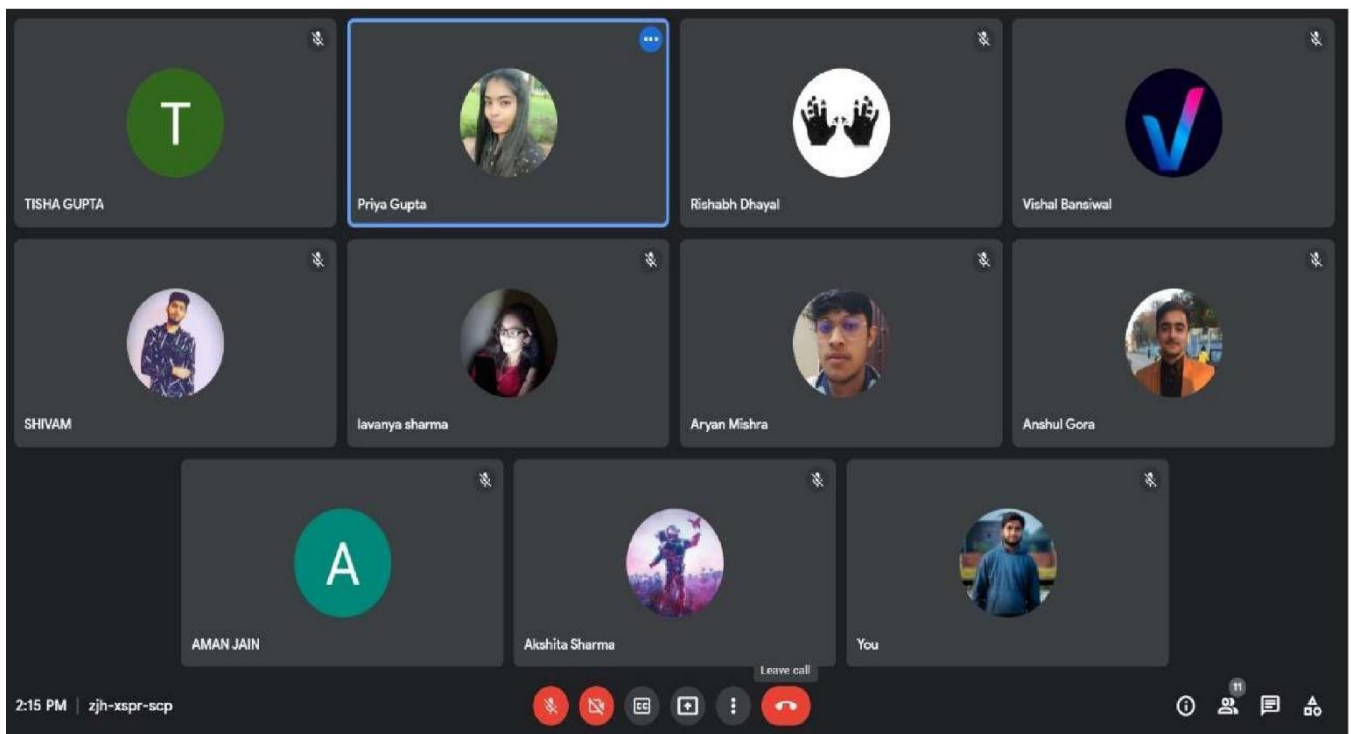
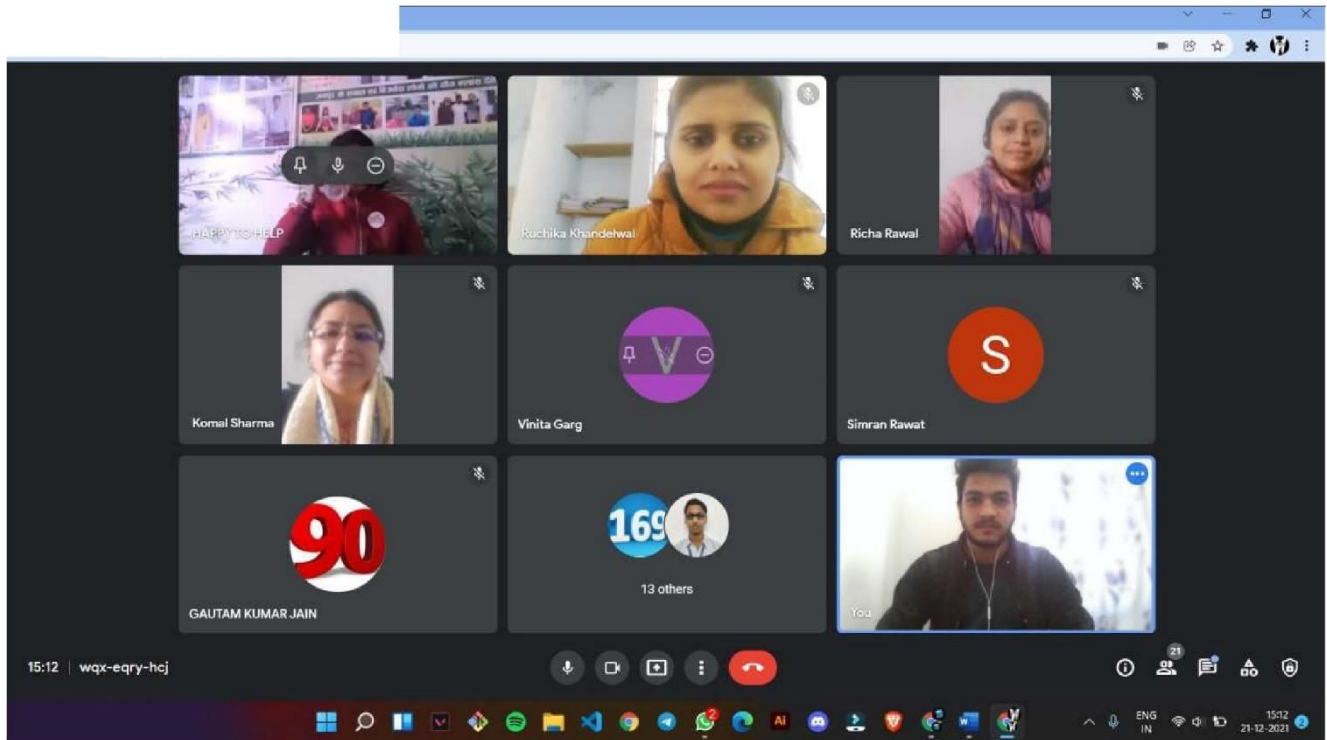
List of student participants:-

S.No.	Name	RTU Roll No.	Branch
1	Manjeet Singh	20ESKCS140	CSE
2	Ritika Singh	20ESKCS811	CSE
3	Mohit Bansal	20ESKCS148	CSE
4	Pawan Kumar	20ESKCS169	CSE
5	Hardik Jain	20ESKCS094	CSE
6	Jayesh Khatri	20ESKCS111	CSE
7	Harsh Soni	20ESKCS098	CSE
8	Divyansh Gupta	20ESKCS084	CSE

9	Dhruvi Goyal	20ESKCS078	CSE
10	Badal Soni	20ESKCS059	CSE
11	Dheeraj Kumar Garg	20ESKCS076	CSE
12	Bhavesh Singhal	20ESKCS060	CSE
13	Hari Kumar Addania	20ESKCS095	CSE
14	Geetika Mathur	20ESKCS092	CSE
15	Divyansh Gupta	20ESKCS083	CSE
16	Himanshu Kumawat	20ESKCS103	CSE
17	Himanshu Kalall	19ESKCS100	CSE
18	Garvit Mathur	20ESKCS088	CSE
19	Gautam Kumar Jain	20ESKCS090	CSE
20	Madhurum Verma	20ESKME056	ME
21	Divya Dulani	20ESKCS080	CSE
22	Harikishan Jangid	20ESKEE039	EE

Photos of event:





One Day Yoga Session

Date:- 23rd May 2022

Time:- 8:00- 9:00 a.m.

Venue: Yoga and Meditation Centre (Lawn In Front of Mech. Block.)

Notice of the Session: -



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



YOGA AND MEDITATION CLUB

DATE: 22/05/2022

NOTICE

Yoga and Meditation Club is organizing 1 Day Yoga Session on 23/05/22. In these sessions you will get new insight into yoga and the benefits of various yoga asanas. Interested faculty members and students are requested to participate in these yoga sessions.

Ps:- Faculty Members are requested to carry their clothes in which they are comfortable to perform yoga asanas.

Venue: Yoga and Meditation Centre (Lawn in front of Mech. Block).

Timings: 8:00 am – 9:00 am

Student coordinators

Saksham Agarwal: 9664418859

Manjeet Singh: 8890786967

Faculty coordinators

Ruchika Khandelwal: 9828159333

Satyaveer Singh: 9785118885

Signature club coordinator

(Faculty)

Details of Instructor :-

Yoga Expert and Instructor of the day was Mr. Satyaveer Singh who has done TTC(Teacher Training Course) 300 hours and 200 hours both in yoga ,along with PGDYS(Post Graduate Diploma in Yoga Science).

The aims and objectives of Yoga Session are:-

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Details/List of teacher participants:-

Sr. No.	Name of Teacher	Branch
1	Ruchika Khandelwal	CSE
2	Neha Mathur	CSE
3	Sanju Choudhary	IT
4	Komal Sharma	CSE
5	Ajay Nayar	ME
6	Manshwai Ma'am	Physics

List of student participants:-

Sr. No.	Name of	Branch
1	Kuldeep Joshi	CSE
2	Mohak Saini	CSE
3	Mudit Choudhary	CSE
4	Pradeep Singh	CSE
5	Navya Gupta	CSE
6	Shailendra Singh	CSE
7	Madhuram Verma	ME
8	Govind Pandey	ME
9	Rajkumar Sain	EC
10	Kul Pratap Singh	CSE

Details :-

The session began with basic stretching and breathing exercise(Anulom vilom) then after we performed various asnas , details are provided below

- **Anulom vilom:-** Anulom Vilom is a specific type of pranayama, or controlled breathing, in yoga. It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.

Benefits of Anulom vilom

1. improved breathing
2. improved cardiovascular function
3. stress reduction

Glimpses of Event:



- **Tadasana :-** Tadasana centers your body and mind, which helps create a calm sense of inner peace. Maintaining alignment and body awareness is a constant process. Standing strong, steady, and centered in Mountain Pose helps to improve posture, alignment, and balance. This can benefit other yoga poses as well as your daily movements.

Benefits of Tadasana

1. improving flexibility
2. relieving pain
3. building strength

Glimpses:



- Paschimottasana :- Pashchimottanasana, Seated Forward Bend, or Intense Dorsal Stretch is a seated forward-bending asana in hatha yoga and modern yoga as exercise.

Benefits of Paschimottasana

1. It increases your hip joints' flexibility.
2. It helps in getting rid of constipation.
3. Stretches the shoulder and knee joints to keep them functioning well.
4. Works on the hamstrings and calf muscles by toning them better.

Glimpses:



- Chakrasana:- This family of poses is said to be uplifting because they open up your heart and chest, helping you breathe deeper. They're also believed to stimulate the adrenal glands. Chakrasana, or Urdhva Dhanurasana, also offers a deep stretch for the chest and shoulder muscles, as well as the hip flexors.

Benefits of Chakrasana

1. improving flexibility
2. relieving pain
3. building strength

Glimpses:-



- Vrikshasana :- Vrikshasana or Tree Pose is a balancing asana. It is one of the very few standing poses in medieval hatha yoga, and remains popular in modern yoga as exercise, Since vrikshasana creates a sense of balance within the body, it also translates into mental wellbeing, building focus and concentration, making your mind sharper and lesser prone to meandering. It helps stabilise the nervous system, making it functional to an optimum.

Benefits of Vrikshasana:

1. It strengthens your spine and improves your posture.
2. Vrikshasana strengthens your thighs, knees and calf muscles.
3. It helps in improving your balance.
4. When done regularly, this asana may help in relieving sciatica pain.
5. It also helps to improve flat feet problems.

Glimpses:



- Shavasana :-Shavasana and some sitting asanas maintain the balance between relaxation and meditation by their equal input of physical stimuli. Shavasana is performed on the back with the legs spread as wide as the yoga mat and arms relaxed to the side, and the eyes closed. The whole body is relaxed on the floor with an awareness of the chest and abdomen rising and falling with each breath. During Shavasana, all parts of the body are scanned for muscular tension of any kind. Any muscular tension the body finds is consciously released as it is found.

Benefits of Shavasana :-

1. Calms central nervous system, aiding the digestive and immune systems
2. Calms the mind and reduces stress
3. Reduces headache, fatigue and anxiety
4. Helps lower blood pressure

Glimpses:



International Yoga day

Date:- 21st June 2022

Time:- 7:30 am

Venue:- Badminton Court

Mode of the event:- Online & offline

Notice of the event:-



Swami Keshvanand Institute of
Technology Management and Gramothan

Date : 20/06/22



EBSB CLUB SKIT
COLLABORATION WITH YOGA AND MEDITATION
CLUB
INVITATION

EBSB WITH YOGA AND MEDITATION CLUB TAKES GREAT
PLEASURE IN INVITING YOU TO PARTICIPATE ON
INTERNATIONAL YOGA DAY
(21/06/2022)

PS: Faculty Members are requested to carry their clothes in which they are
comfortable to perform yoga asanas

Venue:
Yoga and Meditation Centre near(Mech. Block)

Timing:
07:30 AM - 08:15AM

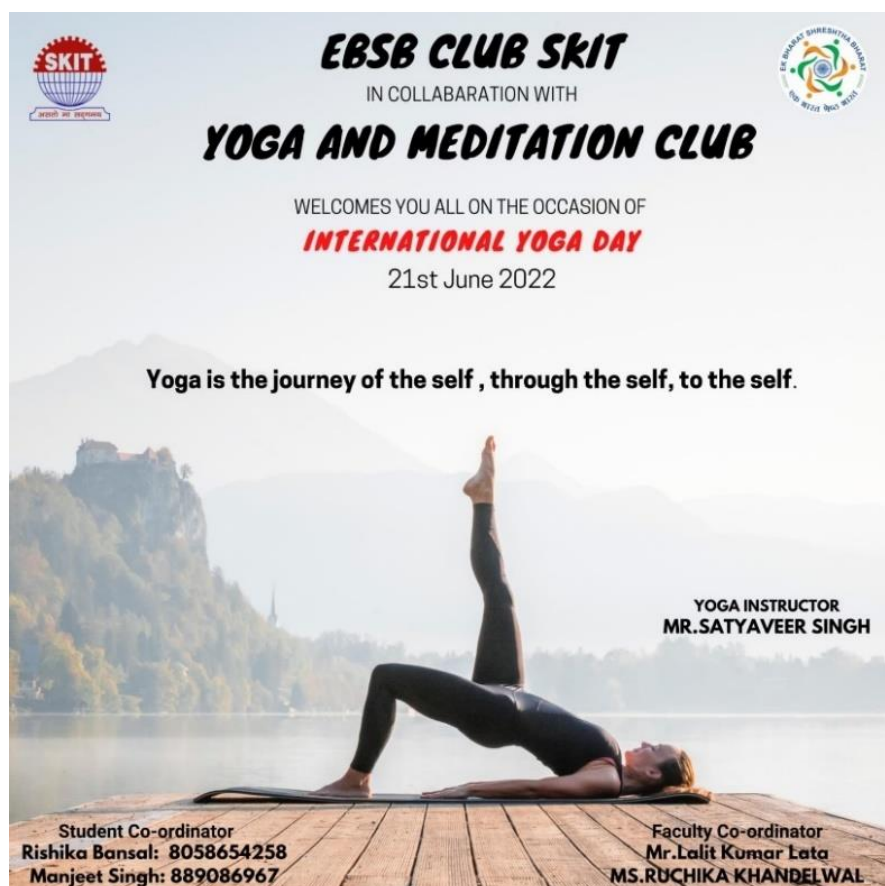
Student Coordinators
LAKSHAYA PUROHIT :8302457751
RISHIKA BANSAL :8058654258
MANJEET SINGH :889086967

Faculty Coordinators
MR. LALIT LATA:9982463217
MS. RUCHIKA KHANDELWAL:9828124477

YOGA INSTRUCTOR
MR.SATYAVEER SINGH:9785118885



Event brochure / banner:-



Objective of the Event:-“A yoga session of 1 hr was organized by EBSB club along with Yoga and Meditation club on the occasion of International Yoga Day to boost up their immunity and feel the inner peace of mind.”

Details/List of teacher participants:-

Sr. No.	Name of Teacher	Branch
1.	Dr. Ramesh Prachar	Principal, SKIT
2.	Mr. Satyaveer Singh (yoga instructor)	Electrical Engineering
3.	Mr. Brajraj Sharma	Physics
4.	Dr. Komal Sharma	Physics
5.	Ms. Ruchika Khandelwal	Computer Science
6.	Mrs. Sanju Choudhary	Information Technology
7.	Ajeet sir (Sports teacher)	
8.	Ashish Nyar	Mechanical Engineering

Details/List of student participants:-

Sr. No.	Name	Roll Number	Branch
1.	Gaurav Sharma	20ESKCE037	Civil Engineering
2.	Navya Gupta	20ESKCS156	Computer science & Engineering
3.	Nilisha Nagar	21ESKCS143	Computer science & Engineering
4.	Ayush Garg	21ESKCS048	Computer Science & Engineering
5.	Abhishek Sharma	21ESKCS014	Computer science & Engineering
6.	Paridhi Khandelwal	21ESKCS151	Computer science & Engineering
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8.	Naveen. Yadav	20ESKCS155	Computer science & Engineering
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21.	Mohit Meena	21ESKCE053	Civil Engineering
22.	Piyush Jain	20ESKCS173	Computer science & Engineering

23.	Prachi Vyas	20ESKCS174	Computer Science & Engineering
24.	Chetan Sharma	21ESKCS060	Computer Science & Engineering
25.	Kanika Gupta	21ESKEE028	Electrical Engineering
26.	Amit Bishnoi	21ESKCS026	Computer science & Engineering
27.	Aryan Gupta	21ESKCS043	Computer Science & Engineering
28.	Jigyashu Sharma	21ESKCS104	Computer Science & Engineering
29.	Priyanka Gupta	21ESKIT087	Information Technology
30.	Rini Jain	21ESKCS181	Computer Science & Engineering
31.	Anushka Jain	21ESKCS036	Computer Science & Engineering
32.	Sakshi Agarwal	20ESKCE108	Civil Engineering
33.	Vanshika Namdev	21ESKCA114	Computer Science & Engineering
34.	Ayushi Khandal	21ESKCS050	Computer science & Engineeering
35.	Purvi Goyal	20ESKCS198	Computer Science & Engineering
36.	Prisha Kasat	20ESKCS187	Computer Science & Engineering

Event Message:-

Yoga: A way of connecting your body to the soul.

On the occasion of International Yoga Day EBSB club organized yoga in online and offline mode both. EBSB club was collaborated with Yoga and Meditation Club for conducting yoga in early morning as well as photograph of performing yoga aasan was also asked and around 100+ entries were received in online mode.

Feedback of the event: - “The event leads a good success as great enthusiasm was seen in students.”

Glimpses of event:-





Certificate:-

