

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

Ramnagar (Jagatpura) Jaipur-17



**Extra Curricular Activities  
YOGA and MEDITATION CLUB  
Annual Report of Club Activities**

## **About The Club: - “YOGA and MEDITATION CLUB”**

**Objective:** - Awareness for yoga

**Outcomes:-**

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:-**

<b>S. N.</b>	<b>University Roll No.</b>	<b>Name</b>	<b>Year</b>	<b>Branch</b>
1	18ESKCS735	Mayank Nahar	2 <sup>nd</sup> year	CS
2	18ESKEE104	Shubham Prajapat	2 <sup>nd</sup> year	EE
3	18ESKIT065	Prateek Baheti	2 <sup>nd</sup> year	IT
4	18ESKIT078	Saurabh Gupta	2 <sup>nd</sup> year	IT
5	18ESKIT072	Rohit Fouzdar	2 <sup>nd</sup> year	IT
6	19ESKCE055	Kanishka	1 <sup>st</sup> year	CE
7	19ESKCS100	Himanshu Kalal	1 <sup>st</sup> year	CS

### **Details of Students Coordinators:-**

<b>S. N.</b>	<b>University Roll No.</b>	<b>Name</b>	<b>Year</b>	<b>Branch</b>
1.	18ESKIT071	Ritika Jalewa	2 <sup>nd</sup> year	IT
2.	18ESKIT076	Saksham Agrawal	2 <sup>nd</sup> year	IT

### **Details of Faculty Coordinators:-**

<b>Sr. No.</b>	<b>Name</b>	<b>Branch</b>	<b>Mob. No.</b>
1.	Ruchika Khandelwal	CSE	9828124477
2.	Satyaveer Singh	EE	9785118885

## Yearly Calendar:-

S. N.	Date	Name of The Activity	Description
1.	25/09/19	Pranayama	Pranayama is the practice of breath control in yoga. In modern yoga as exercise, it consists of synchronising the breath with movements between asanas.
2.	02/10/19	Garudasana	Garudasana or Eagle Pose is a standing balancing asana in modern yoga as exercise. The name was used in medieval hatha yoga for a different pose
3.	09/10/19	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
4.	16/10/19	Kapalabhati	Kapalabhati, also called breath of fire, is an important Shatkarma, a purification in hatha yoga.
5.	23/10/19	Tadasana	Tadasana, Mountain Pose or Samasthiti is a standing asana in modern yoga as exercise; i
6.	06/11/19	Bhujangasana	Bhujangasana or Cobra Pose is a reclining back-bending asana in hatha yoga and modern yoga as exercise.
7.	13/11/19	Naukasana	Naukasana, Boat Pose, or Paripurna Navasana is a seated asana in modern yoga as exercise.
8.	20/11/19	Paschimottanasana	Paschimottanasana Seated Forward Bend, or Intense Dorsal Stretch is a seated forward-bending asana in hatha yoga and modern yoga as exercise.

## Glimpses of the event:-





# Pranayama

**Date:** - 25/09/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

## **Objective of the Event:-**

To develop a steady mind, strong will power

## **Details (Execution):-**

Prāṇāyāma is the practice of breath control in yoga. In modern yoga as exercise, it consists of synchronising the breath with movements between asanas, but is also a distinct breathing exercise on its own, usually practised after asanas. In texts like the Bhagavad Gita and the Yoga Sutras of Patanjali, and later in Hatha yoga texts, it meant the complete cessation of breathing.

## **Benefits of Pranayama**

- Improves sleep quality. The stress-relieving effects of pranayama may also help you sleep.
- Increases mindfulness. For many of us, breathing is automatic.
- Reduces high blood pressure.
- Enhances cognitive performance.

## **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

## **Garudasana**

**Date:** - 02/10/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event:-**

Benefits of Garudasana

### **Details (Execution):-**

Garudasana is an asymmetric position in which one leg, say the right, is crossed over the left, while the arm on the opposite side, say the left, is crossed over the right, and the palms are pressed together. Like all poses on one leg, it demands, and may help to build, balance and concentration. According to Satyananda Saraswati, the two palms pressed together resemble the eagle's beak. The gaze is directed at a fixed point in front.

### **Benefits of Garudasana:-**

- Strengthens and stretches the ankles and calves.
- Stretches the thighs, hips, shoulders, and upper back.
- Improves concentration.
- Improves sense of balance.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

## Vrikshasana

**Date:** - 09/10/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event:** -

Improves balance and stability in the legs. Strengthens the ligaments and tendon of the feet.

### **Details (Execution):-**

The modern hatha yoga we practice, as well as derivatives like ashtanga and vinyasa, have their roots in ancient yoga, albeit with modern interpretations. However, one of the most common asanas that have found its way down the ages and remained undiluted is the vrikshasana. This is derived from two words 'vriksha', which means tree in Sanskrit, and 'asana', which means posture. This 'tree pose' dates back to ancient mythology, and there are in fact references of it in the Ramayana.

### **Benefits of vriksasana:-**

- Improves balance and stability in the legs.
- On a metaphysical level, helps one to achieve balance in other aspects of life.
- Strengthens the ligaments and tendon of the feet.
- Strengthens and tones the entire standing leg, up to the buttocks.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT



## **Kapalabhati**

**Date:** - 16/10/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event:-**

Due to the process, the organs under the skull mainly the brain and the small brain are influenced in a good manner

### **Details (Execution):-**

Kapalabhati , also known as Skull Shining Breath, is an energizing breathing practice that clears the lungs, the nasal passages, and the mind. In Sanskrit, Kapal means “cranium” or “forehead” and bhati means “light,” “perception,” and “knowledge.” Kapalabhati therefore brings lightness and clarity to the frontal region of the brain. Requiring a rapid contraction and release of the abdomen, this is an active pranayama that focuses primarily on the exhalation; the inhalation occurs passively and without effort. Kapalabhati is tridoshically balancing.

### **Benefits of kapalabhati:-**

- Balances excess vata, pitta, and kapha
- Cleanses the lungs
- Improves circulation, particularly in the head
- Eliminates mental distractions and invites alertness.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

## **Tadasanaa**

**Date:** - 23/10/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event:-**

Regulate the menstrual cycle in women. Tone your buttocks and abdomen. Strengthens your ankles, knees, thighs, arms, and legs.

### **Details (Execution):-**

It is a basic standing asana in most forms of yoga with feet together and hands at the sides of the body. There is some contention between different styles of yoga regarding the details of the asana which results in some variations. The posture is entered by standing with the feet together, grounding evenly through the feet and lifting up through the crown of the head. The thighs are lifted, the waist is lifted, and the spine is elongated. Breathing is relaxed. Although Tādāsana is a basic asana, it is the basis for many standing asanas. As such, it is important as it allows the body and consciousness to integrate the experience of the preceding āsana and to prepare for the next.

### **Benefits of Tadasana:-**

- May Help Increases Height.
- Boosts Mental Awareness.
- Improves Breathing.
- Promotes Weight Loss.
- Boosts Energy Levels.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

## **Bhujangasana**

**Date:** - 06/11/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event: -**

The aim is to make a gentle bow shape with your spine and to increase the flexibility and strength of mainly your lower back

### **Details (Execution):-**

The pose may be entered from a prone position or from Downward Dog. The palms are placed under the shoulders, pushing down until the hips lift slightly. The backs of the feet rest on the ground, the legs outstretched; the gaze is directed forwards, giving the preparatory pose. For the full pose, the back is arched until the arms are straight, and the gaze is directed straight upwards or a little backwards. The legs remain on the ground, unlike in the similar Upward Dog pose.

### **Benefits of Bhujangasana:-**

- Strengthens the spine.
- Stretches chest and lungs, shoulders, and abdomen.
- Tones the buttocks.
- Stimulates abdominal organs.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

## **Naukasana**

**Date:** - 13/11/19

**Venue:** - Civil Block

**Time:** - 01:30-3:30

### **Objective of the Event:-**

Helps to reduce belly fat.

### **Details (Execution):-**

The body comes into a V-shape, balancing entirely on the buttocks. In different variations and traditions, the arms, legs and torso may take different positions. In Paripurna Navasana, the legs and back are lifted high and arms extend forward and parallel to the ground. In Ardha Navasana, hands interlace behind the neck and both back and shoulders are closer to the ground. To come into the pose, begin seated on the floor. Bend your knees, bringing the soles of the feet to the ground, and bring the palms to the back of the thighs. Begin to lean back as you shift your weight from your feet, eventually lifting the soles of the feet off the ground. Balance on the sitting bones, not leaning right back on to the tailbone. Lengthen the spine to broaden and lift the chest.

### **Benefits of Naukasana:-**

- Naukasana strengthens the abdominal muscles.
- It strengthens the muscles of the arms, thighs and shoulders.
- It improves the health of all organs in the abdomen especially the liver, pancreas and kidneys.
- It helps in regulating blood flow at sugar level.

### **Details/List of Participants:-**

1. Mayank nahar 2nd year EE
2. Kanishka 1st year CE
3. Himanshu 1st year EE
4. Prateek Baheti 2nd year IT

*INTERNATIONAL YOGA DAY:*

**ONLINE YOGA QUIZ**

**COMPETITION**

## INTERNATIONAL YOGA DAY: Online Yoga Quiz Competition

**Date-21/06/2020**

**Day-Sunday**

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions. An online quiz was organized by EBSB club of SKIT Jaipur on occasion of YOGA DAY on topic YOGA: HISTORY AND CULTURE in which students were requested to appear for quiz generated on google form. We received 300+ registrations. Those 300+ participants were provided with the certificate of participations.

This event's background teams have Mr. Kailash Soni (Faculty Coordinator), Yash Pagariya (President of club), Hitesh Thadani (Technical head), Asit Jain (Sub-Student coordinator), Nandnandan Garg (Student coordinator) and Shreyansh (Asst. in Technical deptt).

**Poster for the event: -**

**SKIT**  
असतो मा सद्गमय

Ek Bharat Shreshtha Bharat  
एक भारत श्रेष्ठ भारत

EXTRA CURRICULAR ACTIVITIES  
SKIT JAIPUR

P R E S E N T S

# Yoga Quiz Competition

On the occasion of  
**International Yoga Day**  
21<sup>ST</sup> JUNE, 2020

Show your excellence on Yoga & Natural Immunity promotor  
and get a chance to give a brief info. about Yoga on EBSB day

Certificates  
will be provided  
to All

**f** EBSB skit  
**i** EBSB SKIT

Student Coordinator  
Nand Nandan Garg (7300156773)  
Asit Jain (7732855624)

Faculty Coordinator  
Mr. Kailash Soni  
Chief Coordinator(ECA)  
Deptt. of CSE

## Questions For the quiz with answers: -

S. N.	Questions	Answers
1	योग का जनक किसे मन जाता है?	महर्षि पतंजलि
2	“योग” शब्द संस्कृत का है   “योग” का शाब्दिक अर्थ क्या है?	एक साथ जुड़ना
3	समय के साथ आसन के मूल संग्रह में कई नए आसन जोड़े गए हैं   प्राथमिक ग्रंथों में कितने क्लासिक आसन सूचीबद्ध किए गए थे?	84
4	एक भारतीय युवा संगठन के सबसे लम्बी अवधि तक एक साथ योग करने लिए लिम्का बुक ऑफ़ वर्ल्ड रिकॉर्ड में प्रवेश किया   यह कोनसा संगठन था?	NCC
5	भरत ठाकुर योग प्रशिक्षण के क्षेत्र में एक अंतर्राष्ट्रीय स्टार पर प्रसिद्ध नाम है   योग के किस नएक्षेत्र के लिए उन्होंने नीव राखी ?	अतिस्तिक योग
6	लोकप्रिय टीवी श्रंखला, योग क्लास में भाग लेने के बारे में है जिसमें मोनिका की ईमारत अधीक्षक श्री टीचर से बात करते हुए मुख्य पत्रों में से एक को देख जाता है   यह कोनसा पात्र है ?	Ross
7	भरत में पहला अन्तराष्ट्रीय योग दिवस कब मनाया जाता गया था?	21/06/2015
8	अन्तराष्ट्रीय योग दिवस मानाने का प्रस्ताव कहाँ पारित क्या गया है?	यूएन महासभा
9	किसने पहले बार पश्चिमि दुनिया में योग को एक धर्म समेलन शिकागो, में पेश किया था?	स्वामी विवेकानंद
10	योग के पिता के रूप में किसे जाना जाता है ?	शिव
11	योग के तत्वों के बारे में बारे में किस वेद में उल्लेख है	ऋग्वेद वेद
12	2019 में कौसे शहर में पी एम मोदी ने योग दिवस मनाया था?	रांची
13	किस योग दिवस ने अन्तराष्ट्रीय योग दिवस आयोजन ने वर्ल्ड रिकॉर्ड बनाया?	21/06/2015
14	भारत में योग दिवस किस मंत्रक्ये द्वारा आयोजित किया जाता है ?	आयुष मंत्रालय
15	संयुक्त राष्ट्र के कितने सदस्यों ने योग दिवस मनाया था?	192

## List of Participants: -

S.N O	Name	Mail	Marks (15)
1	Jai Narayan Thadani	jainarayanthadani@gmail.com	5
2	Yash	yj312023@gmail.com	11
3	KNMJ	eef@gmail.com	2
4	Gopi Thadani	gopithadani2882@gmail.com	9
5	Tanishka Sharma	tanishka9874@gmail.com	6
6	Poonam Varshney	varshney.poonam@gmail.com	10
7	Divyansh	divyanshshukla789@gmail.com	7
8	ANIRUDH MATHUR	anirudh.mathur@skit.ac.in	8
9	Lalit Meena	l.k.palsavat310@gmail.com	8
10	Ankit Mathur	ankitmathur9798@gmail.com	15
11	Utsav Jain	utsavj482@gmail.com	8
12	Cjfsjg Jain	dyggfv@gmail.com	4
13	Tarun Jain	tarunjainckb777@gmail.com	5
14	Priyanka Chauhan	priyankachauhan3859@gmail.com	9
15	Ashutosh Sharma	ashu.958888@gmail.com	6
16	Tanmay Garg	tanmaygarg21@gmail.com	14
17	Ritish Khurana	khuranaritish2002@gmail.com	3
18	Jsisk	je@gmail.com	0
19	Yagyesh Sharma	ysyagyesh20@gmail.com	11
20	Shubham Nagar	shubhamnagar234@gmail.com	11
21	Mohd Mateen Joad	mateenjoadx123@gmail.com	7
22	Yash Kumawat	yashkuma942@gmail.com	10
23	Sarthak Agarwal	sarthakagarwal3a@gmail.com	12
24	Aditya Bhardwaj	adityabhardwaj2722@gmail.com	4
25	Nishant Singh	nishantsingh301999@gmail.com	6
26	Ritik Verma	ritikverma23@gmail.com	6
27	Nagendra Singh	rahulsinghtanwar282@gmail.com	9
28	Akshita Singhvi	17170809a@gmail.com	5
29	Aditi Jain	aditi.jainvj@gmail.com	15
30	Purna Khurana	premnakhurana997@gmail.com	15
31	RAJAN SHARMA	rajankumar1162552@gmail.com	6
32	Utkarsh garg	utkarshgarg0115@gmail.com	5
33	Bhavya Khatrii	khatribhavya2000@gmail.com	6
34	Divam Pareek	divampareek03@gmail.com	8
35	Raj Goyal	rajgoyal20201@gmail.com	10
36	Megha Sharma	meghasharma6672@gmail.com	6
37	Mohit Gupta	mg850854@gmail.com	7



38	Ashvin singh	ashvinsingh507@gmail.com	11
39	Mehul Modi	mmodi0101@gmail.com	6
40	Kritika Surana	kritikasurana0808@gmail.com	15
41	Wasim Ahmad	wasimah291@gmail.com	3
42	Sharad	jhasharad2711@gmail.com	1
43	Vikram Gurjar	vikramgurjar42098@gmail.com	12
44	Harsh Singh Gahlot	gahlotharshsingh@gmail.com	6
45	Gunjan Khandelwal	gunjankhandelwalkite@gmail.com	5
46	Rahul Meena	rahulnareda007@gmail.com	2
47	Yash Kumar Sharma	yashrampratapsharma@gmail.com	4
48	Avinash Singh	avinashsinghcr@gmail.com	5
49	Saumya Pancholi	pancholisaumya@gmail.com	9
50	Jancy C Joshwa	jancycj1@gmail.com	10
51	Naval Tripathi	navaltipathi69@gmail.com	4
52	Parmanand Saraswat	parmanandsaraswat200@gmail.com	3
53	Vedang Bhardwaj	vb305001@gmail.com	3
54	Bhavika Samdani	bhavikasamdani@gmail.com	15
55	Palak Gupta	palakguptanl@gmail.com	7
56	Kartik Dusad	kartikdusad1148046@gmail.com	4
57	Kaelin	kaelinverma@gmail.com	15
58	Kirti Soni	kirtisoni1104@gmail.com	9
59	Disha Goyal	dishagoyal2009@gmail.com	7
60	Mohit Tolani	mohittolani2000@gmail.com	6
61	Atishay Harsola	atishayharsola524@gmail.com	13
62	Abhishek Garg	abhishekgarg000000@gmail.com	7
63	Sarthak Sharma	sarthak2881@gmail.com	10
64	Ashutosh Sharma	ashutoshsharma30071998@gmail.com	3
65	Anjali Jain	anjali70233@gmail.com	15
66	Deeksha Choudhary	choudharydeeksha03@gmail.com	6
67	Rahul Kumar Agrawal	2018pietesrahul116@poornima.org	3
68	KUMARI RIDHI	kridhi603@gmail.com	7
69	Sneha Agrawal	agrawalsneha066@gmail.com	6
70	KUMARI SIDHI	kumarisidhi24@gmail.com	6
71	Muskan Jain	muskanjain2606@gmail.com	6
72	RUPESH KUMAR SHARMA	rupeshsharma21101999@gmail.com	14
73	Sanjay Kumar	sanjaysuthar123321@gmail.com	4
74	Tushar Sharma	tushar99284@gmail.com	5
75	Ashita Rathi	ashitarathi5@gmail.com	7
76	MANOJ KUMAR SAHU	manoj1999sahu@gmail.com	4
77	Sshubham Anand	singhraushan1002@gmail.com	12
78	Ratan Soni	ratansoni2022@gmail.com	11
79	Rajnish Kumar	rajnishsony07@gmail.com	10

80	Divyanshu Sharma	divyanshsharma2602@gmail.com	12
81	Aman Khan	alexpilani@gmail.com	8
82	Aarsh Raghav	singhrahavsunny@gmail.com	8
83	Sourav Soni	souravsoni2000@gmail.com	10
84	Khushi Khandelwal	khushikha.236@gmail.com	11
85	Tanisha	tanishagarg84@gmail.com	1
86	Sakshi Sharma	sakshisg275@gmail.com	9
87	Amishi Gupta	amishikb@gmail.com	5
88	Manoj Garg	manojgarg357@gmail.com	6
89	Anushka Porwal	anushkaporwal012@gmail.com	1
90	Harsh Vardhan Goel	harshvardhanmpsitem@gmail.com	11
91	Harsh Sharma	harshsharmakj@gmail.com	14
92	Shagun Agarwal	shagun18jan@gmail.com	11
93	Akhilesh Choudhary	akhi.choudhary11@gmail.com	8
94	Shilp Agrawal	shilp.2610@gmail.com	12
95	Mohit Agarwal	mohitagarwal3501@gmail.com	8
96	Abhay Raj	ar161266@gmail.com	5
97	Mukul Palol	mukulpalol@gmail.com	15
98	Shivangi Koul Naqib	shivangikoul2000@gmail.com	15
99	Palak Jain	palakj222@gmail.com	10
100	Khushi Khandelwal	khushikha.234@gmail.com	15
101	Yashaswi Mathur	mathuryashi14@gmail.com	8
102	Amit kumar	amitkumar080818@gmail.com	4
103	Nishita Mathur	nishitamathur12@gmail.com	13
104	Sarjana Borana	boranasarjana@gmail.com	5
105	Vinay mathodiya	mathodiyavinay@gmail.com	13
106	Shubham	sgoyal7998@gmail.com	10
107	Akshat Jain	akshatjainajm@gmail.com	3
108	Tanu Gambhir	gambhirtanu2000@gmail.com	15
109	Kareena Khanna	kary_2000k@yahoo.com	3
110	Divyaraj	divyajoshikct@gmail.com	11
111	Akshit Sharma	ramakshit46@gmail.com	13
112	Hemlataprajapat	hemu9nov2002@gmail.com	10
113	Priyanka Kumari	mona61488@gmail.com	15
114	Yogit Kumar	kumaryogit88@gmail.com	7
115	Madhav Sharma	sharmadhav2310@gmail.com	15
116	Aayush Vaishnav	aayushvaishnav1109@gamil.com	8
117	Akshat Nama	akshatnama1999@gmail.com	9
118	Vidushi Pareek	vidupareek165@gmail.com	14
119	Takshima Goyal	takshimagoyal@gmail.com	5
120	Akshat Sharma	akshatsharma2132001@gmail.com	5
121	DEBOPAM SINHA	debopamsinha120@gmail.com	9

122	Deepanshu Maheshwari	deepanshumaheshwari7073@gmail.com	10
123	Akshat Singh	thakur.akshat4547@gmail.com	6
124	RAJU SHARMA	rajadausa0888@gmail.com	5
125	Hitesh	hitkunj283@gmail.com	5
126	Aditya Singhal	adityasinghal509@gmail.com	10
127	Anchal Gupta	anchalgupta6376@gmail.com	13
128	Aditya Sharma	adsharmax06@gmail.com	13
129	Himanshu Agarwal	agarwalhimanshu898@gmail.com	13
130	Alok Kumar	kalok12091@gmail.com	15
131	Anshuman Yadav	Anshumanyadav171@gmail.com	6
132	Jitendra Agrawal	jitendrakumaragrawal00@gmail.com	13
133	Amitesh Kumar rai	pushparai990@gmail.com	15
134	Yashvi Saxena	yashvisaxena4@gmail.com	8
135	Suhani Jain	cujain12@gmail.com	2
136	Sapna Yadav	sapnarao365@gmail.com	15
137	Lavendra Sharma	Lovesharma85@gmail.com	15
138	Dipesh Kumar	dipesh120898@gmail.com	15
139	Abhishek Pandey	latapandey04082004@gmail.com	7
140	ANKUR SINGHAL	ankursinghal786@gmail.com	6
141	Chestha Gautam	chesthagautam500@gmail.com	12
142	Rakshit Khandelwal	khandelwalrakshit24@gmail.com	7
143	Rudradeep Goutam	runderdeep@gmail.com	15
144	Samridhiarya	samridhi123.arya@gmail.com	4
145	Nisha Kumari Prasad	nishaprasad2406@gmail.com	15
146	Naval Kishor	navaljoshi117@gmail.com	11
147	Parth Sharma	parth171201@gmail.com	5
148	Shivaakshi	shiviyog.shivaakshi@gmail.com	15
149	Gaurav Mishra	gourav964mishra@gmail.com	5
150	Ajay Chauhan	ajaypratapchauan0187@gmail.com	4
151	Charu Agrawal	2018pietscharu41@poornima.org	2
152	Ujjwal Garg	ujjwal.garg15@gmail.com	9
153	Ashima Gupta	guptashima950064@gmail.com	9
154	Bhavika Chauhan	bhavikach99@gmail.com	8
155	AMISHA AGGARWAL	amishaaggarwal10@gmail.com	12
156	Hitarchi Bhardwaj	hitarchibhardwaj@gmail.com	4
157	Muskan Rangrej	muskanrangrej13@gmail.com	9
158	Samyak Bardiya	samyak039@gmail.com	6
159	Shubhnesh Sharma	shubhneshsharma66@gmail.com	13
160	Ekta Bhardwaj	bhardwaje61@gmail.com	15
161	Nihal Nayan	nihalnayan1999@gmail.com	15
162	Ishan shrimali	ishanshrimali12@gmail.com	15

163	Devashrimankar	devashrimankar19@gmail.com	6
164	Kuldeep Jemini	kuldeepjemenie@gmail.com	15
165	Bhanu Krishna Chasta	bhanuchasta17@gmail.com	9
166	Anirudh Pratap	anirudhppurohit@gmail.com	8
167	Pankaj kumar	pankajbaniwal88@gmail.com	10
168	Mukesh Pareek	mukesh52@gmail.com	13
169	Sandeep Verma	sv6695574@gmail.com	6
170	Sandeep Mahalle	sara.sandeep123@gmail.com	6
171	KUNAL SHRINGI	kunalshringi2019@gmail.com	9
172	Nandnandan Garg	nannugarg06062001@gmail.com	15
173	Aditi Goyal	aditi20goyal@gmail.com	0
174	Vaibhav Saraswat	saraswatv69@gmail.com	13
175	Amir Khan	Amirkhanayub@47gmail.com	13
176	Vinaya Pareek	vinayaastroverse@gmail.com	15
177	Saloni Raghav	saloniraghav37@gmail.com	11
178	Tejas Bhavsar	bhavsartejas29@gmail.com	10
179	Kunal Pareta	kunalpareta74@gmail.com	15
180	Ankita	gostrong18@gmail.com	7
181	Nupur Mathur	nupurm29@gmail.com	15
182	Bhavesh saxena	Bhaveshsaxena303@gmail.com	4
183	Avadhesh Chasta	avadheshchasta@gmail.com	8
184	AVADHESH CHASTA	avadheshchasta532@gmail.com	11
185	Tushar Batra	batra.tushar12dec1999@gmail.com	6
186	KARMVEER SINGH	k.veersingh2001@gmail.com	13
187	Akshita Sharma	akshi06sharma@gmail.com	14
188	Aryan Kumawat	aryan.ak0904@gmail.com	10
189	Arpit Tyagi	arpittyagi5801@gmail.com	2
190	Yash Saxena	yashsaxena003@gmail.com	7
191	GARVIT TAMBI	garvittambi@gmail.com	14
192	Kushal Rawat	kushrwt19@gmail.com	15
193	Samyak Pagariya	samyakpagariya01@gmail.com	9
194	Kartik Sharma	kartikzxy@gmail.com	14
195	Rishabh Shrivastava	rishabhshrivastava04@gmail.com	5
196	Sakshi Sharma	s.s.icd2016@gmail.com	4
197	Subhash dudi	subhashdudi752@gmail.com	8
198	Foziya Ansari	ansarifoziya694@gmail.com	11
199	Shubham Gupta	gupta46180@gmail.com	15
200	Subhash dudi	subhashdudi752@gmail.com	15
201	Ayush Podar	podar.ayush1@gmail.com	13
202	Manasvini Sharma	smanasvini23@gmail.com	7
203	Chhavi Jangid	chhavijangid2000@gmail.com	5
204	VINAY VYAS	vinayvyasking@gmail.com	6

205	AKSHAY SINGH SHAKTAWAT	aksinghshaktawat@gmail.com	6
206	Shekhar Sharma	871ashekhar@gmail.com	9
207	Khushi Jain	k1218jain@gmail.com	15
208	Astha Gupta	asthagupta112@gmail.com	13
209	DEEPAK	DK935248@gmail.com	5
210	Jayesh soni	Sonijayesh12345@gmail.com	15
211	Rohan Sharma	rohan.sharma7310@gmail.com	8
212	Bhaarat Vaishnav	bhaaratvaishnav19@gmail.com	6
213	Himanshu Khatik	himanshupahadiya33@gmail.com	15
214	Jayesh Soni	jayesh.jaipur@gmail.com	15
215	Shubham Maheshwari	maheshwaris684@gmail.com	5
216	Shubhanshu Singhal	shubhanshus2000@gmail.com	6
217	Harsh Kumar	7789harshkumard@gmail.com	6
218	Hardik Singhal	hsinghal902441@gmail.com	15
219	Gaurav dubey	gauravdu102@gmail.com	3
220	Shashank Varshney	varshneyshashank8846@gmail.com	7
221	Mukul Jangif	mukul805809@gmail.com	5
222	Mayank Gupta	mayank.gupta09022001@gmail.com	15
223	Vishal Kumar Nama	vishalnama207@gmail.com	5
224	Drishhti Gupta	guptadrishti59@gmail.com	15
225	Aarush Goyal	aarushgoyal2002@gmail.com	5
226	Vikas Kumar Prasad	vkgupta8696@gmail.com	15
227	Harshit Kumar Sevkani	harshitksevkani7777@gmail.com	15
228	Rakesh Kumar	rakeshkurk50@gmail.com	5
229	Abhinav Kabra	akbundi2@gmail.com	12
230	Yogesh Kabra	ykabra@birlacorp.com	7
231	Pankaj Yadav	pankajrao882000@gmail.com	7
232	Harshita Pal	palharshita372@gmail.com	4
233	Priyanshivig	priyanshi10017@gmail.com	9
234	Anirudh Jangid	anirudhjangid15@gmail.com	9
235	Lalit Kumawat	kumawatlalit912@gmail.com	11
236	Vanshikakar	vanshika07102001@gmail.com	11
237	Tanu Gambhir	lasttopstar@gmail.com	14
238	Shubham Pareek	shubhampareek3232@gmail.com	4
239	Mohit jain	mjain1731@gmail.com	15
240	Tanu Gambhir	jancycj1@gmail.com	14
241	Mohit Jain	mohitj7891@gmail.com	15
242	Vinay Bansal	vinaybansal8419@gmail.com	6
243	Aditya Narayan Sharma	adishr2k@gmail.com	11
244	Aman Khan	amankhandmc@gmail.com	4
245	Kanishka	kanishkashivsadan15@gmail.com	7

246	Anush Sharma	anushsharma873@gmail.com	15
247	Kartik Khandelwal	btech19eskit040@skit.ac.in	14
248	Mohit Vijay	mohit251vijay@gmail.com	8
249	Manish Vijay	manishroyal02@gmail.com	4
250	Kartik Sharma	kartiks0511@gmail.com	6
251	Divyansh Mathur	dmathur.jp@gmail.com	4
252	Yaanvi Khandal	sharmaavadhesh81@gmail.com	6
253	Jagrati Sharma	sharmajagrati56@gmail.com	13
254	Priyanshu Lohar	priyanshulohar1@gmail.com	8
255	Aarif Majeed	aarifmajeedmalik786@gmail.com	15
256	Sakshi Agarwal	sakshi30301@gmail.com	13
257	Nandini	nandinivyas23806@iisuniv.ac.in	9
258	Shubhi Samaria	shubhi17800@gmail.com	7
259	Vishal Dandia	vishaladeeb786@gmail.com	14

### Banner for the event:-



## Summary of event:-



### International Yoga Day

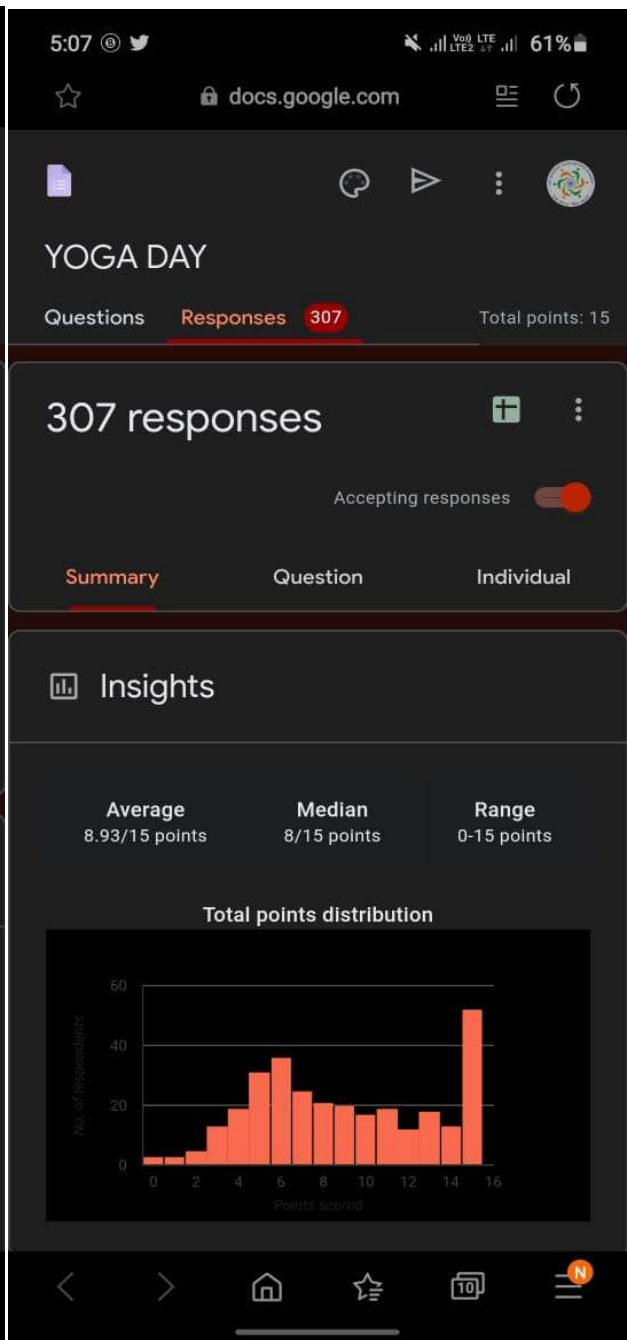
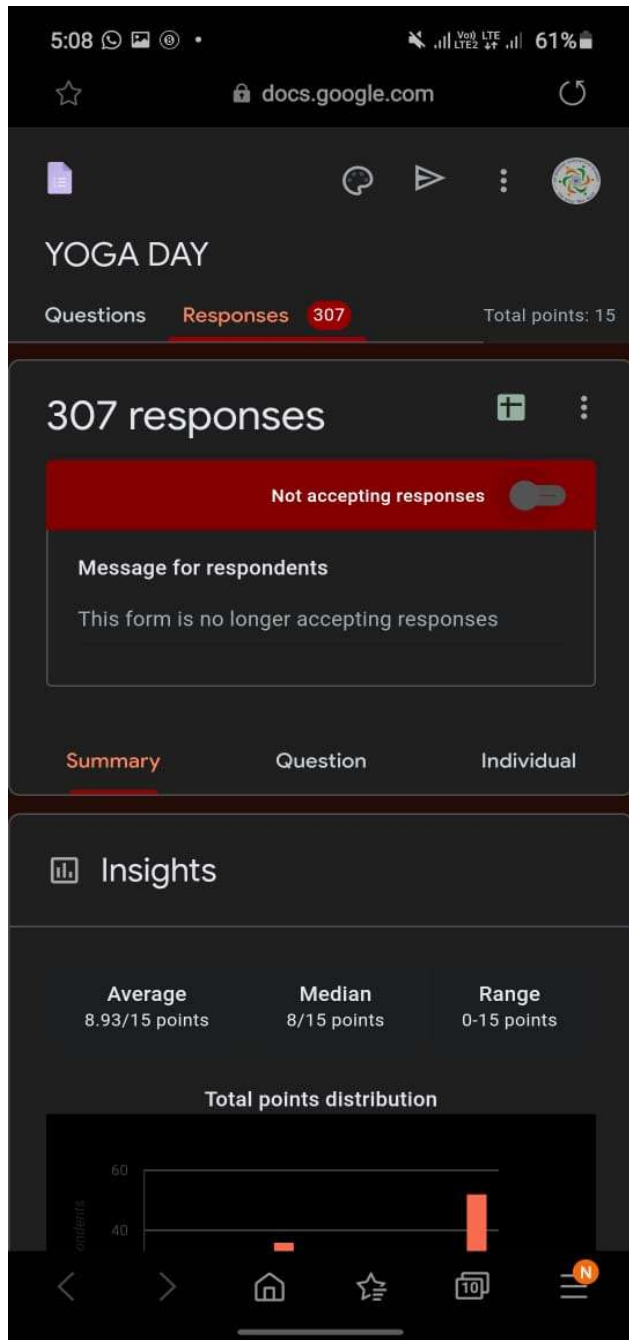
**INTERNATIONAL YOGA DAY**  
Was celebrated by EBSB Club SKIT Jaipur by organising an online quiz.

**RECEIVED 307 REGISTRATIONS**  
All the participant were awarded a participation certificate at end of the quiz.

**Words Of Maharshi Patanjali**  
Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.

**DATE - 21/06/2020**

## Online response of the event:-



*Kailash Soni*

**Faculty Coordinator**  
**MR. KAILASH SONI**  
 Chief Coordinator of ECA  
 Assistant Professor, CSE  
 (9460066186)