



# “YOGA AND MEDITATION”



एक कदम स्वच्छता की ओर

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



# Yoga @ SKIT Institute





# Yoga @ SKIT Institute



# Yoga @

# SKIT Institute







## COMMON SESSIONS FOR ALL STUDENTS

- **Yoga sessions** were conducted by Yoga Trainer Sh. Satveer Chaudhary, STA, Department of Electrical Engineering on 2<sup>nd</sup>, 9<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> August 2019. (As per the schedule in Annexure II)
- **Zumba sessions** were conducted by Mr. Ajay Haldunia, Trainer-The Figure Point Gym, Jaipur on 3<sup>rd</sup> & 7<sup>th</sup> August 2019. (As per the schedule in Annexure II)



*Yoga Sessions*





*Zumba Sessions*



### **6.1.C Debates on the techniques of cleaning under Swachh Bharat Abhiyan.**

#### **6.2 DAY SECOND OF CAMP: (26<sup>th</sup> FEBRUARY, 2020)**

- Morning assembly with Motivational Song and yoga exercises. An intensive activity of Yoga used to be carried out everyday just after the SBA program. Students showed great enthusiasm in yoga so a special trainer was also called on one of the days to train them and make them understand the importance of yoga's in life.
- Meeting with Villagers and Panchayat Representatives. As soon as everyone settled down, a meeting was called for with the Villagers and the Panchayat representatives to build the rapport. People showed good response in return. Whatever difficulties we were facing, they were standing beside us to help us in all the odds. They provided us the required materials, water for use and drinking and washroom facility was also provided by the villagers.
- Preparation for Mixing of Colors for Wall Painting.



**6.2.A Morning assembly with Motivational Song and yoga exercises**

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

Ramnagaria (Jagatpura) Jaipur-17



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

**Student Coordinator**

SakshamAgrawal  
9549943460(W)  
Ritika Jalewa  
6378235958

**Faculty Coordinator**

Ms. Ruchika Khandelwal  
9828124477

**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:-**

S. N.	University Roll No.	Name	Year	Branch	Mob. No.
1	18ESKCS735	Mayank nahar	2nd year	CS	8290118075
2	18ESKEE104	Shubham Prajapat	2nd year	EE	9887390522
3	18ESKIT065	Prateek Baheti	2nd year	IT	7737098980
4	18ESKIT078	Saurabh gupta	2nd year	IT	9079777405
5	18ESKIT072	Rohit Fouzdar	2nd year	IT	8094163357
6	19ESKCE055	Kanishka	1st year	CE	9530289979
7	19ESKCS100	Himanshu kalal	1st year	CS	9166904599

**Details of Students Coordinators:-**

S. N.	University Roll No.	Name	Year	Branch	Mob. No.
1.	18ESKIT071	Ritika Jalewa	2nd year	IT	6378235958
2.	18ESKIT076	Saksham Agrawal	2nd year	IT	9664428853

**Details of Faculty Coordinators:-**

Sr. No.	Name	Branch	Mob. No.
1.	Miss. 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 vrikshasana:-**

- 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 Tāḍāsana 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