



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities


Ref. No. P.I.E.T./ASH./LS./19/11

Dated: 4th Oct. 2019

NOTICE

Mindful Movement Yoga

This is the information for all the students that “Department of Applied Sciences and Humanities is organizing a Yoga session “**Mindful Movement Yoga**” on 7-10-19. The session will start at 9:30 am in Open Air Theatre guided by Mr. Dinesh Kumar (Assistant Professor, ASH Dept). Interested Students are requested to give their names to class incharge. For more information about yoga classes, the student is requested to contact Ms. Tamanna Sethi in the staff room (A-Block, Ground floor).


Head of Department
HOD, Applied Sc
Panipat Institute of Engineering & Technolog
Pattikalvana, SAMALKHA (Panipat)

CC:

1. All HODs
2. Notice Boards

Report on Yoga Session – “Mindful Movement Yoga”

Date: 7th Oct. 2019

Time: 9:30am-10:30am

Location: Open Air Theatre, PIET

Instructor: Mr. Dinesh (Assistant Professor, ASH PIET)

Participants: 37

Objective: This yoga class “Mindful Movement Yoga” focused on slow and gentle movements. The goal was to help everyone relax and connect with their bodies.

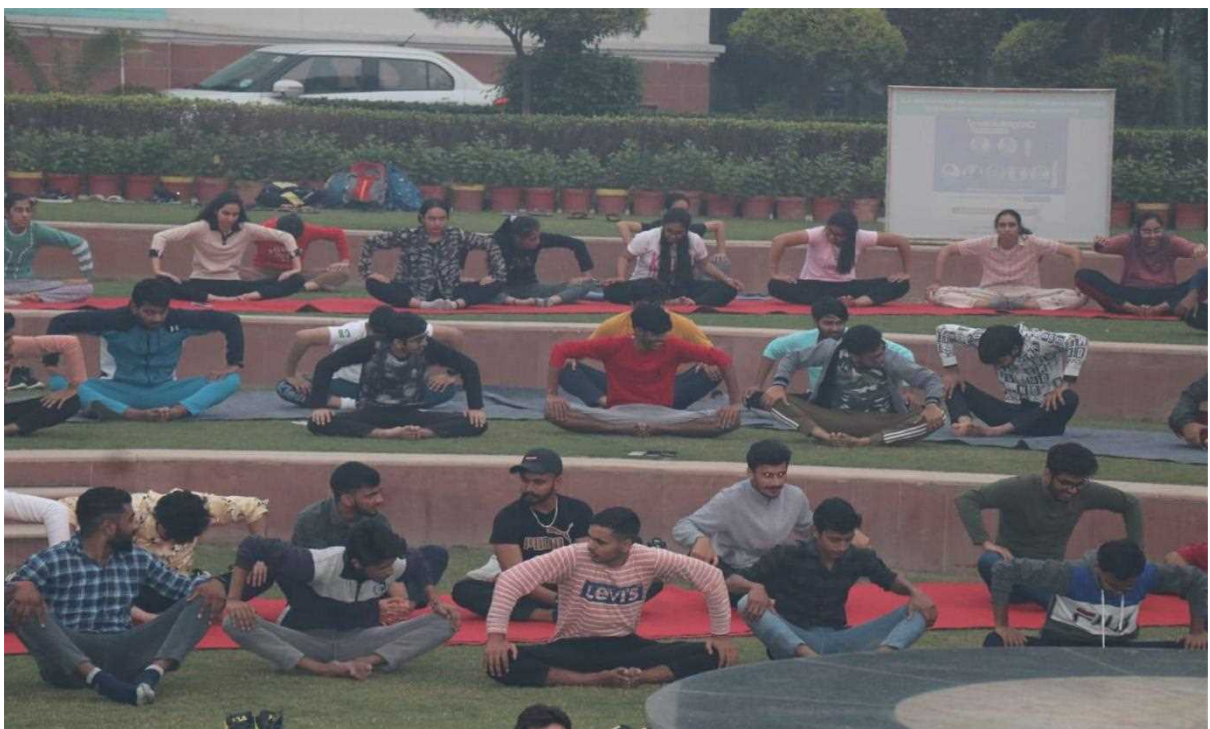
The students gathered in the Open Air Theatre at 9:15am. The organizing team settled down all the students in a proper manner and then the yoga session began with a warm welcome of Mr. Dinesh Kumar (Instructor), who introduced themselves and highlighted the benefits of yoga and meditation for physical and mental well-being. Participants were guided through a series of gentle warm-up exercises, followed by focused breathing techniques to center the mind. A vote of thanks was given by Ms. Tamanna Sethi (coordinator) to Mr. Dinesh Kumar for their expert guidance, to the participants for their excited engagement, and to the organizing team for their efforts in facilitating the event. Participants were encouraged to continue their practice and provide feedback for future sessions, ensuring continuous improvement..

The “Mindful Movement Yoga” session was a calming and enjoyable experience. It helped everyone feel more in tune with their bodies and minds.

Pics of Yoga Session – “Mindful Movement Yoga”



Pic 1:Yoga pose performed by the students during the Yoga Session



Pic2: Students performing yoga during the Yoga Session



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Attendance (Mindful Movement Yoga)

S. No	Roll No	Name	Signature
1	2819003	KOMAL	Komal
2	2819004	MANAV CHAWLA	Manav
3	2819007	GAUTAM BATHLA	Gautam
4	2819008	DIVYA	Divya
5	2819009	SRISHTI	Srishti
6	2819010	LUCKY KHANNA	Lucky
7	2819011	KAJAL NARANG	Kajal
8	2819013	JITENDER	Jitender
9	2819014	NIDHI	Nidhi
10	2819017	JATIN DHAMIJA	Jatin
11	2819019	PIYUSH NARWAL	Piyush
12	2819020	AAKASHDEEP ROHILLA	Aakashdeep
13	2819021	GURVI	Gurvi
14	2819023	BHARAT WADHWA	Bharat
15	2819024	AMAN KUMAR	Aman
16	2819025	PRABAL SHARMA	Prabal
17	2819028	RAHUL CHAUDHARY	Rahul
18	2819029	LAKSHAY BHANDARI	Lakshay
19	2819031	SONIA MALIK	Sonia
20	2819036	AKSHAY BHATIA	Akshay
21	2819048	SAGAR	Sagar
22	2819049	MUSKAN	Muskan
23	28190068	YASH	Yash
24	28190069	SARIKA	Sarika
25	2819081	UPASNA	Upasna
26	2819085	NIKITA BIRUA	Nikita
27	2819088	VIPUL RATHEE	Vipul
28	2819089	PIYUSH VERMA	Piyush
29	2819092	SARTHAK SHARMA	Sarthak
30	2819093	GAURAV	Gaurav
31	2819094	RIYA TUTEJA	Riya
32	2819097	VIKAS	Vikas
33	2819102	SHAYAK JANA	Shayak
34	2819107	GAUTAM GARG	Gautam
35	2819109	GAGANDEEP	Gagan
36	2819110	JAHNVI SEHGAL	Jahnvi
37	2819003	KOMAL	Komal

Selw 7/10/19
Tamanna Selw