



# Panipat Institute of Engineering and Technology

Approved by A.I.C.T.E. & Affiliated to Kurukshetra University, Kurukshetra  
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## Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/20/14

Dated: 14<sup>th</sup> Dec 2020

### NOTICE

#### “Online Yoga and Mediatation Session”

The Department of Applied Sciences and Humanities is going to inform that the online Yoga and Meditation session is going to start during the COVID-19 pandemic. It can provide numerous benefits for their physical and mental well-being. To run effective online yoga classes for students, follow these steps:

1. **Platform:** Microsoft Teams
2. **Schedule Sessions:** 7:00 am to 7:30 am (Yoga) and 7:30am-7:45am (Meditation)  
(Every Monday to Friday)

#### **Resource Person**

Mr. Surya Narain Bahadur (Trainer)

#### **Coordinator**

Mr. Dinesh Kumar (Assistant Professor, ASH)

Note: Notice circulate in all section groups by section incharges

Head of Department  
14/12/2020



## Report on Online Yoga and Meditation Session

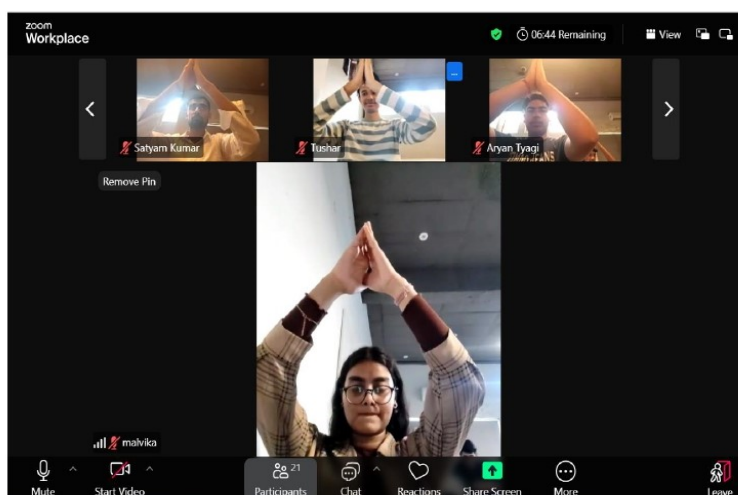
In response to the COVID-19 pandemic and the ensuing restrictions on physical gatherings, our institute organized a series of online yoga and meditation sessions to support the well-being of students, staff, and the community. These virtual sessions aimed to provide a holistic approach to maintaining physical and mental health during challenging times.

### Program Details

- **Duration:** The online sessions were conducted on daily basis from Monday to Friday from 17<sup>th</sup> Dec/ 2020 onwards.
- **Platform:** Sessions were hosted on Zoom
- **Instructors:** Mr. Surya Narain Bahadur (Trainer)
- **Coordinator-** Mr. Dinesh Kumar (Assistant Professor, PIET)
- **Schedule:** 45 min session 7:00am to 7:45am

The online yoga and meditation session commenced with a warm welcome by the instructor, Mr. Surya Narain Bahadur, who shared their journey and emphasized the holistic benefits of regular practice. The session began with gentle warm-up exercises, followed by the introduction of calming breathing techniques (pranayama) to help participants focus and relax. The main segment involved a sequence of yoga poses, all designed to enhance flexibility, strength, and balance. The session concluded with a cool-down period featuring the Corpse Pose and a short guided meditation to promote mindfulness and inner peace. At the end, a vote of thanks was given by Mr. Dinesh Kumar, who expressed gratitude to Mr. Surya Narain Bahadur for their insightful guidance and to the participants for their enthusiastic involvement, making the session a booming success.

Photograph of Online Yoga and Meditation Session



Online Yoga Session attended by students



# PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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## Attendance (Online Yoga and Meditation Session)

S.No.	Roll No.	Name
1	2819005	AADITYA KUMAR
2	2819015	AJAY KUMAR
3	2819022	ANSHIKA SINGHAL
4	2819030	NAGGENDER SINGH
5	2819035	NAMIT GOEL
6	2819188	NEHA GARG
7	2819037	DIVIT SEHGAL
8	2819043	SHUBHAM MITTAL
9	2819050	HIMANSHU SHARMA
10	2819051	JATIN KUMAR
11	2819053	RAHUL BANSAL
12	2819055	HANISH
13	2819065	SHUBHAM SHRIVASTAVA
14	2819073	KONIKA ARORA
15	2819082	ANURADHA
16	2819236	KAPIL DEV JOSHI
17	2819250	PRACHI
18	2819068	SUKRITI SINGH
19	2819070	DEEPCHAND
20	2819084	VAIBHAV
21	2819098	JITENDER
22	2819103	PRIKSHIT SHARMA
23	2819105	KASHISH JAIN
24	2819111	PURVA JHAMB
25	2819112	BHARAT JOSHI

*Dinesh*

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