



# PANIPAT INSTITUTE OF ENGINEERING AND TECHNOLOGY

Approved by A.I.C.T.E & Affiliated to Kurukshetra University, Kurukshetra.  
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## Career Advancement Cell

Ref. No. P.I.E.T./CAC/CC/2022/1

Dated: 6<sup>th</sup> April 2022

### NOTICE

#### WORKSHOP ON "INTEGRATING BODY AND MIND"

This is the information for the concerned that the Career Advancement Cell is organizing a workshop on "INTEGRATING BODY AND MIND" on 8<sup>th</sup> April, 2022. This workshop is open for all departments. The workshop's goal is to help participants understand and balance the relationship between physical health and mental well – being. Interested students give their names to Mr. Rohit Sharma. AP, MCA Department.

CC:

1. All HODS – B.Tech
2. All Notice Boards

**Career Advancement Cell**  
**Panipat Institute of Engineering & Technology**  
Training and Placement Officer



## **REPORT**

### **TOPIC OF THE WORKSHOP –INTEGRATING BODY AND MIND**

**SPEAKER** – Ms. Preeti, Inzpira, 8800693163

**DATE** – 8<sup>th</sup> April, 2022

**NO. OF STUDENTS ATTENDED** – 182

**Venue:** Seminar Hall, 3<sup>rd</sup> Floor, APJ auditorium

**Name of the Coordinator:** Mr. Rohit Sharma

The workshop on "**INTEGRATING BODY AND MIND**" initiated with a warm welcome and an insightful introduction delivered by Mr. Ritesh Singla, TPO. He began by extending a heartfelt welcome to all attendees, including students, faculty members, and the speaker of the day, Ms. Preeti. Expressing genuine enthusiasm, he emphasized the importance of the workshop's theme in today's stressful environment. He acknowledged the diverse backgrounds of the participants, highlighting how the integration of physical and mental well-being is crucial for everyone, despite their field of study or profession.

Following the welcome, the workshop started with the insightful knowledge by Ms. Preeti, emphasizing the interconnectedness of physical and mental health. Practical tips and simple exercises were demonstrated, designed to assist the busy schedules of students. By addressing both physical and mental health aspects, students were enabled with practical tools and resources to direct the challenges of academic life while prioritizing their health. As an outcome, attendees learnt techniques for managing stress, including regular exercise and adopting a balanced diet to support both body and mind. It also emphasized on mindfulness practices and mental exercises to increase focus and emotional strength.

The workshop on "Integrating Body and Mind" has successfully concluded, leaving a lasting impression on all participants. Feedback from participants has been positive. Many expressed appreciations for the interactive nature of the sessions, noting how the techniques shared are applicable to their daily lives. Mr. Ritesh Singla expressed optimism about the positive impact the workshop would have on all participants, urging them to embrace the opportunity for growth and self-improvement. We extend our heartfelt thanks to the speaker, Ms. Preeti who contributed her time and expertise, making this workshop a success. Her guidance and enthusiasm were instrumental in delivering a comprehensive and engaging experience.



Pic: Ms. Preeti interacting with the students during the workshop



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## WORKSHOP - INTEGRATING BODY AND MIND

### List of Students

Sr. No	Name	Roll No	Dept.
1	TUSHAR GARG	2819252	ECE
2	KANNU RANI	2819257	ECE
3	HARSH	2819258	ECE
4	PRINCE KUMAR	2819261	ECE
5	SAQIB ABBAS	2819262	ECE
6	SAURABH KUMAR	2819272	ECE
7	RAUSHAN KUMAR	2819273	ECE
8	VIKAS KUMAR	2819277	ECE
9	RIYA	2819278	ECE
10	SOURAV KUMAR SINGH	2819279	ECE
11	RISHABH JAIN	2819283	ECE
12	MUKUL	2819289	ECE
13	HARSH	2819290	ECE
14	HIMANSHU	2819291	ECE
15	MOHD IRFAN	2819461	Mech
16	VINAY KUMAR	2819462	Mech
17	VISHAL	2819464	Mech
18	HRITIK KAUSHIK	2819465	Mech
19	ABHISHEK BAL	2819474	Mech
20	VISHAL	2819476	Mech
21	KARTIK AHLAWAT	2819477	Mech
22	NITESH	2819480	Mech
23	SUDHANDSHU KAUSHIK	2819481	Mech
24	PRATHAM SHONAK	2819483	Mech
25	ANIKET JHA	2819486	Mech
26	SACHITANAND SAH	2819489	Mech
27	AALEKH PATEL	2820945	Mech
28	HIMANSHU	2820947	Mech
29	NARESH PRASAD YADAV	2820948	Mech
30	GOURAV	2820949	Mech
31	PRINCE KUMAR	2820950	Mech
32	LAKSHAY	2819551	TXT
33	GARVIT NARANG	2819554	TXT

*Pratik*  
*8/7/22*

34	ANKUSH	2819555	TXT
35	ANKIT SINGH	2819058	TXT
36	PRIKSHIT SHARMA	2819103	TXT
37	RAJNI	2820951	TXT
38	MUSKAN GUPTA	2820952	TXT
39	KARTIK BHARGAVA	2820953	TXT
40	KESHAV	2820954	TXT
41	REETIKRAJ YADAV	2819658	Civil
42	KOSHIK SAGOTRA	2819659	Civil
43	PRASHANT KUMAR	2819663	Civil
44	AYUSH	2819664	Civil
45	SAIBER RAJ CHIROM	2819665	Civil
46	DHEERAJ	2819666	Civil
47	BHUP NARAYAN YADAV	2819669	Civil
48	KRISHANA KUMAR RAUT	2819673	Civil
49	ANIKET TRIPATHI	2819674	Civil
50	AMIT	2819677	Civil
51	NISHANT PORRIA	2819678	Civil
52	RAKESH KUMAR SAH	2819683	Civil
53	SHEIKH ASHIQ	2819685	Civil
54	PRAKASH MISHRA	2819690	Civil
55	LOKESH	2819693	Civil
56	MENON MEHTA	2819695	Civil
57	VARUN GUPTA	201008904	BCA
58	NITIKA	201008905	BCA
59	YASH	201008908	BCA
60	PRATEEK GAMBHIR	201008909	BCA
61	SAGAR MISHRA	201008910	BCA
62	SANJEEV	201008911	BCA
63	RAHUL KUMAR KATHURIA	201008913	BCA
64	ANIKET SINGH	201008914	BCA
65	HARDEEP	201008916	BCA
66	TUSHAR	201008917	BCA
67	PRINCE	201008918	BCA
68	RACHIT	201008919	BCA
69	PARDEEP	201008920	BCA
70	DANISH	201008922	BCA
71	YUGAM	201008923	BCA
72	SHUBHAM CHAUHAN	201008924	BCA
73	ANISH KUMAR	201008925	BCA
74	ABHISHEK CHAUHAN	201008927	BCA
75	KHUSHAL	201008928	BCA

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76	JAGJEET SINGH MAKKAR	201008929	BCA
77	ANKUSH JOON	201008930	BCA
78	ROSHAN PAUDEL	201008931	BCA
79	GOHAN	201008932	BCA
80	HIMANSHU KAUSHIK	201008933	BCA
81	RAVI KUMAR	201008934	BCA
82	MEHAK GIRDHAR	201008935	BCA
83	PARTH	201008936	BCA
84	ADITYA KUCHAR	201008937	BCA
85	GAUTAM CHUGH	201008938	BCA
86	ANUJ	201008939	BCA
87	CHIRAG MITTAL	201008940	BCA
88	AKSHITA	201008941	BCA
89	RUCHI SINGH	201008942	BCA
90	SAHIL	201008946	BCA
91	HEENA	201008947	BCA
92	PRIYANSHU	201008948	BCA
93	SUKHMEET SINGH	201008949	BCA
94	ANKITA PAL	201008950	BCA
95	VAISHALI	201008951	BCA
96	ANSHUL	201008952	BCA
97	SHVETA RASTOGI	201008953	BCA
98	JASLEEN KAUR	201008954	BCA
99	VAGISH	201008955	BCA
100	YOGESH	201008956	BCA
101	MOHD KASHIF KASSAR	201008957	BCA
102	GUDDAN	201008961	BCA
103	GAURAV	201008962	BCA
104	DEVYANSH BHATIA	201008963	BCA
105	LIZA CHADDA	201008964	BCA
106	GOURAV KASHYAP	201008967	BCA
107	BHARTI	201008968	BCA
108	TUSHAR THAKRAL	201008969	BCA
109	DIVYA	201008970	BCA
110	PRIYANKA NARANG	201008971	BCA
111	CHANDAN KUMAR SAH	201008972	BCA
112	DEWYANSHU PANDEY	201008973	BCA
113	SHAINA	201008976	BCA
114	RATNESH	201008977	BCA
115	ISHANT	201008978	BCA
116	AMAN RAWAL	201008979	BCA
117	HARSH VARDHAN	201008980	BCA
118	SAURAV	201008981	BCA
119	RAJAN	201008982	BCA

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120	NISHANT RAGHAV	201008983	BCA
121	MAHFOOZ	201008984	BCA
122	DIVANSHU	201008985	BCA
123	ANNU	201008989	BCA
124	HARSH	201008990	BCA
125	DHEERAJ KAUSHIK	201008991	BCA
126	AMAN KUMAR	201008992	BCA
127	KASHISH GUPTA	201008993	BCA
128	PARAS	201008994	BCA
129	SOURAV	201008995	BCA
130	MUSKAN	201008996	BCA
131	JAGRIT ARORA	201008997	BCA
132	KANISHKA	201008998	BCA
133	SAMARTH RAJPAL	201008999	BCA
134	AMRIT PAL SINGH	201009000	BCA
135	PREM	201009001	BCA
136	RITIK	201009002	BCA
137	MOHIT KUMAR	201009003	BCA
138	ASHISH KUMAR	201009004	BCA
139	LOVELY	201009005	BCA
140	NANDINI	201009006	BCA
141	CHARVI RAWAL	201009007	BCA
142	JYOTI	201009008	BCA
143	KASHISH	201009009	BCA
144	NANCY	201009010	BCA
145	TANU PANWAR	201009011	BCA
146	DEEPANSHU THAKKAR	201009012	BCA
147	PARUL JAIN	201009013	BCA
148	CHAHAT	201009014	BCA
149	KARAN BORA	201009015	BCA
150	CHESTHA	201009016	BCA
151	AISHWARYA GARG	201009017	BCA
152	HARKIRAT SINGH	201009018	BCA
153	MUKUL	201009020	BCA
154	KHUSHI	201009021	BCA
155	MANISH KUMAR ROY	201009022	BCA
156	POONAM	201009023	BCA
157	PRANAV MAINI	201009026	BCA
158	DEEPANJALI	210167306	MCA
159	KARTIK PALIWAL	210167307	MCA
160	JATIN CHAUHAN	210167308	MCA
161	VISHVENDER SINGH	210167309	MCA
162	ADITYA MEHTA	210167310	MCA
163	PRATEEK GARG	210167311	MCA
164	KSHITIJ	210167312	MCA

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165	SWARNIM KUMAR	210167313	MCA
166	YANGIE GURUNG	210167314	MCA
167	PREETI	210167315	MCA
168	SHIVANI	210167316	MCA
169	SHIVAM	210167317	MCA
170	MAHIMA BANSAL	210167318	MCA
171	SAHIL RAWAT	210167319	MCA
172	NANCY	210167320	MCA
173	ISHIKA GUPTA	210167321	MCA
174	SEJAL	210167322	MCA
175	RAGHAV	210167323	MCA
176	SAKSHI	210167324	MCA
177	MUSKAN	210167325	MCA
178	VERSHA	210167326	MCA
179	MINAKSHI	210167327	MCA
180	SHRIYAM JAIN	210167328	MCA
181	LOKESH	210167329	MCA
182	TANNU	210167330	MCA

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*8/4/22*