



# Panipat Institute of Engineering and Technology

Approved by A.I.C.T.E. & Affiliated to Kurukshetra University, Kurukshetra  
70, MILESTONE, G. T. ROAD, SAMALKHA, PANIPAT-132103, HARYANA  
Phone no-0180-2569700 Fax-0180-2569800, E-mail – info@piet.co.in, Web – www.piet.co.in

## Department of Applied Sciences and Humanities

Ref. No. P.I.E.T./ASH/LS/21/11

Dated: 2<sup>nd</sup> Nov. 2021

### NOTICE

### “Yoga for Physical and Mental Fitness”

The Department of Applied Sciences is going to organize a yoga session i.e. “Yoga for Physical and Mental Fitness”. The Details of session are given below:

Date: 5<sup>th</sup> Nov. 2021

Venue: Ground Floor, RISE Building

Timings: 9:30AM – 10:30AM

This yoga session is not just an opportunity to stretch and strengthen your body but also a moment to cultivate mental peace and resilience.

For any further information, please contact the Event Coordinator – Mr. Dinesh (AP, ASH)

  
2/11/21  
**Head of Department**

HOD, Applied Sci  
Panipat Institute of Engineering & Technology  
Pattikalvana, SAMALKHA (Panipat)

CC:

1. All HODs
2. Notice Board

## Report on Yoga Session – “Yoga for Physical and Mental Fitness”

<b>Event Details</b>	
<b>Title of the Event</b>	<b>Yoga for Physical and Mental Fitness</b>
<b>Date of the Event</b>	5 <sup>th</sup> Nov. 2021
<b>Timings</b>	9:30AM – 10:30AM
<b>Venue</b>	Ground Floor, RISE Building
<b>No.of Participants Attended</b>	52
<b>Resource Person</b>	Dr. Sanjeev (Associate Professor, PIET)
<b>Coordinator</b>	Mr. Dinesh

First of all Mr. Dinesh Kumar introduced to Dr. Sanjeev alongwith warm welcome. The session led by Dr.Sanjeev (Associate Professor, ASH). Students gathered in Open Air Theatre in the morning of 5<sup>th</sup> Nov. 2021 at 9:30am for the yoga session. Dr. Sanjeev guided students through various postures, breathing excercises etc.

The objective of a yoga practice is to enhance one's physical and mental health. To improve flexibility, strength, and relaxation, it entails doing a variety of poses, breathing techniques, and meditation. The objective is to improve general health, lessen stress, and establish a balanced body and mind.

A vote of gratitude brought the meeting to an end. Thanks to Dr. Sanjeev for an interesting session, Mr. Dinesh Kumar, the Coordinator, said. Throughout the workshop, the participants were also appreciated for their enthusiastic engagement. The organizing team received special recognition for their hard work in making the event a success.

**Pics of Yoga Session – Yoga for Physical and Mental Fitness**



**Pic 1:Yoga Activities**



**Pic 2: Pranayam Activity**



# PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

## Attendance (Yoga for Physical and Mental Fitness)

S. No	Roll No	Name	Signature
1	2821601	AAYUSH	Aayush
2	2821602	AAYUSH MITTAL	Aayush
3	2821603	ABHISHEK MISHRA	Abhishek
4	2821604	ADITYA JHA	Aditya
5	2821605	AMIT KUMAR	Amit
6	2821606	ANKUR SINGH	Ankur
7	2821607	ARYAN MANGLA	Aryan
8	2821608	DEV KUMAR	Dev
9	2821609	CHIRAG	Chirag
10	2821610	CHIRAG MALIK	Chirag
11	2821611	DEEPANSHI	Deepanshi
12	2821612	JIYA MANDAL	Jiya
13	2821613	HIMANSHU	Himanshu
14	2821614	HIMANSHU	Himanshu
15	2821615	DAKSH	Daksh
16	2821616	RUKSANA AKHTER	Ruksana
17	2821617	KUSHAGRA TYAGI	Kushagra
18	2821618	MAHAK	Mahak
19	2821620	PARVEEN	Parveen
20	2821621	PAYAL KAMAL	Payal
21	2821622	PRANOV	Pranov
22	2821623	RAHUL	Rahul
23	2821624	ANKIT TYAGI	Ankit
24	2821625	RAHUL SINGLA	Rahul
25	2821626	RAHUL SINGLA	Rahul
26	2821627	RAMAN	Raman
27	2821628	RITU	Ritu
28	2821629	SACHIN SHARMA	Sachin
29	2821630	SAKSHI	Sakshi
30	2821632	SANJANA	Sanjana
31	2821502	CHANDRESH KUMAR	Chandresh
32	2821503	ASHISH MALIK	Ashish
33	2821505	HARSHIT CHAUDHARY	Harshit
34	2821506	NEERAJ KUMAR	Neeraj
35	2821507	DONO SHARMA	Dono
36	2821508	GARVIT ARORA	Garvit
37	2821509	AAYUSH DAHIYA	Aayush
38	2821510	ARYAN	Aryan

① 5/11/21  
Mr. Dinesh

39	2821511	SAGAR	Sagar
40	2821512	VIKASH	Vikas
41	2821513	TARUN	Tarun
42	2821514	LOVISH CHAUHAN	Lovish
43	2821516	DEEPALI SETIA	Deepali
44	2821517	JIVESH	Jivesh
45	2821519	SONU	Sonu
46	2821520	LALITA	Lalita
47	2821521	ASHISH	Ashish
48	2821522	PREET PAL	Preet
49	2821523	KAMAL	Kamal
50	2821525	ANJALI JAGLAN	Anjali
51	2821526	SAMEER	Sameer
52	2821527	RAHUL MIDHA	Rahul

*D. Singh*  
Mr. Dinesh