



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/22/10

Dated: 14th Oct. 2022

NOTICE MINDFUL MORNINGS

This is the information for all the concerned that “Department of Applied Sciences and Humanities” is organizing a Yoga session “**Mindful Mornings**” on **17-10-22**. The session will start at 9:15 am on Ground Floor, RISE Building. Interested students can contact the undersigned.

Sr no.	Name	Department	Designation
1	Mr. Dinesh	ASH	Coordinator
2	Mr. Nitin Sharma	ASH	Coordinator

The above team will carry out all necessary arrangements for the same.

Head of Department

Panipat Institute of Engineering & Technology
Pattikalyana, SAMALKHA (Panipat)

CC:

1. All HODs
2. Notice Board



Report on Yoga Session – “Mindful Mornings”

Event Details	
Title of the Event	Mindful Mornings
Date of the Event	17 th Oct. 2022
Timings	9:15am-10:00am
Venue	Ground Floor, RISE Building
No.of Participants Attended	49
Resource Persons	Mr. Subhash Gupta, Yoga Trainer Panipat
Coordinator	Mr. Dinesh and Mr. Nitin Sharma

The session began with a warm welcome of Mr. Subhash Gupta, Yoga Trainer Panipat and with lamp lighting ceremony. All participants gathered around to witness the lamp lighting ceremony. Prof. (Dr.) Vinay Khatri, HOD, Applied Sciences & Humanities, addressed the students and gave a brief introduction about the expert. Mr. Subhash Bajaj has extensive experience in the field of yoga. He began by sharing their journey and passion for yoga, highlighting the numerous benefits of regular practice for physical, mental, and emotional well-being.

The session concluded with a cool-down period, involving gentle stretches and relaxation techniques. Participants practiced the Corpse Pose (Savasana) to relax their bodies and minds completely. Mr. Subhash Bajaj led a short guided meditation to promote mindfulness and inner peace.

The session concluded with a vote of thanks. Mr. Dinesh Kumar (Coordinator) thanked Mr. Subhash Bajaj for their engaging session. The participants were also thanked for their active participation and positive energy throughout the session. Special thanks were extended to the organizing team for their efforts in making the event a success.

Pics of Yoga Session – Mindful Mornings



Pic 1: Breathing Exercise under the guidance of Yoga Instructor (Mr. Subhash Bajaj)



Pic 2: Pranam activity performed by the students under the training of Mr. Subhash Bajaj



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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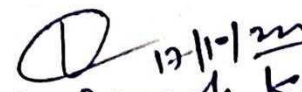

Attendance (MINDFUL MORNINGS)

S.No.	Roll No.	Name	Signature
1	2822063	SANTOSH PRASAD BARNAWAL	Santosh
2	2822065	UTKARSH	UTKARSH
3	2822066	SEEMA	Seema
4	2822067	MARBIN CHAUDHARY	MARBIN
5	2822069	AKSHAY	Akshay
6	2822070	DIPANSHU DAHIYA	Dipanshu
7	2822071	KAJAL	Kajal
8	2822072	DIKSHA	Diksha
9	2822074	SAUGAT KAPRI	Saugat
10	2822075	KHUSHI CHOUDHARY	Khushi
11	2822076	RITIK BALIYAN	Ritik
12	2822077	SURAJ BADESRA	Suraj
13	2822078	LAKSHAY	Lakshay
14	2822228	YUVRAJ SINGH	Yuvraj
15	2822292	OJAS GOYAL	Ojas
16	2822293	SAHIL	Sahil
17	2822079	AKSHIT ARORA	Akshat
18	2822080	KAMAL	Kamal
19	2822081	AAYUSH SHARMA	Aayush
20	2822082	ASHISH	Ashish
21	2822083	SACHDEV	Sachdev
22	2822820	ANSH VERMA	Ansh
23	2822821	DEEPAIN GARG	Deepain
24	2822822	SARTHAK KUMAR BORKOTOKY	Sarthak

Mr. Dinesh Kumar

Mr. Nibin Sharm

25	2822823	TRIBHUWAN SINGH	D Singh
26	2822824	YASH	Yash
27	2822616	AYUSH RAI	Ayush
28	2822617	MOHIT	Mohit
29	2822618	LAKSHAY BHTANI	Lakshay B
30	2822619	MAYANK SHARMA	Mayank
31	2822621	LALBABU YADAV	Lal Babu
32	2822622	DEEKSHA	Deeksha
33	2822624	SHIVAM	Shivam
34	2822625	AMANPREET KAUR	Amanpreet
35	2822626	OJASVI	Ojasvi
36	2822628	HIMANSHI SEHRAWAT	Himanshi Sehrawat
37	2822629	TANISHQ	Tanishq
38	2821630	SAKSHI	Sakshi
39	2821632	SANJANA	Sanjana
40	2821633	SHAGUN	Shagun
41	2821634	SUMIT KUMAR	Sumit
42	2821635	SURESH KUMAR	Suresh Kumar
43	2821637	VISHAL TYAGI	Vishal
44	2821639	SUNNY	Sunny
45	2821640	SURAJ	Suraj
46	2821641	NIKHIL YADAV	Nikhil
47	2821642	ARYAN KUMAR	Aryan
48	2821644	SANJEET SINGH	Sanjeet
49	2821645	SRISHTI BHATIA	Srishti Bhatia

 12/11/22
 Mr. Dinesh Kumar
 12/11/22
 Mr. Nikhil Sharma