



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

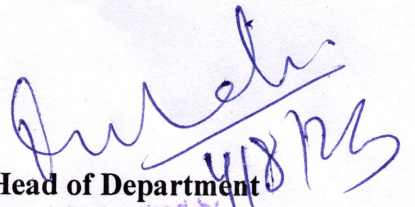
Ref. No. PIET/ASH/LS/23/09

Dated: 4th Aug. 2023

NOTICE

Posture-Centered Yoga Class

This is the information to all concerned that “Department of Applied Sciences and Humanities” is organizing a Yoga session “**Posture-Centered Yoga Class**” on 8-08-23. The session will begin at 9:30am on Ground Floor, RISE Building. For more information about yoga classes, the student is requested to contact Ms. Tamanna Sethi (9812445463) in the staff room (G-211, RISE Building).


Head of Department
HOD, Applied Sciences
Panipat Institute of Engineering & Technology
Pattikalvana, SAMALKHA (Panipat)

CC:

1. All HODs
2. Notice Board

Report Posture-Centered Yoga Class

Date: August 8, 2023

Venue: RISE Building, Ground Floor

Instructor: Ms. Anu Kundu, Sports Faculty, PIET NFL

Participants: 87

Objective: The posture-centered yoga class's main emphasis was on gentle, moderate movements. Everyone's relaxation and connection to their bodies was the aim.

First of all, the interested students gathered in the Ground Floor, RISE Building at 9:15am. The Discipline team (Dr. Sanjeev and Dr. Anita) settled down all the students in a proper manner and then the yoga session began with a warm welcome of Ms. Anu Kundu, Sports Teacher, PIET NFL, 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.

The “**Posture-Centered Yoga Class**” was a encouraging and pleasant experience. It helped everyone feel more in tune with their bodies and minds.

A vote of thanks was given by Ms. Tamanna Sethi (Coordinator) to Ms. Anu Kundu 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 ensuring continuous improvement.

Pics of Yoga Class– “Posture-Centered Yoga Class ”



Pic 1: Students performing alom-vilom



Pic 2: Posture-Centered Yoga Class




PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Attendance (Posture-Centered Yoga Class)

S. No	Roll No	Name	Signature
1	28231102	YASH	Yash
2	28231120	PRABHJEET KAUR	Prabhjeet
3	2823939	DHRUV NAGPAL	Dhruv
4	2823940	ARPIT ARORA	Arpit
5	2823928	NAVEEN	Naveen
6	2823451	AAKARSHAN MISHRA	Aakarshan
7	28231125	ADITYA	Aditya
8	2823445	AKSHAT TUTEJA	Akshat
9	2823926	JAYANT SAPRA	Jayant
10	28231132	MOHTASHIM MUSHTAQ	Mohd. Mushtaq
11	2823439	HITESH	Hitesh
12	28231127	SAPNA	Sapna
13	28231121	SALONI	Saloni
14	28231119	DAKSH	Daksh
15	28231108	SHIVA	Shiva
16	28231129	VAIBHAV	Vaibhav
17	28231101	VANSH VERMA	Vansh
18	2823938	DHRUV MAYANAK	Dhruv
19	28231135	SOURABH GAHLOT	Sourabh
20	2823932	PALLAV BHARDWAJ	Pallav
21	2823442	ANKITA SHARMA	Ankita
22	2823930	ARUSHI	Arushi
23	28231124	SAKSHI	Sakshi
24	28231109	VIKRAM PAWAR	Vikram
25	28231118	ROHIT	Rohit
26	28231110	PADAM	Padam
27	2823927	KHUSHI	Khushi
28	2823132	SHIVAM	Shivam
29	2823137	ABHIJEET KUMAR	Abhijeet
30	2823138	SIYA	Siya
31	2823147	DHIRAJ KUMAR	Dhiraj
32	2823148	ANKESH KUMAR	Ankesh
33	2823149	NILESH KUMAR	Nilesh
34	2823153	ISHANI YADAV	Ishani
35	2823154	SAKSHI SAH	Sakshi

J. Selti
8/8/23
Panama Sctw

36	2823161	SANTOSH	
37	2823164	KARTIK	Kartik
38	2823167	RAUSHAN KUMAR VERMA	Raushan
39	2823176	SIDHARTH	Sidharth
40	2823184	AASHISH SHARMA	Aashish
41	2823188	GURDARSHAN	Gurdarshan
42	2823189	YASH SINGH	Yash Singh
43	2823196	SHUBHAM KUMAR	Shubham
44	2823292	RUPESH KUMAR SAH	Rupesh
45	2823293	MANISHA KUMARI SAH	Manisha
46	2823294	SHIVANGI CHAUDHARY	Shivangi
47	2823243	TUFAN KUMAR	Tufan
48	2823245	ABHISHEK	Abhishek
49	2823246	ASHOKANAND YADAV	Ashokanand
50	2823247	KISHAN KUMAR KHAIRWAR	Kishan
51	2823248	VIPUL GUPTA	Vipul
52	2823253	YASHVI	Yashvi
53	2823254	RAVI NEHRA	Ravi
54	2823256	HARSH VARDHAN SINGH	Harsh
55	2823257	KESHAV KUMAR THAKUR	Keshav
56	2823274	SAMEER	Sameer
57	2823260	UMESH	Umesh
58	2823266	BITTU KUMAR	Bitu
59	2819199	SURESH RAJ JOSHI	Suresh
60	2819200	AASHISH DHAMI	Aashish
61	2819201	KASHISH BUDHIRAJA	Kashish
62	2819202	KUNAL GUPTA	Kunal
63	2819204	DIVYANSH SINGH	Divyansh
64	2819215	SHASHANK SINGH	Shashank
65	2819218	TEJAS BANSAL	Tejas
66	2819232	MD NAHID UDDIN NAFIS	Nahid
67	2819235	ABHISHEK KUMAR DAS	Abhishek
68	2819237	BIRENDRA KUMAR YADAV	Birender
69	2819551	LAKSHAY	Lakshay
70	2819553	HARSHIT INSA	Harshit
71	2819554	GARVIT NARANG	Garvit
72	2819555	ANKUSH	Ankush
73	2819556	ARSHPREET	Arshpreet
74	2823415	NISHANT KOHAR	Nishant
75	2823416	YUVNEET	Yuvneet
76	2823424	TANISHKA	Tanishka
77	2823429	GHANISH MEHTA	Ghanish
78	2823430	SHUBHAM RUHAL	Shubham

Jethi
8/3/23
Pamanna Sethi

79	2823431	GAURAV	Gaurav
80	2823432	UTKARSH	Utkarsh
81	2823433	MANPREET	Manpreet
82	2823435	PIYUSH MANIKTALA	Piyush
83	2823446	GUNGUN	Gungun
84	2823449	ABHISHEK	Abhishek
85	2823452	GARGI	Gargi
86	2823456	SHRUTI	Shruti
87	2823458	AAYUSH RAMAN SAH	Aayush

Setu
8/10/22
Tamang Setu