



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Importance of Meditation and Yoga

09-02-2021

Shaw
Dean

Faculty of Education
SGT University, Gurugram



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Name of the faculty: - Faculty of Education

Name of the Event: - Importance of Meditation and Yoga

The auspices under which it has been organized: - Association Tutelage

Date, Time, Venue: - 9th February, 2021

Brief Report-

A few minutes of Yoga during the day can be a terrific method to relieve stress that builds up in the body and mind on a daily basis. Yoga postures, Pranayama, and meditation are all helpful stress-relieving practices.

Meditation is relaxation and rejuvenates the body and mind. With the aim of creating awareness about importance of yoga and meditation in mind, an event was organized at village Kaliawas for the villagers on 9th February, 2021 by the Faculty of Education. The students and faculty members took yoga session with great dedication. The villagers participated with full interest, enthusiasm and eagerness.

The students and faculty members, motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session included with exercises and asanas like:

- Head rotation

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- Pranayam
- tad asana
- laughing yoga exercise
- concentration exercise for eyes

The session concluded with an interactive session between the volunteers of Faculty of Education and the people of village Kaliawas in which the queries of the people were addressed satisfactorily. The session was very refreshing, reviving and relaxing.



Villagers participating in yoga session with Students

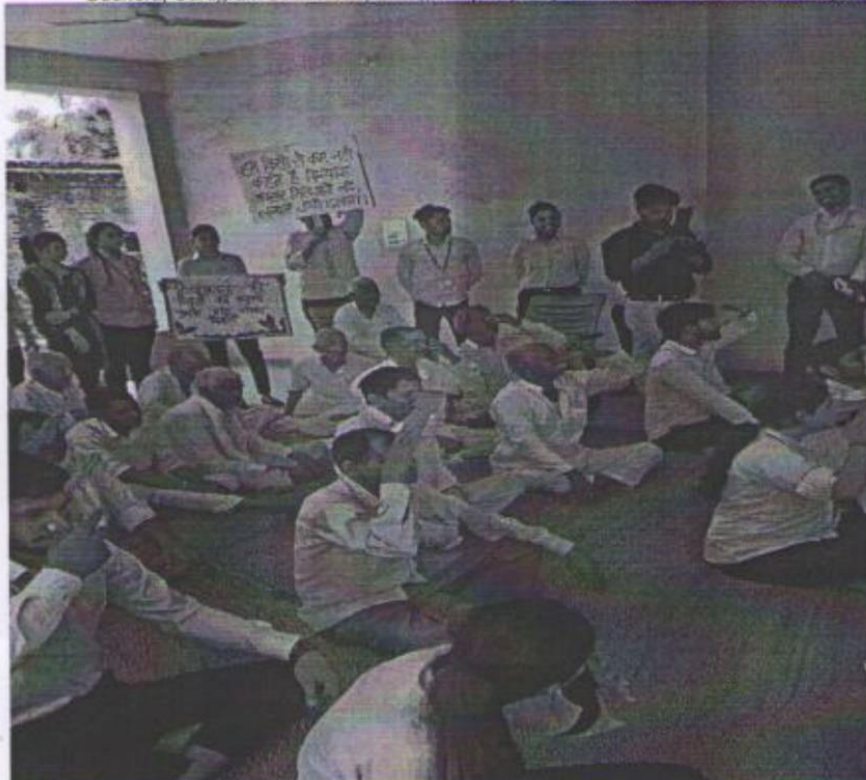


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GPS Map
Camera Lite

FVPQ+PWX, Kaliawas, Gurugram, Haryana 122006, India

Latitude
28.4871292°

Longitude
76.889598°

Local 11:56:00 AM
GMT 06:26:00 AM

Altitude 0 meters
Saturday, 09-04-2022

Villagers practicing unulom and vilom

Slaw
Dean

Faculty of Education
SGT University, Gurugram



Faculty of Education
Importance on Meditation
Students Attendance List (09-02-2021)

| S.No. | Student Name | Course | Signature |
|-------|-----------------|----------------------|-----------|
| 1. | Sanjana | B.Ed. II Sem | P |
| 2. | Naveen | B.Ed. II Sem | P |
| 3. | Mansi Chahar | B.Ed. II Sem | P |
| 4. | Bhagya Gupta | B.Ed. II Sem | P |
| 5. | Akash Deep | B.Ed. II Sem | P |
| 6. | Shivashni Gupta | B.Ed. II Sem | P |
| 7. | Shivani | B.Ed. II Sem | P |
| 8. | Sanjeeta | B.Ed. II Sem | P |
| 9. | Jyoti Yadav | B.Ed. II Sem | P |
| 10. | Sakshi Gupta | B.Ed. II Sem | P |
| 11. | Priyanka Kumari | B.Ed. II Sem | P |
| 12. | Shubham Kumar | B.Ed. II Sem | P |
| 13. | Kavita Yadav | B.Ed. II Sem | P |
| 14. | Sakshi Malhotra | B.Ed. II Sem | P |
| 15. | Yogita Solanki | B.Ed. II Sem | P |
| 16. | Komal | M.Ed. II Sem | P |
| 17. | Fauzia Diba | M.Ed. II Sem | P |
| 18. | Nitya Kataria | M.Ed. II Sem | P |
| 19. | Archana Singh | M.Ed. II Sem | P |
| 20. | Tarun | B.Ed. Spl. Edu. (ID) | P |
| 21. | Ruchira Kapur | B.Ed. Spl. Edu. (ID) | P |
| 22. | Lalit Sehrawat | B.Ed. Spl. Edu. (ID) | P |
| 23. | Sahil Sehrawat | B.Ed. Spl. Edu. (ID) | P |
| 24. | Himanshu | B.Ed. Spl. Edu. (ID) | P |
| 25. | Richa | B.Ed. Spl. Edu. (HI) | P |
| 26. | Leela Prajapat | B.Ed. Spl. Edu. (HI) | P |
| 27. | Nitesh Yadav | B.Ed. Spl. Edu. (HI) | P |

| | | | |
|-----|--------|-----------------------|---|
| 28. | Geeta | B.Ed. Spl. Edu. (HI) | P |
| 29. | Sunny | B.Ed. Spl. Edu. (HI) | P |
| 30. | Komal | B.Ed. Spl. Edu. (HI) | P |
| 31. | Sachin | B.Ed. Spl. Edu. (HI) | P |
| 32. | Chirag | D.Ed. Spl. Edu. (IDD) | P |

Manita Devi
09/2/21

Soforson
09/02/2021