

JIMS ENGINEERING MANAGEMENT TECHNICAL CAMPUS – JEMTEC

(Affiliated to Guru Gobind Singh Indraprastha University, New Delhi)
Plot No. 48/4, Knowledge Park-III, Greater Noida, PIN-201308

Session:	2020-21	Semester:	1 st Semester
Event Date:	11-02-2021	Event Type:	Workshop
Event Name/Title:	Workshop on Yoga and Meditation		
Resource person Name	Ms. Shaily Agarwal	Resource person Organization	N/A
Organizing Department	Bachelor of Computer Application (BCA)	Organizing Student club / Society /Committee if any	N/A

Event Report

Workshop on Yoga and Meditation was organized by BCA Department. The session was conducted by Ms. Shaily Agarwal. She is Advance Level 3 Yoga Teacher (QCI certified by Ayush Ministry).

Workshop was conducted via zoom app. The session started at 11:15 am. Ms. Shaily talked about the importance of Yoga in our Life. She also encouraged everybody to be happy and Positive in Life. After that Yog Asanas and Pranayam were performed. Finally, Meditation session was conducted. It was really a great experience for Body, Mind and Soul.

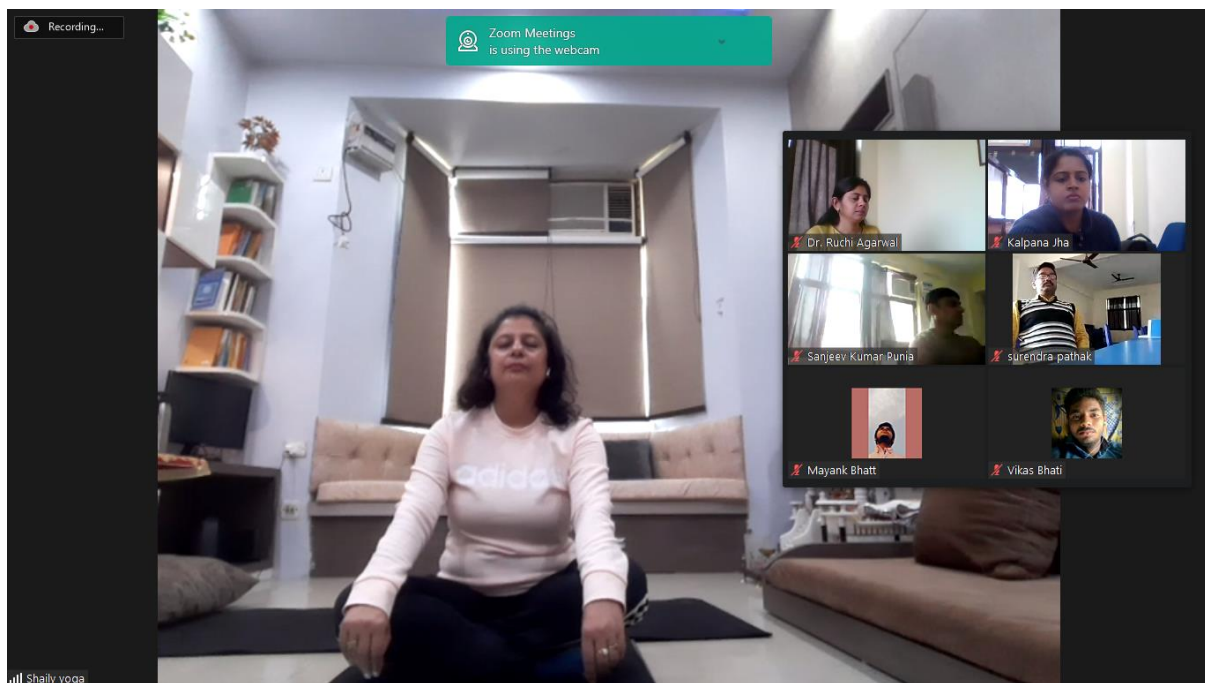
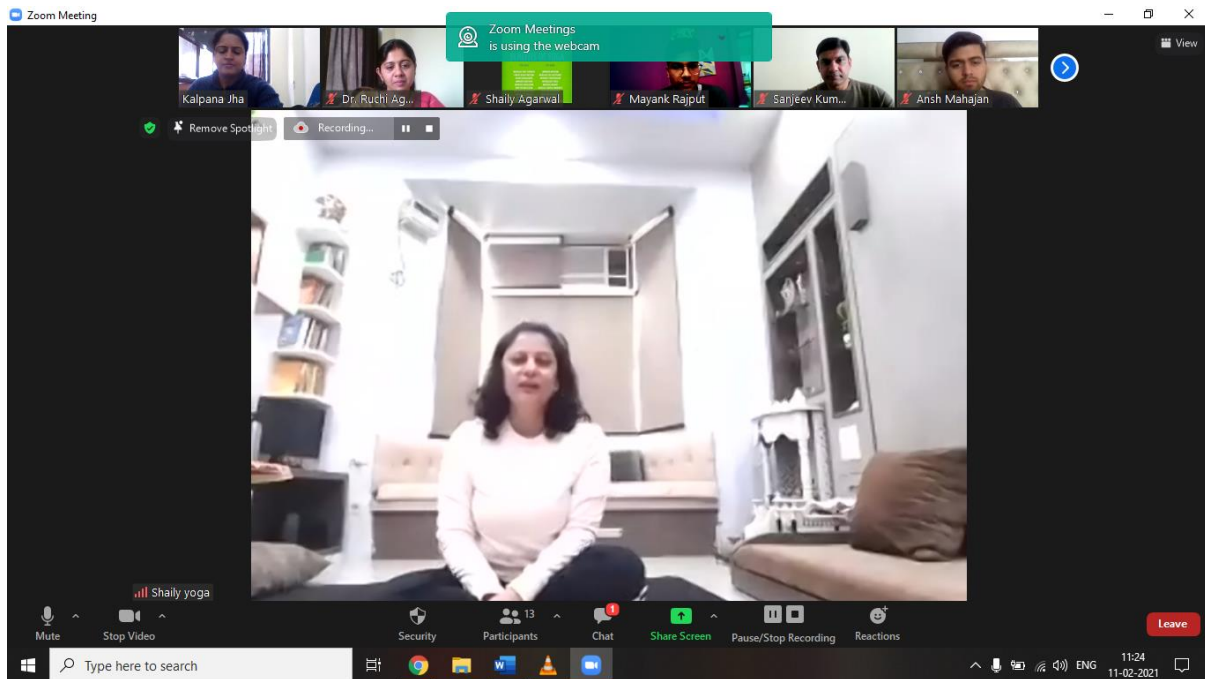
Overall it was a very great event

Total number of students: 13 M (11) F (2)

Name of Students Coordinators

Enrollment No	Name
	Pratyush Mitra

Photographs of Event



**Signature of Faculty Coordinator
Ms. Kalpana Jha**

**Signature of HOD
Dr. Ruchi Agarwal**

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List of students attendees / Participants in Event

S. No.	Enrolment No	Name	Branch/Semester
1.	-	Vikash Bhati	BCA/3 rd
2.	-	Pratyush Mitra	BCA/1 st
3.	-	Ansh	BCA/1 st
4.	-	Abhijay	BCA/1 st
5.	-	Aditya Narayan Mishra	BCA/1 st
6.	-	Mayank Bhatt	BCA/1 st
7.	-	Ayushi Saxena	BCA/1 st
8.	-	Gulshan Kumar	BCA/1 st
9.	-	Jayaditya Rawat	BCA/1 st
10.	-	Deepak Chander	BCA/1 st
11.	-	Mayank Rajput	BCA/1 st
12.	-	Sweta	BCA/1 st
13.	-	Harsh	BCA/1 st

Signature of Faculty Coordinator