



## Workshop on Importance of Yoga, Pranayama and other physical exercises.

23rd June to 9th July 2022 – Workshop

### Description:

The Sports Committee had organised a Workshop on the importance of Yoga, Pranayama and other physical exercises. The main focus of this workshop was to create awareness among the student community about how yoga, pranayama, and physical exercises can play a major role in the time of pandemic by keeping one's body fit and increasing immunity. The committee took this opportunity to honor three exceptional persons for the work they have done in their respective fields - Wing Commander K.K. Nair retired major D.P. Singh and Ms. Dolly Gohel.

The session was graced by the presence of Professor Rahul Muthu(Sports Committee Mentor), Mr Vishal Pratap Singh(Sports Officer), and Professor Ranendu Ghosh(Dean Students).

It was 15 days long per sessions of 2 hours action-packed workshop organised on zoom and cisco webex platform with over 100+ students.

The main agenda of the Workshop was to spread awareness about the importance of Yoga, Pranayama, and other physical exercises. The purpose of yoga is to build strength, awareness, and harmony in both the mind and body. Awareness of breath establishes you in the present moment. Meditation is an essential part of Yoga. In meditation you get a glimpse of yourself, the inner core of your being that is calm, settled, and serene. The pandemic has decreased the amount of time students give to sports and fitness, this webinar brought awareness among the students to focus on their health even though the situation is not in their favour. After the webinar we arranged an intra college yoga competition and there were 80+ participants for that.



### Committee Members Involved:

- 1) Chirayu Chaplot
- 2) Shivani Nandani
- 3) Urmik Makani
- 4) Heer Gohil
- 5) Shrey Mavani
- 6) Kishan Gajnotar
- 7) Kanishk Menaria
- 8) Aditya Shah
- 9) Mihir Patel

### Platform

Cisco Webex

### Participants List:

Sr No	Student Id	Student Name
1	202001016	JADAV DEV BALDEVBHAI
2	202001017	MIHIRKUMAR RAJESHBHAI PATEL
3	202001018	PATEL KAMAL HITESHBHAI
4	202001019	DETROJA RUCHI JAYANTILAL
5	202001020	PATEL ADITYA DINESHBHAI
6	202001021	POBARU SHREY ANUPBHAI
7	202001022	MEET SHRIMALI
8	202001023	VANDAN
9	202001024	NISHITH GANGAJALIYA
10	202001025	SHAH NILAV CHETANKUMAR
11	202001026	TEJANI ROMIT BHUPESHBHAI
12	202001027	UTARIYA VATSAL PARSHOTTAMBHAI
13	202001028	POOJAN PATEL
14	202001029	KESHAV SOMANI
15	202001030	RITIK PANKAJ MAHYAVANSHI
16	202101022	VYAS SHREYANSH ASHISHKUMAR



17	202101023	RHYTHM ARYA
18	202101024	SHASHWAT AGGARWAL
19	202101025	RISHI ARORA
20	202101026	MUSKAN VEDI
21	202101027	AKHIL KANTETI
22	202101028	SAHIL SINGH
23	202101030	CHAITANYA SHETH
24	202101031	YASHOWARDHAN RAJIV BHAGAT
25	202101032	LUTYA RAJ KAMLESHBHAI
26	202101033	MEHUL BHANWARLAL RAWAL
27	202101034	ABHINAY MANCHANDA
28	202101036	ARYAN MAULIK TRIPATHI
29	202101037	KANISHK ASHISH JAIN
30	202101038	DARSHIL SHAH
31	201921004	KOTAK NISHITH ASHOKKUMAR
32	201921006	SAYAN MUKHERJEE
33	201921007	BISWAJIT PRUSTY
34	201921008	AARUSHI DHAMI
35	201921009	OZA URVI ARUNBHAI
36	201921012	RIYANKA JENA
37	201921013	DEEPTI SARASWAT
38	202021001	PATIL KIRTIRAJ SAMADHAN
39	202021002	AMI PANDAT
40	202021003	GOHEL PRASHANT
41	202101086	ADITYA SINGHANIA
42	202101061	MANAV FITTER
43	202101062	DEEPAK HANSDA
44	202101063	VEDANT PANDYA
45	202101064	PRACHI KAUSHAL SHAH
46	202101065	KRISH RAJESHKUMAR VAGHELA
47	202101066	JAY DEVANG PARIKH



48	202101067	VAGHELA MANAV ASHIKKUMAR
49	202101068	DIVYAM
50	202101054	UDHAGARA BHAVYA MANSUKHBHAI
51	202101055	VIREN GOSWAMI
52	202101056	HARDAV HITESH RAVAL
53	202101059	MAULI RAKESHKUMAR BHAVSAR
54	202101060	VRAJKUMAR VINODBHAI PATEL
55	202001157	BUDDHDEV HARSH NITESH
56	202001158	CHHAGANI KRUNAL AJAYBHAI
57	202001159	RADADIYA DARPAN VITTHALBHAI
58	202001160	VEGAD RAJ MAHESHBHAI
59	202001161	GAJERA AYUSH KAMLESHBHAI
60	202001162	PADHIYAR KARAN HARESHBHAI
61	202001163	SHAH ISHA JATINKUMAR
62	202001164	CHIRAG CHAVDA
63	202001165	PATEL HARSH BHARATBHAI
64	202001166	MASTER JINKAL HIRENKUMAR
65	202001167	SHAH RAHIL KIRANKUMAR
66	202001168	PRAJAPATI SHREYA
67	202001169	THAKOR HARSHAL DIPAKSINH
68	202001170	RAVAL KEVIN KIRITKUMAR
69	202001171	SUVAGIYA ABHAY JAGDISHBHAI
70	202001157	BUDDHDEV HARSH NITESH
71	202001158	CHHAGANI KRUNAL AJAYBHAI
72	202001159	RADADIYA DARPAN VITTHALBHAI
73	202001160	VEGAD RAJ MAHESHBHAI
74	202001161	GAJERA AYUSH KAMLESHBHAI
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78	202001165	PATEL HARSH BHARATBHAI
79	202001166	MASTER JINKAL HIRENKUMAR
80	202001167	SHAH RAHIL KIRANKUMAR



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202001168  
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PRAJAPATI SHREYA  
THAKOR HARSHAL DIPAKSINH  
RAVAL KEVIN KIRITKUMAR  
SUVAGIYA ABHAY JAGDISHBHAI



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