

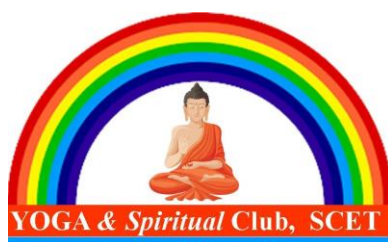


A Report on

## **4 WEEKS YOGA WORKSHOP**

**(01/09/2023 TO 31/09/2023)**

Organized  
By



## **YOGA AND SPIRITUAL CLUB**

Under

## **STUDENT ACTIVITY AND WELFARE COMMITTEE**

Coordinators

**Prof. Nandkishor Joshi**  
**Prof. Ashish Parmar**  
**Prof. Chhaya Suratwala**

Sarvajani College of Engineering and Technology  
Dr. R. K. Desai Marg, Athwalines, Surat-395001  
Gujarat.

The Yoga Club at our college is a vibrant and inclusive community dedicated to promoting holistic well-being among students and staff. With a dynamic range of activities and workshops, the club plays a pivotal role in nurturing physical, mental, and spiritual health. Throughout the year, the club offers workshops on yoga, spanning from immersive one-week sessions to more in-depth four-week programs. These sessions are carefully designed to cater to individuals at all levels, from beginners to experienced practitioners, allowing everyone to explore the transformative benefits of yoga. The club provides a nurturing environment where participants can cultivate mindfulness, flexibility, and inner peace, fostering a deeper connection with their bodies and minds.

In addition to its yoga offerings, the club also actively engages in spiritual activities, further enriching the experience for its members. By integrating spiritual practices into its agenda, the club aims to inspire a sense of inner harmony and purpose. This inclusive approach encourages both students and staff to embark on a journey of self-discovery and personal growth. The club's efforts extend beyond its regular activities, as it consistently seeks to motivate and engage the entire college community in embracing a healthier and more balanced lifestyle. Through its dedication to promoting well-being on multiple levels, the Yoga Club stands as a beacon of positivity and self-improvement, leaving a lasting impact on all who choose to participate.

## **Why Yoga for Engineering Students?**

Yoga offers numerous benefits that are particularly relevant and valuable for engineering students. Here are some reasons why yoga can be highly beneficial for this demographic:

1. **Stress Reduction:** Engineering programs can be intellectually demanding and often come with rigorous coursework and deadlines. Practicing yoga helps students manage stress and anxiety levels, providing them with a healthy outlet to relax, unwind, and regain focus.
2. **Improved Concentration and Mental Clarity:** The concentration required for complex problem-solving and critical thinking in engineering can be enhanced through regular yoga practice. Yoga encourages mindfulness and trains the mind to stay present, ultimately leading to improved cognitive function and mental clarity.
3. **Physical Well-being:** Engaging in long hours of studying or sitting at a desk can lead to physical strain and discomfort. Yoga promotes flexibility, strength, and balance, which can help alleviate common issues like back pain, neck tension, and posture-related problems.
4. **Enhanced Resilience and Adaptability:** Engineering students often face challenges and setbacks in their academic pursuits. Yoga cultivates a mindset of resilience and adaptability, teaching students how to approach difficulties with a calm and composed demeanor.
5. **Improved Sleep Quality:** The demands of an engineering curriculum can sometimes disrupt regular sleep patterns. Practicing yoga has been shown to improve sleep quality, helping students get the rest they need for optimal cognitive function and performance.
6. **Emotional Well-being:** Engineering students may experience high levels of pressure and competition. Yoga provides a safe space for self-reflection, emotional processing, and self-care, helping students navigate their emotions and maintain a balanced outlook on their academic journey.

In summary, integrating yoga into the lives of engineering students can have a positive impact on their physical, mental, and emotional well-being, ultimately enhancing their academic performance and overall quality of life.



## About Workshop

The Yoga and Spiritual Club of SCET has organized a 4-Week Yoga workshop for students of all the departments from 4.00 p.m to 5.00 p.m daily during 01/09/2023 to 31/09/2023 in which 8 students enthusiastically participated. The Yoga sessions were conducted by the Yoga club coordinator Prof. Nandkishor Joshi from along with support of Prof. Ashish Parmar and prof. Chhaya Suratwala, a Yoga club member in the AV room of IC Dept. Everyday various different asanas, poses, pranayama, meditations were taught to students. The major activities are as follows.

- Prayer (Astomaa sad gamaya)
- Omkaar Naad
- Sukshma Vyayama (Neck movement, Left-Right, Up-Down, 45 degree)
- Neck rotation: clockwise and anticlockwise
- Palm movement: Up-down
- Wrist rotation: Clockwise and anti clockwise
- Shoulder rotation
- Leg movement: Up-Down, Rotation
- Warm up (Jogging and Jumping)
- Standing Asanas (Body twisting, Trikonasan, Ardha chakrasana, Tadasana, Pad-hastasan)
- Pranayama (Kapalbhati, Anulom vilomb)
- Sitting Asanas (Vakrasana, Pad paschimottanasana)
- Lying Asanas (Bhujangasan, 90 degree leg lifting, sarp kriya)
- Meditation and relaxation.

## Members of Yoga club:

| Sr no | Name of faculty                       | Department                                |
|-------|---------------------------------------|---|
| 1     | Prof. Nandkishor Joshi (Convener)     | Instrumentation and Control Engineering   |
| 2     | Prof. Snehal Gandhi<br>(Co- Convenor) | Computer Engineering                      |
| 3     | Prof. Bhumika Bhatt                   | Computer Engineering                      |
| 4     | Prof. Dimple Bhanabhagvanwala         | Electrical Engineering                    |
| 5     | Prof. Ashish Parmar                   | Chemical Engineering                      |
| 6     | Prof. Chhaya Suratwala                | Electronics and Communication Engineering |
| 7     | Prof. Jayna Ahuja                     | MCA                                       |
| 8     | Prof. Hema Surti                      | Applied Science and Humanities            |

All the participants performed and enjoyed all the yoga activities whole heartedly. The Information about Body Level parameters, Mind Level Parameters and Emotional Parameters were collected from students before and after workshop which are very encouraging. The participants raised their desire that such activities should be organized regularly at our institute.



## Some Glimpses of the Yoga Workshop Activities







SARVAJANIK EDUCATION SOCIETY  
SARVAJANIK COLLEGE OF ENGINEERING AND TECHNOLOGY



# YOGA CLUB

## ORGANIZES FOUR WEEK RHYTHMIC FUSION

### EVENT DETAIL

Date: 1st -31st Sept 23  
Days: Monday to Friday  
Timing: 4 pm to 5 pm  
Venue: III Cell, IC Dept.

### For Query

Prof. Ashish parmar : 9429189594

Prof. Chhaya Suratwala: 9727790930

Prof. Nandkishor Joshi 9427121011



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## **Acknowledgement**

We, Yoga club members acknowledge the support provided by every single faculty, staff members and all students to make the event grand success.

We also thank, Honorable Principal sir Dr. Hiren Patel along with Dr. Mayank Dalal, Dean SAWC as well as SES management for granting permission for the said event & extending all the supports required. We are also thankful to Prof. Persi Engineer, Provost, Sarvajanik University for his continuous encouragement for such activities.

Lastly, coordinators thank all the resource persons and participants without whom the workshop could not have been planned or executed.

