



## **Yoga And Health Club**

*“Yoga for peace and harmony”*

Under the aegis of Yoga and Health Club, a three-days’ workshop on the theme of **Happiness and Wellbeing** was organized from 5<sup>th</sup> to 8<sup>th</sup> August 2019.

The workshop was conducted with the objective of improving the mental and physical health of the students and with an aim to improve the happiness index of the students which is falling at a very rapid pace.

Approximately 150 students attended the workshop.

The experts from the various fields interacted with the students. Sh. Kulwinder Singh, Yoga Instructor, trained the students with different yoga exercises. Dr. Manoj Sachan, Head of Computer Science and Engineering Department, apprised the students with the benefits of meditation and gave theoretical and practical inputs regarding the usefulness of meditation for the holistic development. Dr. Nikhil, a teacher from the Art of Living and Dr. O. P. Setia, Principal, Higher Secondary School, Sheron, a State Awardee, also interacted with the students and gave them various tips on how to remain happy and calm in stressful situations.

The Programme was organised and coordinated by Prof. Pardeep Kumar Jain, Prof. Parveen Kaur Khanna and Madan Mohan. The student’s coordinators were Abhinav and Sanket from GME trade. The students enjoyed the programme on all the three days. They were also served organic snacks and drinks. **No funds were taken from the Institute for organising this workshop.**

Topics/syllabus covered during the Workshop on Happiness and Wellbeing conducted from 5<sup>th</sup> to 8<sup>th</sup> August 2019

- 1 Yoga for everyone by Kulvinder Singh.
- 2 Heartfulness Meditation for Holistic Health by Prof. Manoj Sachan.
- 3 How to remain calm in Stressful situations by Dr Nikhil.
- 4 Yoga and Meditation for ameliorating physical and mental health by Dr. O. P. Setia.
- 5 Motivational and Inspirational activities by Prof Pardeep Kumar Jain and Prof. Parveen Kaur Khanna.
- 6 Music mantra for mindfulness by Prof. Parveen Kaur Khanna and Prof. Pardeep Kumar jain









