



National Service Scheme

Activity Report

Title of the Event

Meditation and Yoga

Objective of the Event

Stress Reduction: One of the primary goals of such an event is to teach participants how meditation and yoga can be powerful tools for reducing stress. High-stress levels are common in modern life, and these practices offer effective ways to manage and alleviate stress.

Mental Clarity and Relaxation: Encouraging mental clarity, focus, and relaxation is another key objective. Meditation and yoga can help individuals clear their minds, improve concentration, and experience deep relaxation.

Physical Health and Flexibility: Promoting physical health through yoga is also a crucial objective. Yoga involves a series of physical postures, stretches, and movements that can improve flexibility, balance, and strength. This event aims to help participants understand the physical benefits of yoga and learn proper techniques.

Mindfulness and Self-Awareness: Fostering mindfulness and self-awareness is often a central theme. Meditation and yoga encourage individuals to become more in tune with their bodies and emotions, enhancing their self-awareness and ability to manage their thoughts and reactions.

Emotional Well-Being: Enhancing emotional well-being is an important aspect. These practices can help individuals regulate their emotions, reduce symptoms of anxiety and depression, and improve their overall emotional health.

Life Balance: The event may emphasize how meditation and yoga can contribute to achieving a more balanced and harmonious life. These practices often encourage individuals to find a balance between work, family, and self-care.

Health and Wellness Education: Offering education on the benefits and techniques of meditation and yoga is typically a part of the event. This includes providing information on different meditation styles, yoga poses, breathing exercises, and their applications.

Practical Skills: Equipping participants with practical skills and techniques they can incorporate into their daily lives is a key objective. Attendees should leave with actionable strategies for incorporating meditation and yoga into their routines.



KIPM College of Engineering & Technology

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)



Community and Support: Creating a sense of community among participants can be an important goal. Events often foster a supportive environment where individuals can share their experiences and connect with like-minded people.

Introduction and Exploration: For those new to meditation and yoga, the event serves as an introduction to these practices. It aims to make these techniques accessible and approachable for beginners.

Personal Growth and Development: Encouraging personal growth and self-improvement is another objective. Through meditation and yoga, individuals can work on personal development, self-actualization, and a sense of purpose.

Speakers Details

Mr. Brijesh Pandey

Mrs. Sarita Pandey

Participants details

No of Faculty Participant: 5+

No of Student Participant: 100+

Coordinator Details

1. Faculty coordinator details

- a. Mr. P. C. Srivastava
- b. Dr. Nitesh Tiwari

2. Student Coordinator details

Mr. Asif Khan

Overview of the Event

The overarching goal of a "Meditation and Yoga" event is to offer participants a comprehensive experience that empowers them to enhance their physical health, mental clarity, emotional well-being, and overall quality of life through the practices of yoga and meditation. These events often create a supportive and nurturing environment where attendees can learn, practice, and connect with others on a similar journey towards well-being.

Website: www.kipm.edu.in

Address: BL-1 &2, Sector-9, GIDA, Gorakhpur, Uttar Pradesh (273209)



KIPM College of Engineering & Technology

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)



Media Coverage (Photographs)



Website: www.kipm.edu.in

Address: BL-1 & 2, Sector-9, GIDA, Gorakhpur, Uttar Pradesh (273209)