



## REPORT

### Event: National Youth Day (Surya Namaskar) on 12.01.2025

**Objectives:** Holistic Health Club MITS in Collaboration with the ISTE student's chapter MITS successfully organized the "Surya Namaskar" from 8:00 am to 09:00 am on 12.01.2025 in an online mode on the occasion of National Youth Day, celebrated to honor the birth anniversary of Swami Vivekananda. In the event, we invited Mr. Deependra Tiwari, Yoga trainer, and Mrs. Ruchi Tiwari, Yoga Instructor from Antarman Anand Club as an instructor for the session.

The event mainly focused on spreading awareness about YOGA practices and the advantages of Surya Namaskar among the youth. The instructor enlightened the participants with deep knowledge of meditation and the practice benefitted the youth with improved blood circulation, and loosening of muscles

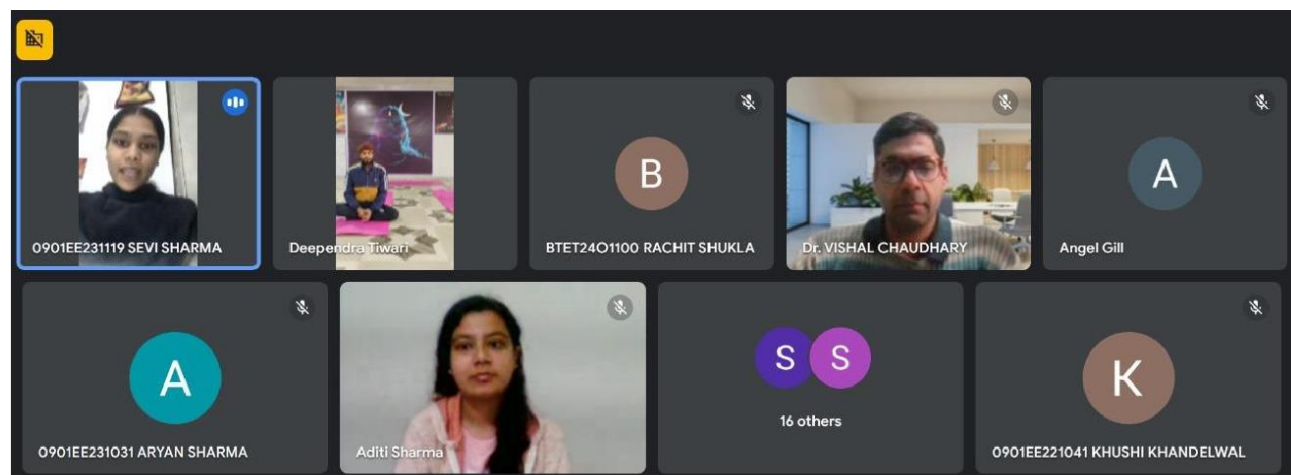
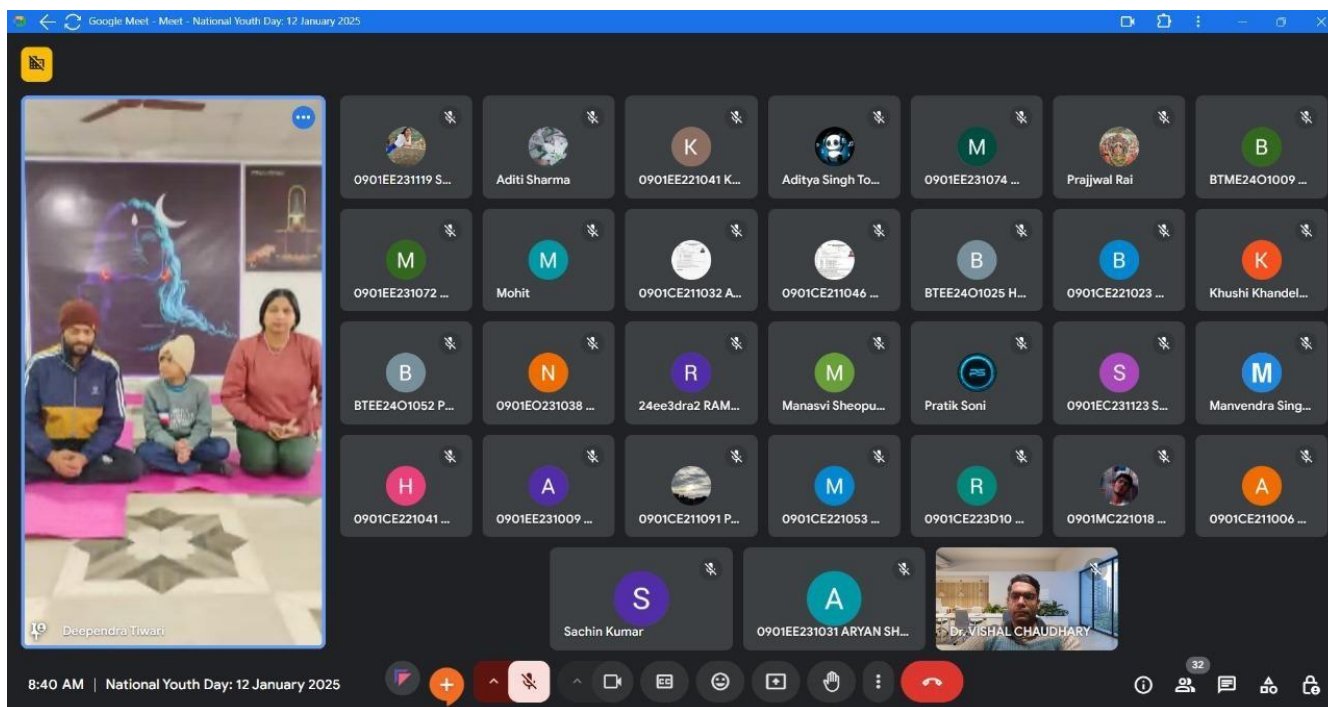
### Other Points:

- Total 60 students participated in the event.
- E-certificates will be distributed to all the participants.
- The Club also gave a 'Letter of Appreciation' to the instructor.



## SESSION HIGHLIGHTS

- Dr. Vishal Chaudhary sir facilitated the session with his expert guidance.
- Mr. Deependra started with a brief introduction to the benefits of Surya Namaskar.
- Step-by-step demonstration of the 12 poses involved, with a focus on proper alignment and breathing techniques.
- It was a guided practice session that allowed participants to perform the sequence under expert supervision.
- An interactive Q&A session addressing participants' queries about yoga and its impact on daily life.

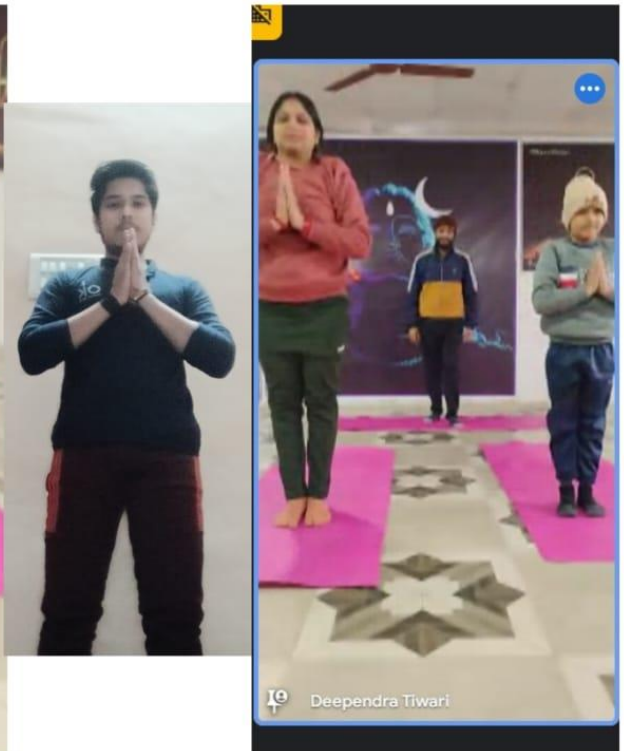






# माधव प्रौद्योगिकी एवं विज्ञान संस्थान, ग्वालियर (म.प्र.), भारत MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR (M.P.), INDIA

Deemed University  
(Declared under Distinct Category by Ministry of Education, Government of India)  
NAAC ACCREDITED WITH A++ GRADE



**Conclusion:**

The online Surya Namaskar session was a resounding success, aligning perfectly with the spirit of National Youth Day. The event not only educated participants about the physical and mental benefits of yoga but also inspired them to adopt it as a lifestyle practice.

Overall, the event was a great success, and we are grateful to Mr. Deependra Sir for taking the time to share his knowledge and expertise with us.



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**Poster:**

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Indian Society for Technical Education  
Students' Chapter MITS-DU  
in collaboration with  
Holistic Health Club



presents


**SURYA NAMASKAR  
SESSION**



On the occasion of  
**NATIONAL YOUTH DAY**  
*Awaken Your Inner Sun Through Suryanamaskar*

Time - 8 AM to 9 AM  
Date - 12 January 2025  
Mode - Online

Align Your  
Body and Mind  
Register for  
the Session  
Now!

For any queries contact:  
Dr. Vishal Chaudhary  
+91 99262 45805



 @iste\_mits\_gwl  @hhc\_mits





## Attendance & Feedback:

1	Timestamp	Email	Name	Phone Num	Branch	Year	+ during the surya skar session mee instructions and I the surya names in the future, w E				
2	1/12/2025 8:41:41	Bdhakad780@gmail.c	Bhupendra dhakad	7.566E+09	Civil Enginee	3rd year	5	Yes	Yes	Yes	Yes
3	1/12/2025 8:42:23	23ce3dan3@mitsgw.l	Anoop Shukla	7.987E+09	Civil Enginee	3rd year	4	Yes	Yes	Yes	Yes
4	1/12/2025 8:42:39	Bdhakad780@gmail.c	Bhupendra dhakad	0756647272	Civil Enginee	3rd year	5	Yes	Yes	Yes	Yes
5	1/12/2025 8:44:08	rajputar004@gmail.c	Abhishek Rajpoot	7.617E+09	Civil Enginee	4th year	4	Yes	Yes	Yes	Yes
6	1/12/2025 8:44:33	sachinkatoliya12@gr	Sachin Singh	9.753E+09	Artificial Inte	1st year	5	Yes	Yes	Yes	Yes
7	1/12/2025 8:45:03	sharmaanand4438@gr	Anand Sharma	9.977E+09	Mechanical I	1st year	5	Yes	Yes	Yes	Yes
8	1/12/2025 8:45:17	23ee10ad8@mitsgw.l	Aditi Jain	7.225E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
9	1/12/2025 8:45:21	24ee10ha24@mitsgw.l	Hari Krishna Sharma	9.893E+09	Electrical Er	1st year	4	Yes	Yes	Yes	Yes
10	1/12/2025 8:45:23	2021ce40ay@mitsgw.l	Ayushi pal	6.261E+09	Civil Enginee	4th year	5	Yes	Yes	Yes	Yes
11	1/12/2025 8:46:02	24ee10pr49@mitsgw.l	Prateek Sharma	8.721E+09	Electrical Er	1st year	5	Yes	Yes	Yes	Yes
12	1/12/2025 8:46:36	23ee10cse9@mitsgw.l	Sevi sharma	9.692E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
13	1/12/2025 8:46:48	23ee10ni38@mitsgw.l	Nitin Sharma	8.461E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
14	1/12/2025 8:50:09	prajjalrai1127@gmail	Prajwal Rai	7.898E+09	Electrical Er	1st year	5	Yes	Yes	Yes	Yes
15	1/12/2025 8:53:02	rajputar004@gmail.c	Abhishek Rajpoot	7.617E+09	Civil Enginee	4th year	4	Yes	Yes	Yes	Yes
16	1/12/2025 8:53:05	24ee10pr49@mitsgw.l	Prateek Sharma	8.721E+09	Electrical Er	1st year	5	Yes	Yes	Yes	Yes
17	1/12/2025 8:53:14	ashishverma270000@	Ashish verma	8.27E+09	Electrical Er	1st year	4	Yes	Yes	Yes	Yes
18	1/12/2025 8:53:23	24ee10ha24@mitsgw.l	Hari Krishna Sharma	9.893E+09	Electrical Er	1st year	4	Yes	Yes	Yes	Yes
19	1/12/2025 8:53:45	22ce10ud68@mitsgw.l	Udhav prajapati	9.631E+09	Civil Enginee	3rd year	5	Yes	Yes	Yes	Yes
20	1/12/2025 8:53:56	22ce10hi879@mitsgw.l	Himani jain	9.907E+09	Civil Enginee	3rd year	5	Yes	Yes	Yes	Yes
21	1/12/2025 8:54:13	23ce3dan3@mitsgw.l	Anoop Shukla	7.987E+09	Civil Enginee	3rd year	4	Yes	Yes	Yes	Yes
22	1/12/2025 8:54:58	sikarwarishav456@gn	Rishav Singh Sikanwar	7.725E+09	Electrical Er	2nd year	4	Yes	Yes	Yes	Yes
23	1/12/2025 8:56:11	23ee10ni38@mitsgw.l	Nitin Sharma	8.461E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
24	1/12/2025 8:58:57	Bdhakad780@gmail.c	Bhupendra dhakad	0756647272	Civil Enginee	3rd year	5	Yes	Yes	Yes	Yes
25	1/12/2025 8:59:51	23ee10cma30@mitsg	Manvendra Singh Bhar	8.963E+09	Electrical Er	2nd year	4	May be	Yes	Yes	Yes
26	1/12/2025 9:07:54	malkhanrajput216@gn	Malkhan Singh Rajput	9.174E+09	Civil Enginee	3rd year	3	Yes	Yes	Yes	Yes
27	1/12/2025 9:25:00	tomarjun987@gmail.c	Arjun Singh Tomar	7.567E+09	Civil Enginee	2nd year	4	May be	Yes	May be	May be
28	1/12/2025 9:31:43	23ee10di18@mitsgw.l	DILKASH KHAN	6.233E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
29	1/12/2025 9:31:59	anshimasinghask@gr	Anshima singh kushw	8.828E+09	Computer Sc	2nd year	4	No	Yes	Yes	Yes
30	1/12/2025 9:36:21	24io10v72@mitsgw.l	Vijay kushwah	6.264E+09	Information T	1st year	5	No	Yes	Yes	Yes
31	1/12/2025 9:44:32	22me10ma309@mitsg	Mahim Bajpai	0798729051	Civil Enginee	3rd year	4	May be	Yes	Yes	Yes
32	1/12/2025 9:44:33	22mc10pr59@mitsgw.l	Priyanka Rajak	7.824E+09	Mathematic:3	rd year	1	Yes	Yes	Yes	Yes
33	1/12/2025 9:51:13	23et10ad5@mitsgw.l	23et10ad5@mitsgw.l	9.754E+09	Electronics i	2nd year	5	Yes	Yes	Yes	Yes
34	1/12/2025 10:01:53	24et10ks69@mitsgw.l	Kashitj Kanungo	9.303E+09	Electronics i	1st year	5	Yes	Yes	Yes	Yes
35	1/12/2025 10:47:08	22mc10ba586@mitsg	Basant Tripathi	7.024E+09	Mathematic:3	rd year	4	Yes	Yes	Yes	Yes
36	1/12/2025 10:49:45	23cd10de20@mitsgw.l	Devika Gupta	9.132E+09	Computer Sc	2nd year	5	Yes	Yes	Yes	May be
37	1/12/2025 12:00:06	sahilshaikh47267@g	Sahil Shaikh	8.459E+09	Electrical Er	3rd year	5	Yes	Yes	Yes	May be
38	1/12/2025 12:09:40	rahul1510oct@gmail.c	Rahul Jadhav	9.098E+09	Electronics i	2nd year	5	Yes	Yes	Yes	Yes
39	1/12/2025 12:24:15	ekanshjain2510@gma	Ekansh Jain	8.463E+09	Computer Sc	2nd year	4	Yes	Yes	May be	May be
40	1/12/2025 12:41:04	23ee10kr52@mitsgw.l	Krishna Sharma	9.341E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
41	1/12/2025 12:43:41	2021ce40ay@mitsgw.l	Ayushi pal	6.261E+09	Civil Enginee	4th year	5	Yes	Yes	Yes	Yes
42	1/12/2025 12:58:00	23ee10ch15@mitsgw.l	Chinmay Upadhyaya	9.755E+09	Electrical Er	2nd year	4	Yes	Yes	Yes	Yes
43	1/12/2025 13:04:31	2021CE51PA@mitsgw	Parth Birthare	9.172E+09	Civil Enginee	4th year	5	Yes	Yes	Yes	Yes
44	1/12/2025 13:08:45	Cocwinner696@gmail.	Daksh pratap singh bh	8E+09	Electrical Er	2nd year	5	Yes	Yes	Yes	Yes
45	1/12/2025 13:45:03	sachinkumarbgs300@	Sachin Kumar	7.903E+09	Computer Sc	1st year	5	Yes	Yes	Yes	Yes
46	1/12/2025 13:52:38	24io3dra3@mitsgw.l	Rajardhan Singh Parr	9.172E+09	Information T	2nd year	5	Yes	Yes	Yes	Yes
47	1/12/2025 14:18:47	dhruv3007jee21judo@	Dhruv Parashar	7.694E+09	Civil Enginee	4th year	4	May be	Yes	Yes	Yes
48	1/12/2025 17:33:05	23ee10mo61@mitsgw.l	MOHIT KUMAR MAURYA	6261614038	Electrical Engineering	2nd year	5	Yes		Yes	
49	1/12/2025 18:11:06	23ee10ja25@mitsgw.l	Jalaj Sharma	8839200211	Electrical Engineering (I	2nd year	5	Yes		Yes	
50	1/12/2025 18:11:27	23ee10ra66@mitsgw.l	Rajardhan Singh	9589112487	Electrical Engineering	2nd year	4	Yes		Yes	
51	1/12/2025 18:12:21	23ee10ra83@mitsgw.l	Radhika Yadav	6269921676	Electrical Engineering	2nd year	5	Yes		Yes	
52	1/12/2025 18:16:16	23am10ta67@mitsgw.l	Tanush Kirar	883954724	Artificial Intelligence an	2nd year	5	Yes		Yes	
53	1/12/2025 18:32:44	23ce10an14@mitsgw.l	Ambhav sahu	9131405911	Civil Engineering	2nd year	5	Yes		May be	
54	1/12/2025 18:35:13	anshimasinghask@gma	Anshima Singh Kushwal	8827732241	Computer Science and I	2nd year	4	Yes		Yes	
55	1/12/2025 19:40:47	22cs10ak89@mitsgw.l	Akshat Jain	8319788731	Computer Science and I	3rd year	4	Yes		Yes	
56	1/12/2025 20:30:40	mansgupta2004@gma	Mansa Gupta	9993310158	Information Technology	3rd year	4	Yes		Yes	
57	1/12/2025 21:59:33	23ee10mo61@mitsgw.l	mohit kumar maurya	6261614038	Electrical Engineering	2nd year	5	Yes		Yes	

*Vishal*

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