

2018

International Yoga Day



**Jaipur Engineering College  
& Research Center, Jaipur**

**observing**



**INTERNATIONAL  
YOGA DAY  
21<sup>st</sup> JUNE**

**Venue: C-Block, JECRC Campus, Jaipur**

Jaipur Engineering College  
& Research Centre, Jaipur

6/21/2018

# International Yoga Day celebrations at JECRC, Jaipur

---

Jaipur Engineering College and Research Centre, Jaipur celebrated the International Yoga Day on 21<sup>st</sup> June 2018 in the college premises. This event was organized successfully in the morning session.



The inauguration of the day started in morning at 9 am in C-block library, which was coordinated by Ms. Ujjwal Sharma. The event witnessed 50 persons including students of JECRC collectively performing various yoga-asana instructed by Piyush Mantri, Student of

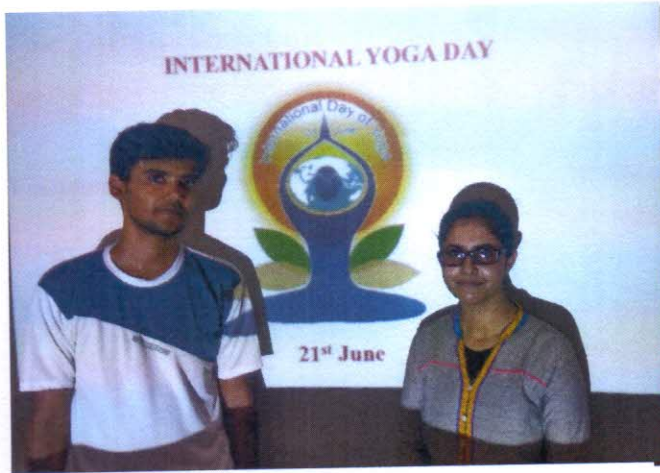
CSE branch, JECRC .Yoga-asanas like pranayama, deep breathing ,Anulom vilom,Vrksasana,Tadasana,Trikonasana, Bhadrasana etc as well as stress releasing exercises were performed. After the completion of Aasana, walking yoga was performed by all the Faculty members as well as students which was instructed by Ms Chitra Khandelwal, Research Fellow and Meditation Facilitator .The exercises were followed by Om-chanting and a beautiful relaxation meditation realizing mind"s amazing abilities.



Mr. Mukesh Agarwal, Rajyoga meditation practitioner, keyed up the session by interactive session of exercises and Yoga-asana. Mr. Mukesh said, "Our mind is the most resourceful and powerful tool which when befriended can establish wonders".



The session ended with brief meditation experience and a thanks giving note.







The Yoga day celebrations" feedback & keen interest of participants show need for organizing such events in regular schedule.

**International Yoga Day at JECRC**  
**21st June 2018**

| S.No. | Name                    | Designation     | Dept.              | Sign                |
|-------|-------------------------|-----------------|--------------------|---------------------|
| 1     | Prof (Dr) V.K. Chandane | Principal       |                    | V Chandane 21/6/18  |
| 2     | Munish Ag.              | AP              | CSE                | Munish Ag 21/6/18   |
| 3     | Banwari Lal Sharma      | Lab Incharge    | IT                 | Banwari Lal         |
| 4     | Hemraj Saini            | Lab Tech        | Civil              | Hemraj Saini        |
| 5     | Dr. Anita Jain          | Librarian       | Library            | Anita Jain          |
| 6     | Tanveer Khan            | Lib. Asst       | Lib.               | Tanveer Khan        |
| 7     | Namdevarayan Meena      | LDC             | office             | Namdevarayan Meena  |
| 8     | Ashok PATNE             |                 | office             | Ashok PATNE         |
| 9     | Praveen Goyal           | CL              | Registrar's office | Praveen Goyal       |
| 10    | Chandra Mohan           | Clerk           | Exam.              | Chandra Mohan       |
| 11    | Gurraj Kumar Sharma     | Clerk           | Library            | Gurraj Kumar Sharma |
| 12    | Krishna Kr Sharma       | Lab Tech        | IT                 | Krishna Kr Sharma   |
| 13    | Dharmendra Khatni       | Clerk           | Library            | Dharmendra Khatni   |
| 14    | Ashok Kumar Joshi       | Asstt Librarian | Library            | Ashok Kumar Joshi   |
| 15    | Jalvinder Singh         | clerk           | Library            | Jalvinder Singh     |
| 16    | Pankaj Koushik          | clerk           | Library            | Pankaj Koushik      |
| 17    | Shashi Jain             | clerk           | Library            | Shashi Jain         |
| 18    | Tasleem Khan            | clerk           | Library            | Tasleem Khan        |
| 19    | Kamlesh Mahapatra       | Librarian       | 'C' Block          | Kamlesh Mahapatra   |
| 20    | Chitra Khedekar         | SRF             | CSE                | Chitra Khedekar     |

**International Yoga Day at JECRC**  
**21st June 2018**


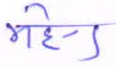

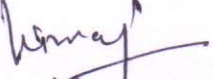
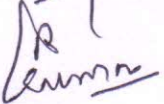


| S.No. | Name          | Designation | Dept.   | Sign  |
|-------|---------------|-------------|---------|---|
| 1     | Shashi Jain   | clerk       | Library |  |
| 2     | Tasleem Khan  | clerk       | lib-    |  |
| 3     | Ujjwal Sharma | student     | EE      |  |
| 4     | Piyush Mantei | Student     | CSE     |  |
| 5     |               |             |         |   |
| 6     |               |             |         |   |
| 7     |               |             |         |   |
| 8     |               |             |         |   |
| 9     |               |             |         |   |
| 10    |               |             |         |   |
| 11    |               |             |         |   |
| 12    |               |             |         |   |
| 13    |               |             |         |   |
| 14    |               |             |         |   |
| 15    |               |             |         |   |
| 16    |               |             |         |   |
| 17    |               |             |         |   |
| 18    |               |             |         |   |
| 19    |               |             |         |   |
| 20    |               |             |         |   |



# World Yoga Day - 2018

21/06/18

- 1- Janjay Rajhar C.I. H. warden ~~S~~
2. Sheela Sami + 4 students from C.I.H.
3. Bhargya Rajwanshi
4. Abhishek Badre
5. Tanveer Khan.
6. Dr. Anides Jain ~~Jain~~
7. Shashi Jain
8. Ajit Singh
9. Chandra Mohan
10. Nida Khanam (AP civil) ~~well~~
11. Aazad Khan
12. Tanveem Khan.
13. Ashok Joshi ~~well~~
14. Jivinder Singh ~~Jiv~~
15. Dharmendra J. ~~Dharmendra~~
16. Ashok Sharma (+7) students) B.H. 2 ~~swy~~
17. Hemraj Seini
18. Nana Narayan Meena ~~Nana~~
19. Akhil Maheshwari (Akhil)
20. Hitehi Nagda (Hitehi)
21. Jay Shankar Sharma (AP IT) Jay
22. Krishan kr. Shosma (Lab Tech. IT) ~~swy~~

- 23 ASHOK PATNE 
- 24 श्री कृष्ण शर्मा 
- 25 रमेश गुर्जर 
26. Gurneaj Kumar Sharma 
27. Dr. Rajesh Kumar Sharma 
28. Vijwal 
29. Karlesh Mahalewal 
30. Banwari Lal Sharma (Chab Jorhage) 