

ARYA College of Engineering (ACE)

Previously Known as Arya Institute of Engineering & Technology (AIET)

(Affiliated to RTU
Approved by AICTE, New Delhi)

• Main Campus, SP-40, RIICO Industrial Area, Delhi Road
Kukas, Jaipur - 302028 | Tel Ph. 0141-2820700

• www.aryacollegejpr.com
• Toll Free : 1800 102 1044

AIET/YMC/2024-25/

Dated: 20 August 2024

YOGA & MEDITATION CLUB

MEETING NOTICE

Date: 28 August 2024

Time: 12.30 P.M.

Location: **Student Council Room**

Following shall be agenda for the meeting:

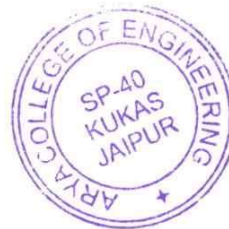
1. Welcome and Introduction of Club
2. Meditation Practice
3. Yoga Session
4. Open discussion on experiences with yoga and meditation.
5. Club Events and Announcements
6. Closing Remarks

Faculty Coordinator

Yoga & Meditation Club

Copy To:

1. Director Sir: For kind information
2. Principal Sir: For kind information
3. All HOD's
4. Notice board
5. Club Members





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AIET/YMC/2024-25/

Dated: 29 August 2024

MINUTE OF MEETING

Date: 28 August 2024

Time: 12.30 P.M.

Location: Student Council Room

Members Present:

1. Ms. Komal Vijay - Faculty Coordinator
2. Mr. Rahul Sharma - Faculty Coordinator
3. Mr. Vikram Singh- Yoga Instructor
4. Ms. Ritika Mukhija- President
5. Mr. Tushar Saini- Student Coordinator
6. Mr. Sandeep Kumar Mishra- Student Coordinator
7. Ms. Meenakshi Gurjar- Student Coordinator
8. Ms. Khushboo Sinha- Student Coordinator
9. Mr. Hemant Jain- Student Coordinator
10. Ms. Garima Kumawat- Student Coordinator

Members Absent: NIL

Following agendas were discussed for the meeting:

Agenda 1: Welcome and Introduction:

- Brief introduction and welcome new members.
- Detailing of responsibilities and function of the Club.
- Check-in on how everyone is feeling physically and mentally.

Agenda 2: Meditation Practice

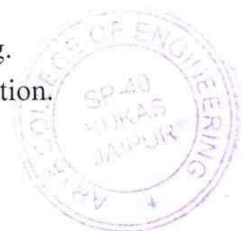
- Follow the yoga session with a guided meditation or mindfulness practice.
- Shared Experiences of Meditation.
- Discussion on Meditation Effects and Results

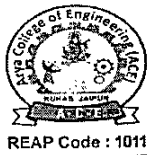
Agenda 3: Yoga Session:

- Start with a yoga session led by a member or a yoga instructor.
- Include different styles like Hatha, Vinyasa, or Restorative based on the club's preference.

Agenda 4: Open discussion on experiences with yoga and meditation.

- Share insights, challenges, and benefits members are experiencing.
- Share the experience of changes in lifestyle after yoga and meditation.





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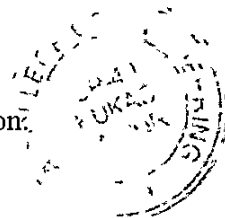
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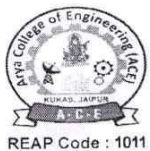
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YOGA & MEDITATION CLUB

Attendance of Meeting held on 28 August 2024

S. No.	Name	Role	Signature
1	Ms. Komal Vijay	Faculty Coordinator	
2	Mr. Rahul Sharma	Faculty Coordinator	
3	Ms. Ritika Mukhija	President	
4	Mr. Tushar Saini	Student Coordinator	
5	Mr. Sandeep Kumar Mishra	Student Coordinator	
6	Ms. Meenakshi Gurjar	Student Coordinator	
7	Ms. Khushboo Sinha	Student Coordinator	
8	Mr. Hemant Jain	Student Coordinator	
9	Ms. Garima Kumawat	Student Coordinator	
10	Ms. Rakshita Kanwar	Student Coordinator	
11	Mr. Vikram Singh	Yoga Instructor	

