Shri Ram College, Muzaffarnagar

Notice

DATE: 03-06-2024

All teaching/non-teaching staff and students are here by informed that on the occasion of International Yoga Day, Faculty of Commerce is organizing "Yoga Pakhwara" commencing from 07-06-2024 onwards. The motive of this event is to spread the awareness and importance of yoga. Two sessions per day will be held during this Yoga Pakhwara . Morning session is scheduled from 6:00 to 7:00 AM while evening session from 5:00 to 6:00 PM. All are invited to get health benefits by participation. Day wise schedule of Yoga Pakhwara is attached herewith.

For any other query feel free to contact Dr. M. S. Khan (Coordinator).

(Dr. Prerna Mittal)
Principal

Copy to:-

- IQAC, Shri Ram College Muzaffarnagar
- DEAN/HOD, Faculty of Computer Application
- DEAN/HOD, Faculty of Teacher Education
- DEAN, Faculty of Home Science
- HOD, Faculty of Bio-Science
- HOD, Faculty of Physical Education
- HOD, Faculty of Basic Science
- HOD, Faculty of Agriculture
- HOD, Faculty of Fine arts
- HOD, Faculty of Business Administration
- HOD, Faculty of Journalism and Mass Communication

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"Schedule of Yoga Pakhwara"

S. No.	Date & Day	Time	Itinerary
1.	07/06/2024 Friday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Inauguration, & Omkar & Prayer
2.	08/06/2024 Saturday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Importance of Pranayama in life Omkar & Prayer
3.	09/06/2024 Sunday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Kapaalabhaati, Loosening Practice
4.	10/06/2024 Monday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Omkar & Prayer, Impact of Yoga & Exercise
5.	11/06/2024 Tuesday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Suryanamskar Breathing Exercise Pranayama, Meditation, Savasana
6.	12/06/2024 Wednesday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Omkar & Prayer, Kapaalabhaati. Loosening Practice
7.	13/06/2024 Thursday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Suryanamskar Standing Posture Tadasana, Vriksasana Trikonasana
8.	14/06/2024 Friday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Katichakrasana Veerbhadrasana Pranayama Meditation Savasana
9.	15/06/2024 Saturday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Yoga for Humanity, Kapaalabhaati, Loosening Practice
10.	16/06/2024 Sunday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Suryanamskar sitting posture; Gomukhasana; Parvatasana, Vakrasana, Vajrasana, Sasankasana, Pranayama

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11.	17/06/2024 Monday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Meditation / Savasana , Dhyan Mudra , Gyan Mudra, Sukhasana
12.	18/06/2024 Tuesday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly,Yoga and mental health Omkar & Prayer, Kapaalabhaati, Loosening Practice
13.	19/06/2024 Wednesday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Suryanamskar Prone Postures Makarasana, Bhujagasana Salbhasana
14.	20/06/2024 Thursday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly, Supine Postures, Setubandhasana, Uttanpadasan, Ardhahalasana, Pavanmukatasana, Pranayama
15.	21/06/2024 Friday	6:00 AM To 07:00 AM & 05.00 PM To 6.00 PM	Assembly,Meditation / Savasana, Omkar & Prayer, Closing Ceremony

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"Yoga Pakhwara - 2024 -25"
List of Participants

S.NO	NAME	DESIGNATION /FATHER'S NAME	DEPARTMENT /COURSE
1	Dr. Saurabh Mittal	Vice Principal	Commerce
2	Dr. Ashfaq Ali	Head Faculty of Commerce	Commerce
3	Dr. M.S. Khan	Assistant Professor	Commerce
4	Mr. Mukesh Kumar	Assistant Professor	Commerce
5	Ms. Madhavi Kaushik	Assistant Professor	Commerce
6	Mr. Anuj Verma	Assistant Professor	Commerce
7	Dr. Vivek Kumar Tyagi	Head Faculty of Business Administration	Business Administration
8	Mr. Himanshu Verma	Assistant Professor	Business Administration
9	Ms. Shivani Sharma	Assistant Professor	Business Administration
10	Mr. Ankush Rawal	Assistant Professor	Business Administration
11	Dr. Parmod Kumar	Head Faculty of Physical Education	Physical Education
12	Dr. Abdul Azeej Khan	Assistant Professor	Physical Education
13	Mr. Sandeep Kumar	Assistant Professor	Physical Education
14	Mr. Bhupendra Kumar	Assistant Professor	Physical Education
15	Mr. Amardeep Sharma	Assistant Professor	Physical Education
16	Mr. Vishwadeep Kaushik	Assistant Professor	Physical Education
17	Dr. Ravi Gautam	Head Faculty of JMC	JMC
18	Ms. Shivani Barman	Assistant Professor	JMC
19	Mr. Mayank Verma	Assistant Professor	JMC
20	Ms. Kehkasha Mirza	Assistant Professor	JMC
21	Dr. Shweta	Head Faculty of Home Science	Home Science
22	Mrs. Sofia Ansari	Assistant Professor	Home Science
23	Dr. Manoj Dhiman	Head Faculty of Fine Art	Fine Art
24	Mrs. Binnu Pundir	Assistant Professor	Fine Art
25	Mr. Rajni Kant	Assistant Professor	Fine Art
26	Mrs. Anu Devi	Assistant Professor	Fine Art
27	Mrs Minakshi Kakran	Assistant Professor	Fine Art
28	Mrs. Ruby Narwal	Assistant Professor	Fine Art
29	Ms. Reena Tyagi	Assistant Professor	Fine Art
30	Dr. Prerna Mittal	Principal	Teacher Education
31	Mr. Jugmaheer Gautam	Assistant Professor	Teacher Education
32	Dr. Nishant Kumar Rathi	Head Faculty of Computer Application	Computer Application
33	Dr. Pramod Kumar	Assistant Professor	Computer Application
34	Dr. Amit Tyagi	Assistant Professor	Computer Application
35	Mr. Vikas Kumar	Assistant Professor	Computer Application
36	Mr. Praveen Kumar	Assistant Professor	Computer Application
37	Mr. Nitin Tyagi	Assistant Professor	Computer Application
38	Mr. Sanjay Kant	Assistant Professor	Computer Application
39	Dr. Himanshu Hora	Assistant Professor	Computer Application

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40	Mrs. Neetu Singh	Assistant Professor	Computer Application
41	Mr. Mohd. Yusuf	Assistant Professor	Computer Application
42	Mr. Rahul Gautam	Assistant Professor	Computer Application
43	Mr. Siddhant Garg	Assistant Professor	Computer Application
44	Mr. Ajay Kumar	Assistant Professor	Computer Application
45	Ashish Chauhan	Assistant Professor	Computer Application
46	Ruchi Rai	Assistant Professor	Computer Application
47	Ms. Nidhi	Assistant Professor	Computer Application
48	Dr. Pooja Tomar	Head Faculty of Basic Science	Basic Science
49	Dr. Reetu Pundir	Assistant Professor	Basic Science
50	Dr. Manoj Mittal	Assistant Professor	Basic Science
51	Mr. Vivek	Assistant Professor	Basic Science
52	Dr. Vinit Kumar Sharma	Assistant Professor	Basic Science
53	Dr. Jitendra Singh	Assistant Professor	Basic Science
54	Dr. Rahul Arya	Assistant Professor	Basic Science
55	Rimsha Rana	Mr Shadab Rana	B.Com I
56	Sanjana	Mr Ramphal	B.Com I
57	Bhoomika	Mr Amrish Tyagi	B.Com I
58	Dhruv	Mr Vikas Bansal	B.Com I
59	Mohd Kaif	Mr Nazeer Alam	B.Com I
60	Tanveer	Mr Muzaffar Ali	B.Com I
61	Mehzabi	Mr Mohd Irfan	B.Com I
62	Vansh	Mr Satish Kumar	B.Com I
63	Arif	Mr Yunus	B.Com I
64	Vanshika	Mr Manish Kumar	B.Com I
65	Aamir	Mr Ayyub	B.Com I
66	Bhavna	Mr Janeshpal	B.Com I
67	Vansh Pal	Mr Sanjay Pal	B.Com I
68	Adeeb Raza	Mr Jamshed Haider	B.Com I
69	Deepak	Mr Baburam	B.Com I
70	Sejal	Mr Mukesh Kumar	B.Com I
71	Navjot	Mr Gurucharan	B.Com I
72	Varun	Mr Sudhir Sharma	B.Com I
73	Shahib	Mr Mohd Sajid	B.Com I
74	Aruj	Mr Aizaz Haider	B.Com I
75	Sagar	Mr Raju	B.Com I
76	Anshika	Mr Naveen Singhal	B.Com I
77	Deepak	Mr Sukhpal Singh	B.Com I
78	Abuzar	Mr Maoh Naiem	B.Com I
79	Mohd Sahil	Mr Vakeel	B.Com I
80	Muskan	Mr Musharraf Ali	B.Com I
81	Rukhsar	Mr Musharraf Ali	B.Com I
82	Shehran	Mr Israr	B.Com I
83	Aanya Goel	Mr Akhilesh Goel	B.Com I
84	Arsalan	Mr Nafees Ahmad	B.Com I
85	Aysha Tyagi	Mr Nafees Ahmad	B.Com I
86	Deepika	Mr Deepak Kumar	B.Com I
87	Haseeb	Mr Rifakat	B.Com I

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88	Jyoti Rani	Mr Mohar Singh	B.Com I
89	Tanisha	Mr Gulab Chand	B.Com I
90	Mohd Uzair	Mr Mohd Naeem	B.COM III
91	Tanzeem	Mr Mohd Naseem	B.COM III
92	Sakshi	Mr Vinod	B.COM III
93	Savej	Mr Dilshad	B.COM III
94	Khushi	Mr Manoj Kumar	B.COM III
95	Anushka Pal	Mr Satish Pal	B.COM III
96	Junaid	Mr Nasim	B.COM III
97	Tanu Tyagi	Mr Sanjay Tyagi	B.COM III
98	Teena	Mr Rajendra	B.COM III
99	Sagar Saini	Mr Chaman Lal	B.COM III
100	Abhishek	Mr Vikal Saini	M.COM II
101	Rakhi Rani	Mr Ompal	M.COM II
102	Sarbuland	Mr Mo Jahid	M.COM II
103	Mohit Kumar	Mr Subhas Chand	M.COM II
104	Rohan	Mr Pramod Kumar	M.COM II
105	Harsh Tyagi	Mr Sudheer Tyagi	M.COM II
106	Nitin	Mr Devendra	M.COM II
107	Nishant	Mr Sandeep Kumar	M.COM II
108	Kartik	Mr Nandu Sharma	M.COM II
109	Km Pooja	Mr Jogendra	M.COM II
110	Taniya	Mr Sudheer	M.COM II
111	Manglam	Mr Sandeep Kumar	M.COM II
112	Ankush	Mr Vinod Kumar	M.COM II
113	Yashti	Mr Praveen	M.COM II
114	Muskan	Mr Shahjad	M.COM II
115	Ankita	Mr Kanhaiya Mahato	BBA III
116	Abhinav	Mr Bijendra Kumar	BBA III
117	Saloni Jain	Mr Sanjeev Jain	BBA III
118	Yuvraj	Mr Vinod Kumar	BBA III
119	Sambhav Jain	Mr Swadesh Jain	BBA III
120	Aryan Malik	Mr Pankaj Malik	BBA III
121	Rubeena	Mr Javvar Husain	BBA III
122	Ustav Jain	Mr Rajesh Jain	BBA III

Dr. M S Khan
Coordinator

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"Celebrating Yoga Pakhwara"

Date: 22-06-2024

Report

"Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of interacting body, mind & soul"

The Yoga Pakhwara was organized in Shri Ram College. Muzaffarnagar by Faculty of Commerce under the observation of Dr. M S Khan, Associate Professor from 07-06-2024 to 21-06-2024. Committees at the level of faculty and students have been constituted for their active participation and to motivate and educate the community about the Yoga.



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The motive of this event was to spread the awareness and importance of yoga & to implement the feeling that the Yoga is a ray of hope in India's fight against Covid-19 like pandemic situation. When the unseen corona virus knocked on the doors of the world, no country was prepared for it in terms of resources, capability and mental state. We all have seen that in such difficult times, yoga has become a great source of inner strength. Previous years have underlined that during difficult times of the pandemic yoga has become a great medium of self-confidence. The main objective of the Yoga Pakhwara was to create awareness among students and faculty about the importance of yoga in daily life. The programme aimed to promote physical fitness, mental well-being, stress management, and a healthy lifestyle through regular yoga practice.

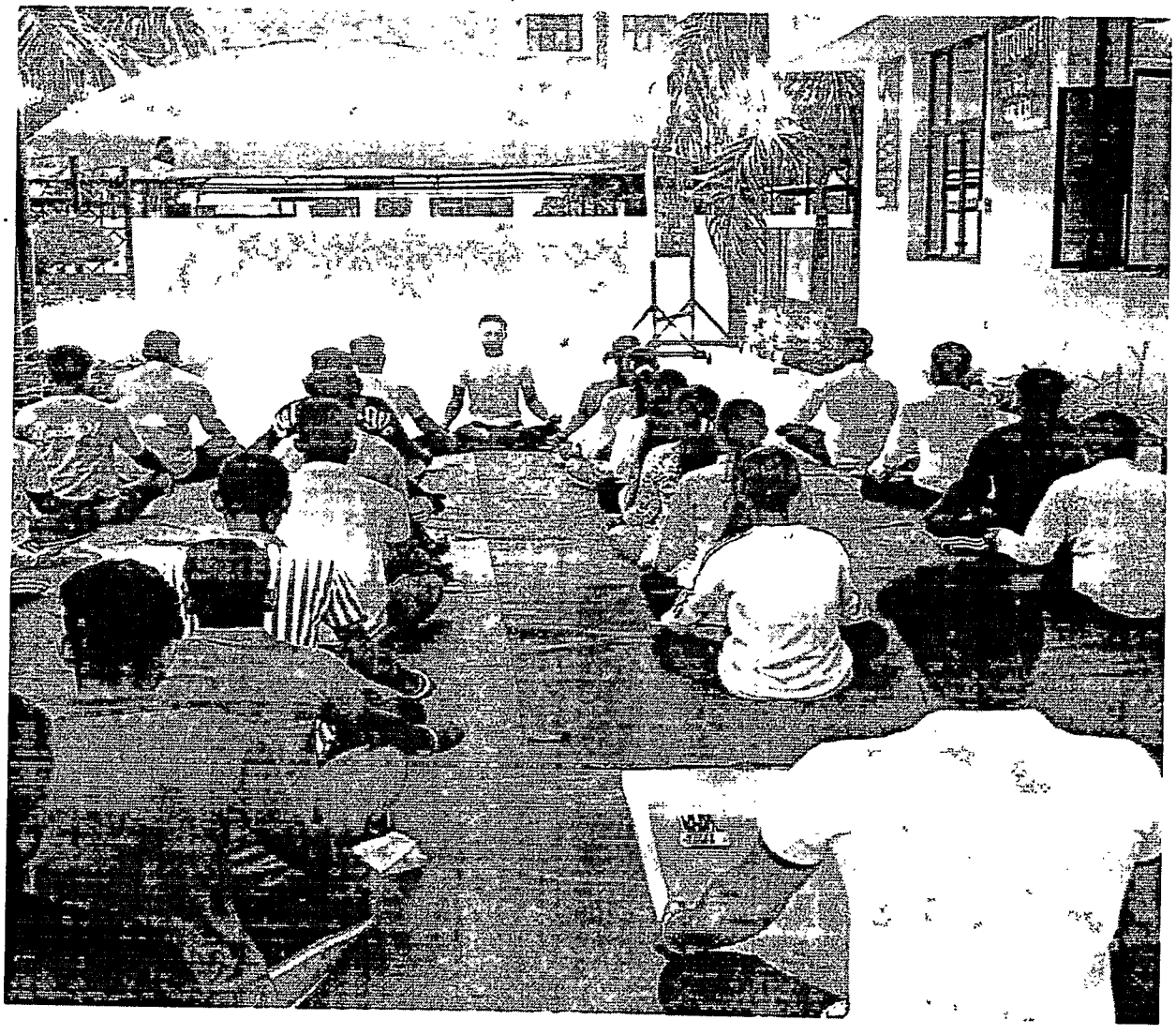


Inaugural ceremony was held on 07.06.2024 at 06:00 AM - 07:00 AM. The presence of the respected Principal, Dr. Prerna Mittal, Vice Principal, Dr. Saurabh Mittal, Head Faculty of

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Commerce Dr. Ashfaq Ali, IQAC Coordinator Dr. Vinit Kumar Sharma, H.O.D's and faculty members along with non teaching staff & junior staff in full numbers made this event a great success. Two sessions were held during the Yoga Pakhwara. Morning Session from 6:00 to 7:00 AM and Evening Session from 5:00 to 6:00 PM. Yoga demonstrations were given by Dr. Abdul Azeej, Associate Professor from Faculty of Physical Education. All staff & students were getting guided by him throughout the yoga session.



The closing ceremony of yoga pakhwara was held on occasion of International Yoga Day on 21st June, 2024 at 7:00 PM after the evening session. Founder and Chairman of SRGC was the chief guest of the closing ceremony. Vote of thanks was expressed by Dr. M S Khan, Coordinator of this program. Fifty four faculties and sixty eight students actively participated in yoga pakhwara

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offline. The program was streamed online for all college students. The link was provided to them on their respective whatsapp groups as the program starts.

Activities Conducted – During the Yoga Pakhwara, various yoga aasanas, pranayama techniques, and meditation practices were performed under expert's guidance. Students actively participated in group yoga sessions and learned the significance of discipline, concentration, and mindfulness.

Outcome of the Programme - The Yoga Pakhwara proved to be highly beneficial for the participants. Students experienced improvement in seeing better concentration, flexibility, and mental peace. The programme successfully motivated students to adopt yoga as a part of their daily routine for holistic development.

Dr. M S Khan
Coordinator

Dr. Ashfaq Ali
Head, Faculty of Commerce

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