



Date: 16th Dec. 2025

A Report of

Yoga & Meditation Session: A Step Toward Self-Care

Resource Person:

1. Ms. Sneha Choudhary: Yoga Practitioner -GL Bajaj ITM
2. Mr. Shalin Trehan - Art of Living
3. Dr. Jay Singh – Convener Valu Education Cell

Event Date: 9th – 12th Dec. 2025

Event Time: 06:00am – 07:00am

Event Venue: SHD Hall

No. of Participants: 68 (A total of 4 days participants)

The inaugural session was conducted by Mr. Shalin Trehan, who introduced participants to the fundamentals of meditation and its relevance in managing stress and enhancing self-awareness. He explained how mental restlessness and stress affect productivity, health, and relationships, particularly in academic and professional settings.

The session included guided meditation and breathing awareness practices, enabling participants to experience calmness and mental clarity. Mr. Trehan emphasized the importance of consistency in meditation for emotional stability and overall well-being. The session set a positive tone for the remaining days of the program.













On the second day, Ms. Sneha Choudhary conducted a practical session focusing on basic yoga asanas and stretching exercises aimed at improving flexibility, posture, and physical strength. She highlighted the role of yoga in preventing lifestyle-related health issues and reducing fatigue caused by prolonged sitting and screen time.



Participants actively performed various asanas under proper guidance, with special emphasis on correct posture, breathing coordination, and safety precautions. The session helped participants understand how regular yoga practice contributes to both physical fitness and mental relaxation.

The third day once again featured Dr. Jay Singh who elaborated on advanced breathing techniques and mindfulness practices. He explained the connection between breath control and emotional regulation, demonstrating how conscious breathing can significantly reduce anxiety and improve concentration.

Participants practiced guided breathing and mindfulness exercises, which helped them develop better awareness of their thoughts and emotions. The session encouraged participants to incorporate these techniques into their daily routines for long-term benefits.

The concluding session was led by Dr. Jay Singh, who integrated the concepts of yoga and meditation with value education and ethical living. He emphasized that self-care is not limited to physical health but also includes emotional balance, self-discipline, empathy, and social responsibility.

Dr. Singh highlighted how regular practice of yoga and meditation supports character building, stress resilience, and holistic personal development. The session concluded with participant reflections, feedback, and encouragement to continue these practices beyond the program.

Regards

Dr. Rupa Rani Sharma

Member – Value Education Cell
Associate Prof. – Dept. of ASH
GL Bajaj Institute of Technology and Management, Greater Noida, GB Nagar

Dr. Jay Singh

Convener-Value Education Cell
Professor - Department of Electrical & Electronics Engineering
GL Bajaj Institute of Technology and Management, Greater Noida

Enclosure:
Participants List



S.No.	Participants
1	Dr Jay Singh
2	Dr Abhishek Pandey
3	Mr. Sonu Sharma
4	Ms. Sneha Choudhary
5	ANUSHKA SHARAN
6	VANSH GUPTA
7	ANKIT SINGH
8	PRASHANT SINGH
9	SHIVANSHU SINGH
10	SHANTANU KATIYAR
11	VAISHNAVI SINGH
12	SHIWANI KUMARI
13	VANSHIKA MITTAL
14	JAHNAVI PANDEY
15	VIBHANSHU TIWARI
16	SHIKHAR MISHRA
17	GAUTAM KOHLI
18	SUPRIYA SINGH
19	VISHAKHA
20	SIDDHARTH SINGH
21	AMEESHA VERMA
22	ARPIT TIWARI
23	AYUSH TIWARI
24	AYUSH SINHA
25	DEEPESH SINGH
26	ASHUTOSH MISHRA
27	VIBHOR SHARMA
28	SHAMBHAVI JALAL
29	TUSHAR TANWAR
30	AVNEESH KUMAR



31	PRAJVAL VERMA
32	VAIBHAV SRIVASTAVA
33	SATYAM SINGH
34	YASH BHARDWAJ
35	GAURANG AGARWAL
36	KHYATI PRAKASH
37	KRITIKA
38	ADITYA
39	KAVYA PANGHAL
40	PRANSHU KAUSHAL
41	DEVANSH SINGH
42	HARSH KUMAR SINGH
43	SHIKHA YADAV
44	PRAFULL TIWARI
45	ABHAY PRATAP SINGH
46	PRIYA GOEL
47	AAYUSH SHRIVASTAV
48	AVNEESH KUMAR
49	PRIYANSHU TIWARI
50	AISHWARYA GUPTA
51	SANSKAR MISHRA
52	AMRITA YADAV
53	MILAN KAMBOJ
54	SHAMBHAVI SINGH
55	MANAS YADAV
56	SAKSHAM KATIYAR
57	AAKARSH PRATAP RAWAT
58	ANIKET GUPTA
59	SACHIN YADAV
60	PRINCE SHARMA
61	SUMIT YADAV
62	ANISH KUMAR DUBEY



63	NIYATI VERMA
64	DEEPANSHU GUPTA
65	YASH KUMAR
66	ANURAG DUBEY
67	ABHIUDAY TIWARI
68	AKSHAT NIGAM