



EVENT COMPLETION REPORT

Yoga Practice Session under "Fit India, Hit India"

Date: 28/12/2024

Time: 10.00am to 11.00am

Venue: VIPS Campus

Organised by: Venkateshwar Institute of Paramedical sciences

1. Introduction

Venkateshwar Institute of Paramedical Sciences organized a Yoga Practice Session on 21st December 2024 under the national initiative "Fit India, Hit India" to promote physical fitness, mental well-being, and a healthy lifestyle among students and staff. The session aimed to spread awareness about the importance of yoga in maintaining a balanced and stress-free life, especially for healthcare students managing demanding academic schedules.

2. Objectives

- To encourage students to adopt yoga as a daily practice for improving overall health and concentration.
- To promote the objectives of the Fit India Movement by inspiring physical and mental fitness.
- To educate participants about various yoga postures, breathing exercises, and their benefits.
- To reduce stress, anxiety, and fatigue through guided yoga practice.
- To create awareness about holistic wellness and its role in healthcare professions.

3. Event Highlights

- The session began at 10:00 AM in the college premises with an introduction to the Fit India initiative.
- The yoga practice was conducted under the expert guidance of Mr. Pankaj Choudhar and Ms. Anjali Sen, experienced yoga instructors.
- Participants practiced various asanas such as Tadasana, Trikonasana, Bhujangasana, Vajrasana, and Anulom-Vilom pranayama.
- The instructors demonstrated correct posture, breathing techniques, and explained their physiological benefits.
- Students and faculty actively participated with enthusiasm and energy throughout the session.
- The event concluded with a short meditation and relaxation exercise promoting mindfulness and calmness.

4. Outcomes

- A total of 50 students and faculty members actively participated in the yoga session.
- Participants experienced improved relaxation and body awareness.

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- The event enhanced understanding of yoga's role in mental and physical fitness.
- The session promoted discipline, concentration, and mindfulness among students.
- The institute strengthened its commitment to promoting fitness and well-being under the Fit India campaign.

5. Conclusion

- The Yoga Practice Session under the "Fit India, Hit India" initiative at Venkateshwar Institute of Paramedical Sciences was a remarkable success. It motivated participants to incorporate yoga into their daily routine for maintaining health, focus, and inner balance. The event reinforced the importance of fitness and mindfulness as key elements of personal and professional life.

6. Acknowledgements

- Mr. Pankaj Choudhar and Ms. Anjali Sen for their expert guidance and inspiring yoga session.
- Mr. Rajesh Choubisa, Vice-Principal of VIPS, for his encouragement and support.
- Ms. VaidikaRathore, Event Coordinator, for managing and organizing the session successfully.
- All faculty members and students for their active participation.
- Technical and support staff for their assistance in smooth event execution.



VENKATESHWAR INSTITUTE OF PARAMEDICAL SCIENCES

(A Constituent Unit of Sai Tirupati University, approved under Section 2(f) of the UGC Act, 1956)
STU/VIPS/2024

DATE-20/12/2024

CIRCULAR

This is to inform to all the students and the staff that FIT INDIA HIT INDIA-a yoga practice session will be held at college on 28/12/2024. All the students are requested to participate in the yoga practice session. The seminar will be held from 10:00 am till 11:00 am. Students are requested to report at venue by 9:30 am sharply to ensure smooth functioning of the event.


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Copy to:

- College notice board
- College office
- President, STU
- Registrar, STU

EVENT ATTENDANCE LIST

Fit India
50



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ATTENADNCE SHEET

Name of Event- Yoga Practice Session, Fit INDIA Hit INDIA Week

Date and Day- 21, December 2024, Saturday

Time- 10:00 am to 11:00 am

S.no.	Name of student	Signature
1.	TANISHA	
2.	JEET MEENA	
3.	Priyanshu Kumar	
4.	Rohit Sharma	
5.	Riya Arora	
6.	Vanshika Rathore	
7.	Anita Kumari	
8.	Dilshani Kumari	
9.	Divya Soni	
10.	Siathi Bhatiya	
11.	Vinita Salunki	
12.	Muskan Malviya	
13.	Bhumi Malviya	
14.	जीलेश शर्मा	
15.	Rudali Laxar	
16.	Mukesh Kumar	
17.	Tushar Aneta	
18.	Khushwant	
19.	Preeraj	

20.	राहुल दीदी टुवर	राहुल
21.	Karan Pargi	Karan
22.	Kamlesh	Kamlesh
23.	Kitesh Saini	Kitesh
24.	Kitesh Kumawat	Kitesh
25.	Kalpana	Kalp
26.	Radha	राधा
27.	Hansa Anand	हंसा
28.	Lalita Choudhary	Lalita
29.	Muk Manika	Manika
30.	Harindra Meghwal	• Harindra
31.	Hardik Yadav	Hardik
32.	Kunal Bhaurahi	Kunal
33.	Manju	मान्जु
34.	Mukesh Kumar	Mukesh
35.	Diha Kumari	दीहा
36.	Jetha Ram	Jetha
37.	Payal Palat	Payal
38.	Singh Pargi	सिंग
39.	Vedi Pandya	Vedi
40.	Vmesh Patel	Vmesh
41.	Pujan Patel	Pujan
42.	Prince Kumawat	Prince
43.	Madhav Singh	Mad
44.	Dixit	Dixit
45.	Lokesh Kumar	Lokesh
46.	Tanisha Tank	Tanisha
47.	Suman Bhakar	Suman
48.	Parina Kumawat	Parina
49.	Pappu der Kharpota	Pappu
50.	Niket Kanjar	Niket

EVENT PHOTOGRAPHS



Name of event: Yoga Practice Session to promote fitness awareness
Date: 23 DEC 2024
Place: Venkateshwar Institute of Paramedical Sciences
(a constituent college of Sai Tirupati University) Udaipur



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