



**IIMT**  
**UNIVERSITY**  
Transforming Education System, Transforming Lives

# ANNUAL REPORT

## 2020-2021

*Department of Physical Education*



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Note: SE= Student Engagement



## Yoga Week on International Day of Yoga

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Live Yoga Practices on International Day of Yoga
<b>Event Date</b>	21-27 June 2021
<b>Number of Days</b>	07
<b>Venue/Mode</b>	Online
<b>Participants</b>	Students
<b>Student Engagement</b>	372

### **About the Event:**

Department of Physical Education and sports organized live Yoga Practices sessions to commemorate the International Day of Yoga on 21<sup>st</sup> June 2021. The sessions were conducted through Zoom meeting and were live on University's official Facebook page. On 21<sup>st</sup> the Department conducted two sessions, the first session was held in the morning from 06:30 am to 07:30 am and the second session was held from 12:00 pm to 12:45 pm. The learning outcomes from these live sessions were the understanding about the yoga and practical knowledge of asanas as per the International Day of Yoga 2021 protocol. During the sessions the participants learned various yoga asanas and understand their benefits on human body.

The Department also organized international webinars from 22<sup>nd</sup> to 26<sup>th</sup> of June on various topics and the experts were from different organizations from India as well as from abroad. The topics covered in these webinars are mentioned below:

### **Topics of the Webinars:**

1. Advantages of Yogic Practices in this Pandemic.
2. Yoga after COVID-19: (Re) imagining the possibilities to reach out to every household.
3. Yoga for Stress Management.
4. Increasing the immunity System through the Bhagwat Gita in spiritual way in today's scientific world ORGANIZERS
5. The power of Breathing in the Covid Era
6. Role of Yoga Asanas for prevention of common diseases



### **Recourse Persons:**

<b>Sr. No.</b>	<b>Name</b>	<b>Designation</b>
1	Mr. D K Inder	Yoga Instructor, ECTCO, Vietnam
2	Mr. Yogendra Singh Kushwah	International Yoga Instructor
3	MrAwadeshKumarshiritriya	Lecturer Scholl of Education, Fiji National University
4	Ms. VigyaMagadhi	Yoga Instructor
5	Dr. Rakesh Verma	Sn. Assistant Professor
6	Dr. Vidya Roy	Assistant Professor, NBSM
7	Mr. Satya Prakash	Yoga Specialist, Govt. College Panchmadi

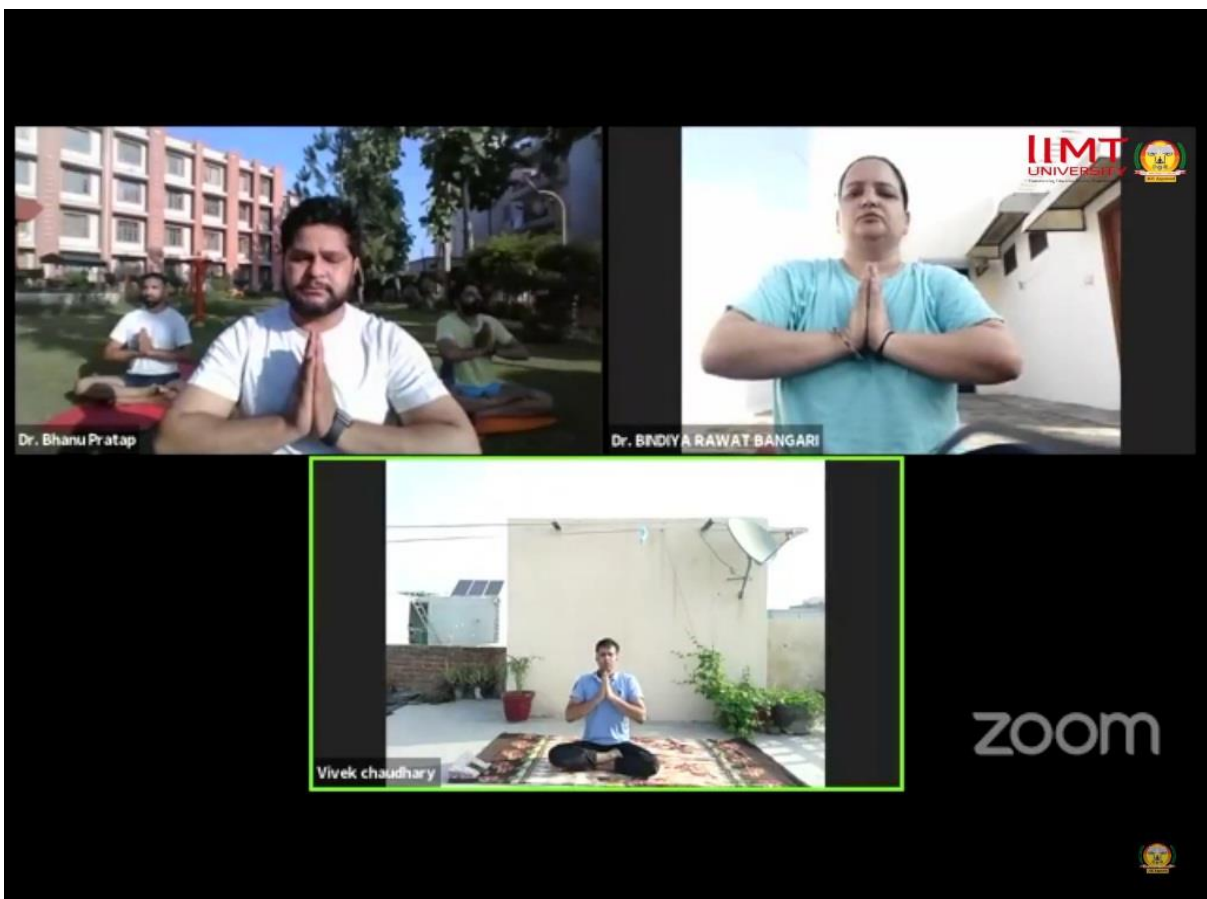
### **Outcomes:**

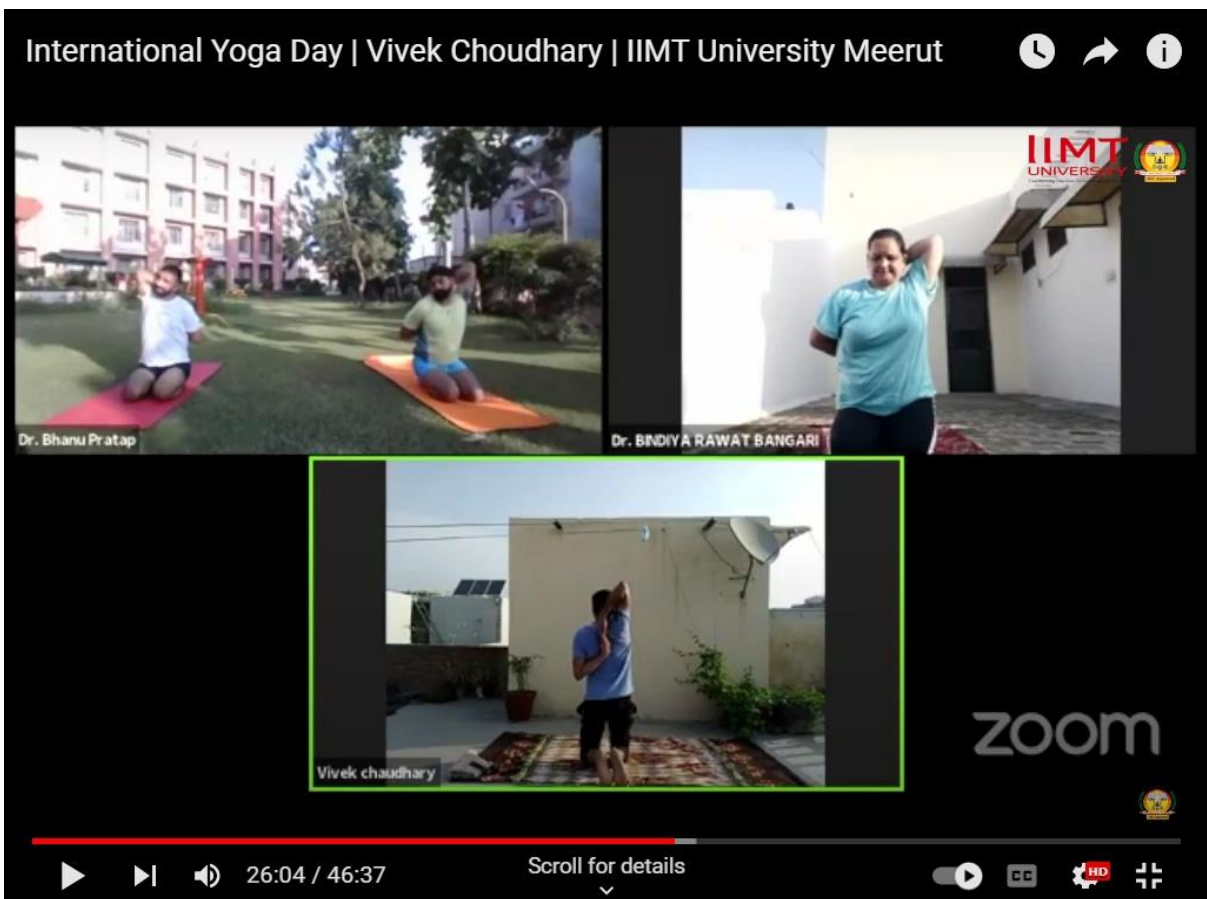
The program ended with a small discourse on Yoga and its benefits on our everyday life and a short prayer. The audience also took an oath to be committed to balance of mind and endeavor to highest self-development as well as promote peace, health and harmony among self, family, society, and world.

### **Closing remarks-description:**

For spreading the awareness of the importance of Yoga and its powerful force as energy events for Yoga are very important including celebration of the international day of its inception to the world.

### **Appendix (includes photographs, brochure):**





International Yoga Day | Vivek Choudhary | IIMT University Meerut



Dr. Bhanu Pratap

Dr. BINDIYA RAWAT BANGARI

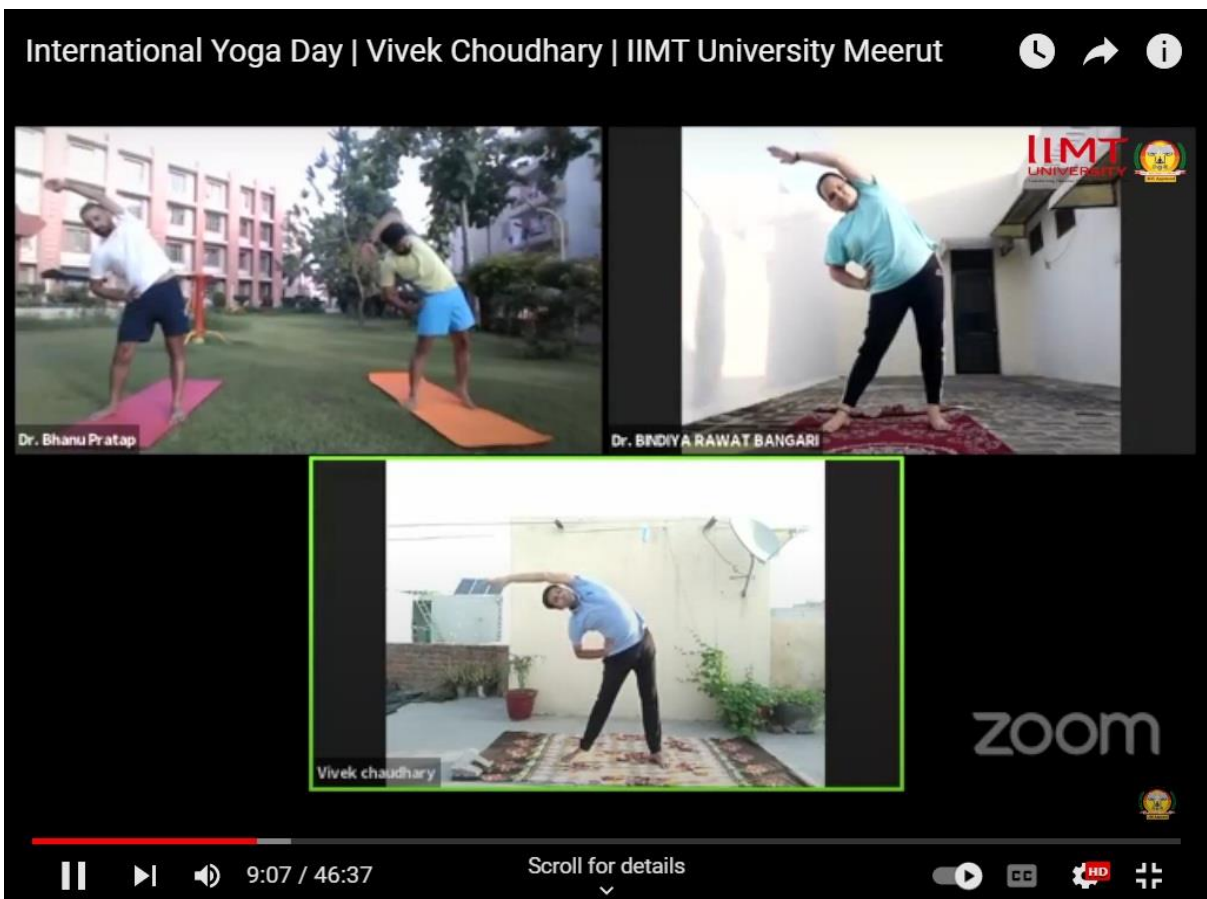
Vivek choudhary

zoom

20:27 / 46:37

Scroll for details

International Yoga Day | Vivek Choudhary | IIMT University Meerut



Dr. Bhanu Pratap

Dr. BINDIYA RAWAT BANGARI

Vivek choudhary

zoom

9:07 / 46:37

Scroll for details







**IIMT University Meerut** was live.



4 h • 🌐

## Live Yoga Practice at Home



👍❤️ 54

42 comments • 3 shares • 378 Views

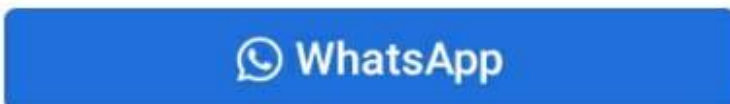


**IIMT University Meerut**



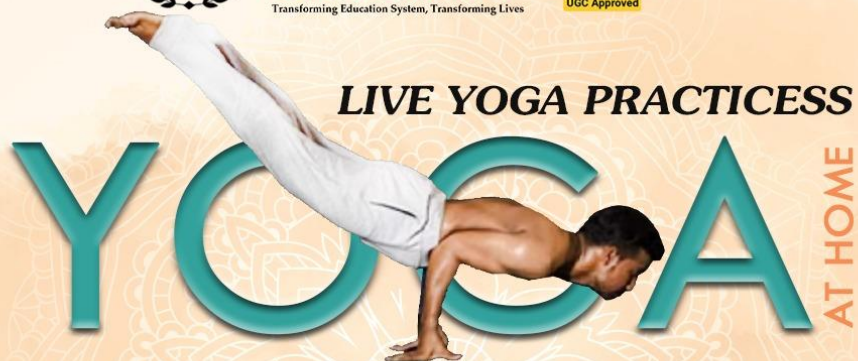
1 d • 🌐

IIMTU is organizing a Webinar on 'Advantages of Yogic Practices in this Pandemic' on account of International Yoga Day on 21st June 2020.





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**LIVE YOGA PRACTICES**

**AT HOME**

**STUDENT AT FACULTY WILL PERFORM  
YOGA AT THEIR HOME.**

**GUEST**

**MR. D K INDER,**

**YOGA INSTRUCTOR AT  
ECTCO. LTD, HANOI, VIETNAM**



**21 June 2021 (Monday)**  
**from 6:30AM-7:15AM**

**EVENT COORDINATOR**

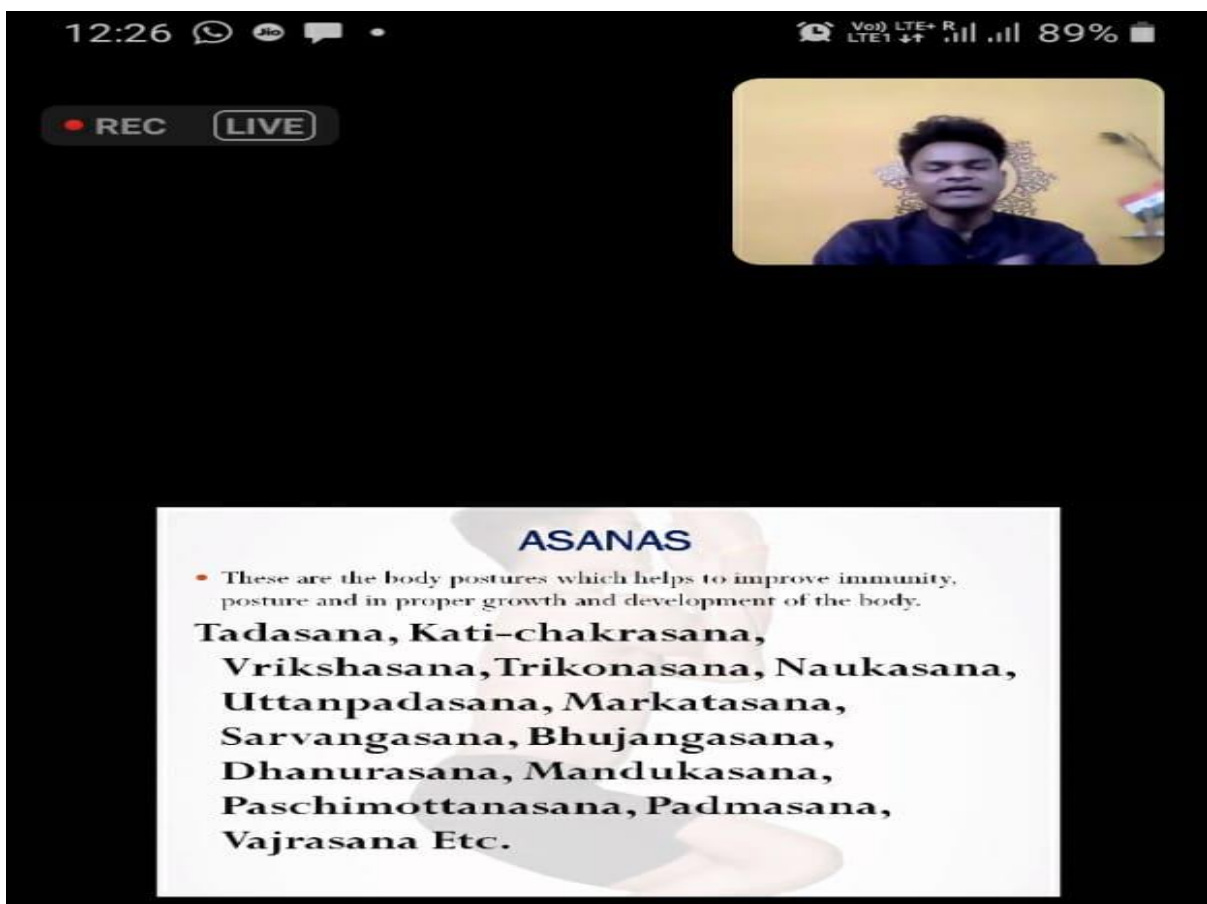
**DR. BINDIYA RAWAT - +91 95696 39943**

 **0121-2793500-506**



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 **IIMT University Meerut** was live. 55 m •

### Advantages of YOGIC PRACTICES in this Pandemic



21 10 comments • 2 shares • 92 Views

Like Comment Share

 **IIMT University Meerut** 59 m •

The word 'YOGA' comes from the Sanskrit word meaning 'UNION'. Yoga helps to create balance between mind, body and soul. It not... See more

[WhatsApp](#)  
+91 99970 89170



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(WEBINAR)  
**ADVANTAGES OF  
YOGIC PRACTICES  
IN THIS PANDEMIC**

**MR. YOGENDRA SINGH KUSHWAH**  
(INTERNATIONAL YOGA INSTRUCTOR)  
DIRECTOR AND FOUNDER: YOGI YOGA  
CLASSES GWALIOR, (M.P) INDIA

**21 June 2021 (Monday)**  
from **12:00PM-12:45PM**

**EVENT COORDINATOR**  
**DR. BHANU PRATAP : +91 79064 54899**

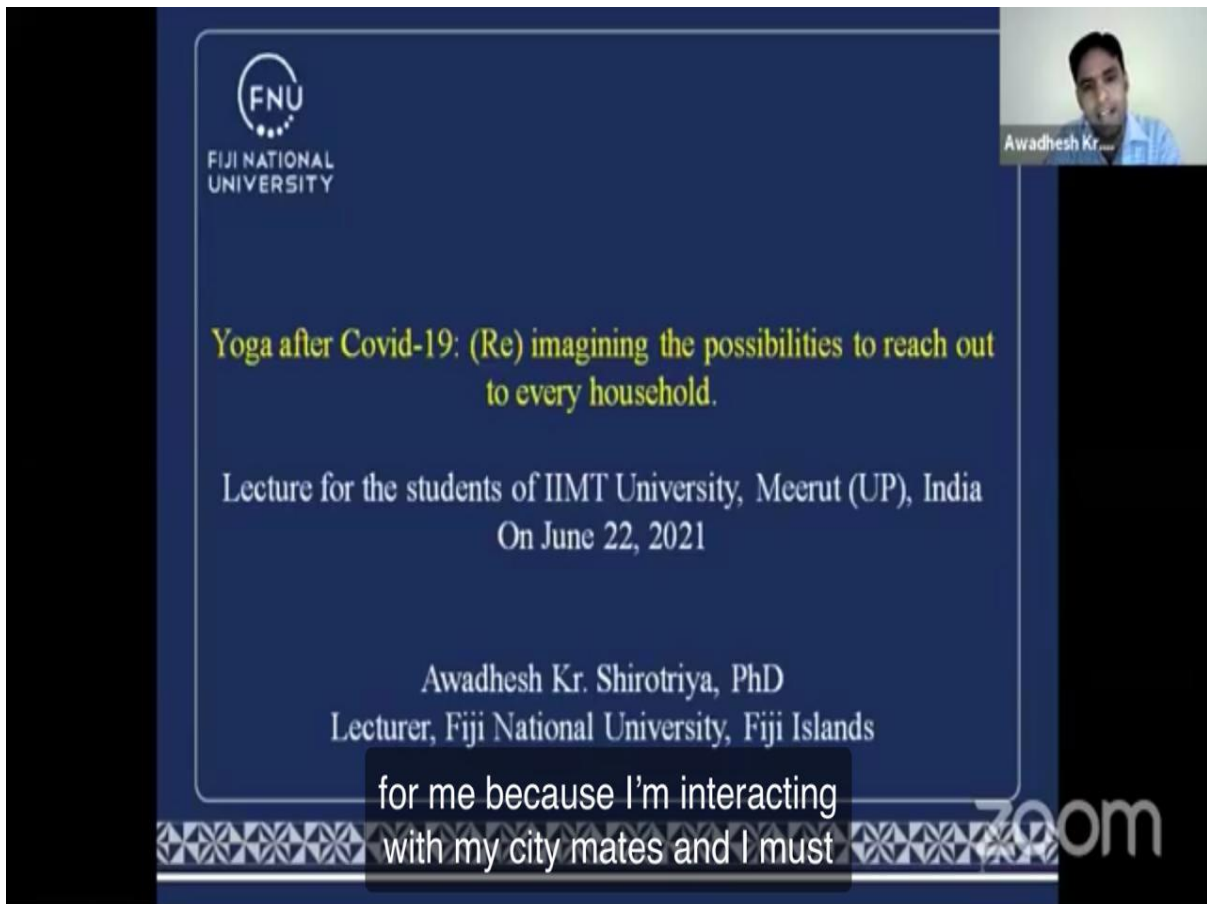


0121-2793500-506



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**FNU**  
FIJI NATIONAL UNIVERSITY

Yoga after Covid-19: (Re) imagining the possibilities to reach out to every household.

Lecture for the students of IIMT University, Meerut (UP), India  
On June 22, 2021

Awadhesh Kr. Shirotriya, PhD  
Lecturer, Fiji National University, Fiji Islands

for me because I'm interacting with my city mates and I must

zoom



Dr. BINDIYA RAWAT BANGARI

Awadhesh Kr. Shirotriya, PhD

Kingdom. He has also received a uh a commendation for uh from

Dr. Deepender Singh

zoom



# < Watch



- For you
- Live
- Music
- Follow



IIMT University Meerut

1 hr

## YOGA AFTER COVID-19



Suryansh Saxena  
Nice session

36 26 comments 1 share 153 views

- Like
- Comment
- Share





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(WEBINAR)

# YOGA AFTER COVID-19: (RE) IMAGINING THE POSSIBILITIES TO REACH OUT TO EVERY HOUSEHOLD

GUEST

**Awadhesh Kumar Shirotriya**

PhD Lecturer, School of  
Education, Fiji National University



**22 June 2021 (Tuesday)**  
from **12:00PM-12:45PM**

EVENT COORDINATOR  
**MR. VIVEK CHAUDHARY**

📞 0121-2793500-506 | 🌐 [www.iimtu.com](http://www.iimtu.com)







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**IIMT University Meerut** was live.



56 m • 

### Yoga for Stress Management



  You, Komal KR and 24 others 21 comments • 1 share

 Like

 Comment

 Share



**IIMT University Meerut**



21 h • 

IIMT University is organizing a webinar on 'Yoga for Stress Management' on 23rd June, 2021 from 12:00 PM to 12:45 PM.

 WhatsApp

+91 99970 89170





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(WEBINAR)  
**YOGA FOR  
STRESS  
MANAGEMENT**

**VIGYA MAGADHI**

(B.P. ED FROM LNUPE, M.P.ED FROM LNIPE,)

CERTIFIED YOGA INSTRUCTOR  
CURRENTLY WORKING AS PHYSICAL EDUCATION TEACHER  
(PGT) IN WEST ACADEMY  
SR SEC SCHOOL, AND YOGA SPECIALIST IN GURUGRAM (H.R)



**23 June 2021 (Wednesday)**

from **12:00PM-12:45PM**

**EVENT COORDINATOR**

**MS. UPASNA**



0121-2793500-506

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Browser tabs: Inbox (1,088) - deepender.phyeci | (153) WhatsApp | (8) Facebook | Post Attendee - Zoom

URL: facebook.com/IIMTU/videos/1129231720923157

**Dr. BINDIYA RAWAT BANGARI**

**Dr. Deepender Singh**

**Rakesh Verma**

**Vivek Choudhary**

**IIMT University Meerut** was live. 3 hrs · 🌐

### Increasing the Immunity System Through the Bhagwat Gita in a...

Increasing the Immunity System Through the Bhagwat Gita in a Spiritual Way

👍❤️ 31    26 Comments 220 Views

👍 Like    💬 Comment    ➦ Share

Comments Hide

Most Relevant ▾

**Aditya Pandey** · 35:36  
Hello sir ...my question is what is right food for breakfast  
Like · Reply · 2h

**Aanchal Sirohi**  
Wonderful session sir 🙏  
Like · Reply · 2h

View 24 more comments

Write a comment... 🗨️ 😊 🙏

Windows taskbar: Type here to search | 35°C Haze | ENG US | 3:30 PM | 6/24/2021



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(WEBINAR)

**INCREASING THE IMMUNITY SYSTEM  
THROUGH THE  
BHAGWAT GITA IN A SPIRITUAL WAY  
IN TODAY'S SCIENTIFIC WORLD**

GUEST

**Dr. Rakesh Verma**

(Senior Assistant Professor) Department of  
Yogic Science and Human Consciousness  
(DEV Sanskrit University) Haridwar.

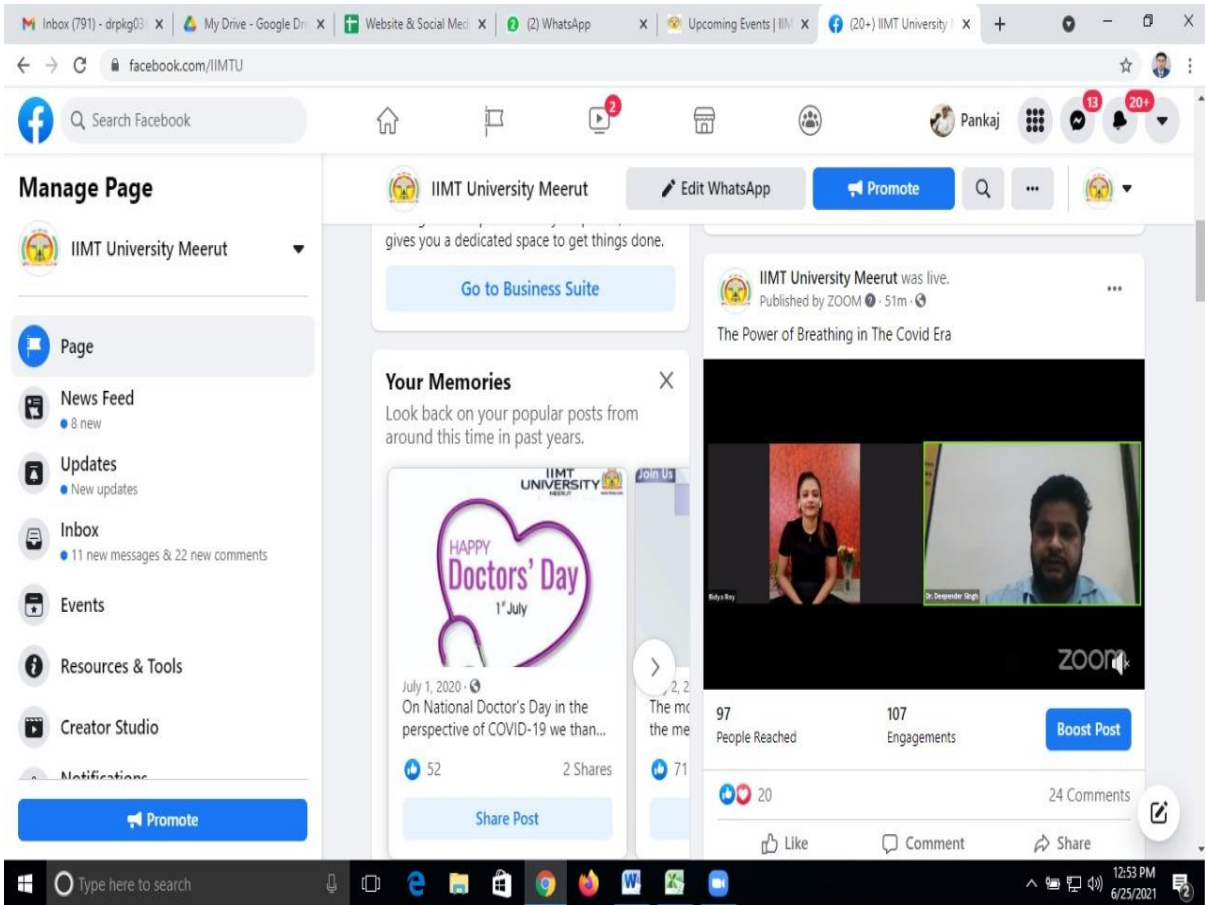
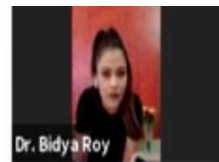
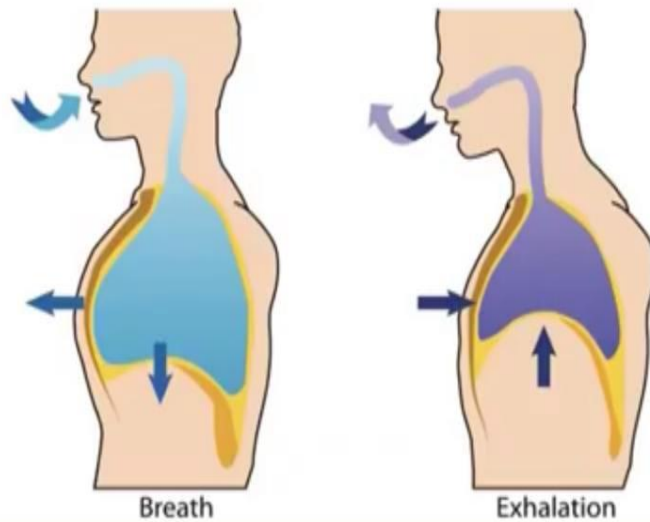


**24 June 2021 (Thursday)**  
from **12:00PM-12:45 PM**

EVENT COORDINATOR  
**MR. VIVEK CHAUDHARY**

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Breathing (or ventilation) is the process of moving air out and in the lungs to facilitate gas exchange with the internal environment, mostly to flush out carbon dioxide and bring in oxygen.

flush it out from the body to the nostrils Now, moving on to





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(WEBINAR)

## THE POWER OF BREATHING IN THE COVID ERA

**DR. BIDYA ROY**

ASSISTANT PROFESSOR, NBSM  
BISHNUPUR BURDWAN UNIVERSITY, WEST BENGAL  
LICENSED INTERNATIONAL ZUMBA INSTRUCTOR &  
YOGA SPECIALIST



**25 June 2021 (Friday)**

from **12:00PM-12:45PM**

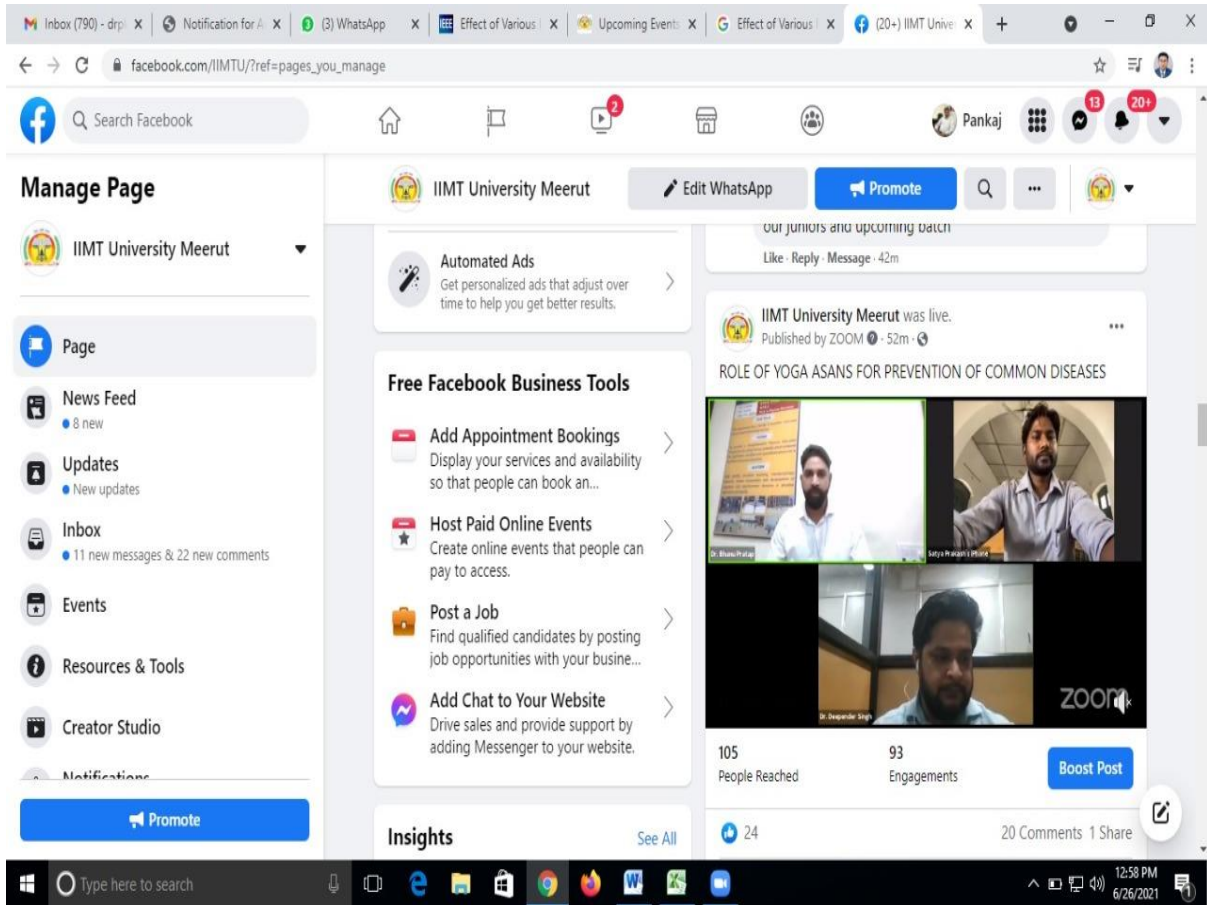
EVENT COORDINATOR  
**DR. DEPENDER SINGH**



0121-2793500-506

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(WEBINAR)

# ROLE OF YOGA ASANAS FOR PREVENTION OF COMMON DISEASES

GUEST

**Satya Prakash**

Sports officer & Yoga specialist in  
Government College Panchmadi (M.P)



**26 June 2021 (Saturday)**  
from **12:00PM-12:45PM**

EVENT COORDINATOR  
**DR. BHANU PRATAP**

0121-2793500-506 | [www.iimtu.com](http://www.iimtu.com)







## Fitness Challenge - Burpee Jump

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Fitness Challenge - Burpee Jump
<b>Event Date</b>	25-31May 2021
<b>Number of Days</b>	07
<b>Venue/Mode</b>	Online
<b>Participants</b>	Students
<b>Student Engagement</b>	30

### **About the Event:**

A fitness challenge for IIMY University students was organized by the Department of Physical Education and sports from the 25<sup>th</sup> to 31<sup>st</sup> of June 2021. The event was conducted through online mode where students had to share their videos on the WhatsApp number which was shared with the students. Thirty students from different schools/colleges took part in this fitness challenge. In this challenge the participants had to perform maximum burpees in the given time.

The results of the event were declared on 01<sup>st</sup> June 2021, and the details of the winners are given below:

1. **First place:** Mr. Aditya Pandey – B. P. Ed.
2. **Second place:** Mr. Arvind - B. P. Ed.
3. **Third place:** Ms. Shivani - B. P. Ed.

### **Outcomes:**

Students from different schools/colleges got an opportunity to test their fitness level. Many students participated in this weeklong event and the final results were declared on 1<sup>st</sup> June.

### **Closing remarks-description:**

The event was conducted when the entire humanity was struggling for the survival and events like this were very helpful for the people to divert their mind from stressful days during the lockdown period.



## Sports Fest

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Sports Fest (Inter-University)
<b>Event Date</b>	04-06 February 2021
<b>Number of Days</b>	03
<b>Venue</b>	IIMT University
<b>Participants</b>	Students (Internal & External)
<b>Student Engagement</b>	755 (Men-679 & Women-76)

### About the Event:

A sports fest is one that is primarily concerned with bringing out the physical side of the students who is generally into exercising only their brains during other times. It is an opportunity for sports enthusiasts to have their share of fun at college and show their skills and passion towards the sport. Most colleges encourage sports activities which are known to enhance the concentration capacities and academic performances of the students, besides serving as a healthy mid-studies break activity.

Physical Education Department organized this fest for Basketball, Volleyball, Football, and Badminton.

### Committee Members:

Sr. No.	Name	Designation
1	Prof. S.K Toor	Chairperson Sports Committee
2	Dr. Amita Bhatnagar	Dean College of Education
3	Dr. AK Chauhan	Discipline Coordinator
4	Dr. Ahetesham Ansari	Medical Facilitation - BPT Students
5	Dr. Bindiya Rawat	HOD, Physical Education Department
6	Dr. Deepender Singh	Sports Officer, Event Coordinator
7	Dr. Bhanu Pratap	Food and Lodging In-charge
8	Mr. Vivek Chaudhary	Registration counter
9	Dr. K K Singh	Volleyball Coordinator



10	Mr. Shubham Yadav	Volleyball Coach
11	Ms. Upasna Chauhan	Badminton Coordinator, Prize ceremony coordinator
12	Mr. Hamid Saifi	Badminton Coach
13	Mr. Amit Yadav	Football Coordinator
14	Mr. Sidharth Rathi	Football Coach
15	Mrs. Archana Sharma	Basketball Coordinator, Registration Coordinator
16	Mr. Shashank Kushwaha	Basketball Coach
17	Mr. Neeraj	Refreshment and arrangements

### **Participants Details:**

S. No	Football	Basketball	Volleyball	Badminton
1	Unity FC	Sent Thomas school	Prince Club	BIT College
2	Meerut Football Academy	MIIT College	Aligarh Club Girls	Meerut college
3	Youth Fc	Satens Army	Aligarh Club Boys	Kalesh Prakash
4	Gnu Ganganagar	Rsm Dhampur	IIMT B	Shubharti UNIV
5	Shield FC Blue	Dehradun girls	PHY EDU CLUB	HLM
6	Shield FC Red	Megha Basters	Rana Club	CCS
7	Chota bheem	Dav Meerut	Chacha Club	BB Club
8	Rovers FC	Street Ballers	Jat Club	CCS Girls
9	KKFC Club	Kilvent Killers	Desi Boys	KP CLUB
10	All Seasion Club	Volga Club	Bhura Club	Subharti 2
11	GENX Club	Dehradun Boys	IIMT Girls	KP Boys
12	Inversible Unaited	The hotshot Revence		IIMT A md
13	Modipuram FC	Stuborn Girls		IIMT B md
14	Super xvs	Esparto		IIMT Team
15	Chanda FC VS	MB Club		IIMT Girls
16	Rajan Sparring	Dg Pg		CCS girls
17	Mallroad FC	Sent Jonsh club		Girls iimt 2
18	IIMT 1	Skill Junction		Badminton SCA
19	IIMT 2	Up Ballers Girls		
20	Meerut football club	Stobon Boys		



21	MFC v	IIMT Boys 1		
22	Amit IIMT	IIMT Boys 2		
23	Ansh IIMT	IIMT Girls		
24	FTT			

### **IIMT University Participants:**

S. No	Name of Department/ School	Total No. of Participation
1	Physical Education Department	23
2	BCA	2
3	B.COM	2
4	BBA	4
5	BNYS	1
6	LLB	1
7	BSC	2
8	B.Pharma	2
9	BPT	6
10	B.Tech	5
11	Poly tech	1
12	D.cs	1

### **Consolidated Participation Report:**

S. No.	Event	Boys/ Men	Girls/ Women
1	Volleyball	108	12
2	Basketball	228	48
3	Football	288	00
4	Badminton	55	16
<b>Total</b>		<b>679</b>	<b>76</b>



### **Outcomes:**

Allowed students to develop psychomotor skills and fine-tune motor skills with coordination, movement, strength, dexterity, grace, and speed, and also find healthy outlets for energy. Provide a healthy pastime to help students refrain from various vices such as drugs, smoking, drinking, and spending excessive time on electronic devices.

S. No	Event	Winner	Runner Up
1	Volleyball	Rana Club Bagpat	IIMT B
2	Basketball	Bagpat Basketball Club	Iimt Basketball Club
3	Basketball Girls	UP Ballers	Dehradun Basketball Club
3	Football	Chanda Club	Shield Fc Blue
4	Badminton (Team Event)	MMH Gzb	Shubharti University
5	Badminton ( Mix Doubles)	Shubharti University	CCS University

### **Closing remarks-description:**

The event was very successful and many students got an opportunity to play, and show their talent. Such kinds of events should continuously be organized.

### **Appendix (includes photographs, brochure):**

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ENTER TO WIN PRIZES

Win  
**Cash & Prizes**

*Presents*

## SPORTS FEST

An open Sports Tournament

**4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Feb 2021**

**ENTRY FEES**

- Basketball ₹ 1200
- Football ₹ 1000
- Volleyball ₹ 1200
- Badminton ₹ 1200
- Mixed Double ₹ 800

Last date for Registration  
**3<sup>rd</sup> February**

**Badminton**



Contact: Hamid Saifi - 9997938949

**Volleyball**



Contact: Shubham Yadav - 7248019396

**Football**



Contact: Siddhanth Rathi - 9528020202

**Basketball**




Contact: Shashank - 9557793704

**VENUE: "O" POCKET, GANGA NAGAR, MAWANA ROAD, MEERUT-250001**


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"A Sportsman doesn't fight, he will see you in the Court"



*Welcomes you all in*

## SPORTS FEST

**AN OPEN BASKETBALL SPORTS TOURNAMENT**

**SPORTSMANSHIP**  
can not be tough, it can be inculcated in one's persona through only one thing, called "Sports"

SPORTSMANSHIP isn't about criticizing the "one" who didn't win on "That One" day...it's about appreciating and supporting their hardwork amidst failures"









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*Welcomes you all in*

## SPORTS FEST

AN OPEN BADMINTON SPORTS TOURNAMENT

### SPORTSMANSHIP

isn't about criticizing the "one" who didn't win on "That One" day...it's about appreciating and supporting their hardwork amidst failures"









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*Welcomes you all in*  
**SPORTS FEST**  
AN OPEN FOOTBALL SPORTS TOURNAMENT

"A Sportsman doesn't fight, he will see you in the Court"

## SPORTSMANSHIP

can not be tough, it can be inculcated in one's persona through only one thing, called "Sports"







"A Sportsman doesn't fight, he will see you in the Court"

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Welcomes you all in

## SPORTS FEST

AN OPEN VOLLEYBALL SPORTS TOURNAMENT

**SPORTSMANSHIP** isn't about criticizing the "one" who didn't win on "That One" day...it's about appreciating and supporting their hardwork amidst failures"



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*Certificate of Appreciation*

Presented to \_\_\_\_\_ of \_\_\_\_\_

*Thank you*

for Participating in / organizing

## SPORTS FEST 2021

an Open Sports Tournament @ IIMT University, Ganga Nagar, Meerut  
held on 4th to 6th Feb, 2021

*Congratulations*

for securing \_\_\_\_\_ position in \_\_\_\_\_

Vice Chancellor      Chairperson Sports      Event Head-Sports      Organizing Secretary



# IIMT UNIVERSITY

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## *Certificate of Appreciation*

Presented to

of \_\_\_\_\_

for Participating in

## **SPORTS FEST 2021**

an Open Sports Tournament @ IIMT University, Ganga Nagar, Meerut  
held on 4th to 6th Feb, 2021

## *Congratulations*

for securing \_\_\_\_\_ position in \_\_\_\_\_

Vice Chancellor

Chairperson Sports

Event Head-Sports

Organizing Secretary

# IIMT UNIVERSITY

MEERUT

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## *Certificate of Appreciation*

Presented to

of \_\_\_\_\_

for organizing in

## **SPORTS FEST 2021**

an Open Sports Tournament @ IIMT University, Ganga Nagar, Meerut  
held on 4th to 6th Feb, 2021

## *Congratulations*

Vice Chancellor

Chairperson Sports

Event Head-Sports

Organizing Secretary





## Ping Pong Tournament

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Ping Pong Tournament
<b>Event Date</b>	26 December 2020
<b>Number of Days</b>	01
<b>Venue</b>	Block E, IIMT University
<b>Participants</b>	Faculty & Staff
<b>Student Engagement</b>	25

### **About the Event:**

Department of Physical Education and sports organized a Ping Pong Tournament for its faculty and staff members. Twenty-five faculty and staff members across university participated in this tournament. The tournament was organized through a knockout system with best of three games.

However, in keeping with the rich tradition of the University, all faculty and staff members came forward to participate and to bond. For once, there was no single winner. To the sound of merriment, the game began.

The list of the winners of the tournament is provided below:

1. Mr. Avinash Sharma – BJMC
2. Mr. Siddharth Rathi – Physical Education
3. Ms. Upasna – Physical Education

### **Outcomes:**

This was a successful event. This event brought faculty and staff members together. Members from both faculty and staff had a mixed team and got an opportunity to understand each other better and displayed a strong team bond.

### **Closing remarks-description:**

The faculty and Staff tournament was a team bonding exercise, this was a much-needed break for Faculty and Staff members. IIMT University in its pursuit of excellence is always mindful of its team members.





## IIMT Badminton Premier League

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	IIMT Badminton Premier League
<b>Event Date</b>	21-23 October 2020
<b>Number of Days</b>	03
<b>Venue</b>	Badminton Courts, IIMT University
<b>Participants</b>	Faculty & Staff
<b>Student Engagement</b>	25

### **About the Event:**

The Department organized Badminton Premier League for Faculty and Staff to allow them to take part in sporting activities and use the activity to alleviate stress. This event provided an opportunity and exposure to the faculty and staff to showcase and develop their skills, understand the importance of team spirit, and work in coordination. Sports have several health benefits including coordination, balance, and flexibility.

**The results of the tournament are mentioned below:**

### **Men Double:**

**First Place:** 1. Dr. Sanjeev Meashvary  
2. Dr. Nitin

**Second Place:** 1. Dr. Bhanu Pratap  
2. Mr. Siddharth

### **Women Double:**

**First Place:** 1. Dr. Asha Yadav  
2. Ms. Aayushi

**Second Place:** 1. Dr. Amita Bhatnager  
2. Ms. Upasna

### **Mixed Double:**

**First Place:** 1. Dr. Sanjeev Meashvary

2. Dr. Asha Yadav

**Second Place:** 1. Dr. Bhanu Pratap

2. Dr. Amita Bhatnager

**Outcomes:**

The event brought faculty and staff members together. Faculty and Staff of the university managed to participate in this entire tournament and got an opportunity to understand each other better and displayed a strong team bond.

**Closing remarks-description:**

The faculty and Staff sports tournament was a team bonding exercise; this was a much-needed break for Faculty and Staff members. IIMT University in its pursuit of excellence is always mindful of its team members.

**Appendix (includes photographs, brochure):**









## Poster Making Competition on National Sports Day

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Poster Making Competition on National Sports Day
<b>Event Date</b>	24-28 August 2020
<b>Number of Days</b>	05
<b>Venue/Mode</b>	Online
<b>Participants</b>	Students, Faculty and Staff
<b>Student Engagement</b>	45

### **About the Event:**

A poster making completion to commemorate the National Sports Day was organized for the students, faculty and staff members of the university. The event was well attended by all the members of the university. It was organized from 24<sup>th</sup> to 28<sup>th</sup> of August 2020.

The National Sports Day in India is celebrated on 29<sup>th</sup> August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 - 1949.

The most noted memorials for him were the Major Dhyan Chand Award, the highest award for lifetime achievement in sports and games in India, and the National Sports Day celebrations on his birthday.

### **Outcomes:**

Students from different schools/colleges got an opportunity to showcase their talent during pandemic and this event really helped them to enhance their fitness level.

### **Closing remarks-description:**

The event was organized when the whole world was struggling for the survival and events like this were very successful for the people to divert their mind from stressful days during the lockdown period.

### **Appendix (includes photographs, brochure):**



## Aerobics

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Aerobics
<b>Event Date</b>	23-29 May 2020
<b>Number of Days</b>	07
<b>Venue/Mode</b>	Online
<b>Participants</b>	Students, Faculty and Staff
<b>Student Engagement</b>	35

### **About the Event:**

After the successful organization of Suryanamaskar an aerobics week was conducted for the students, faculty and staff of the university. The motive behind organizing this event was to engage them during the pandemic when they were not allowed to move out of their houses. This helped the department to promote the fitness among them. In this event simple exercises were used keeping in mind the variation in the participants' categories. This event was much appreciated by all.

### **Outcomes:**

Faculty, Staff and Students from different schools/colleges got an opportunity to get fit and learn basic aerobic exercises which they can use during the pandemic.

### **Closing remarks-description:**

The event was organized when the whole world was struggling for the survival and events like this were very successful for the people to divert their mind from stressful days during the lockdown period.

### **Appendix (includes photographs, brochure):**





## Online Suryanamaskar

<b>Department Name</b>	Department of Physical Education
<b>Event Name</b>	Online Suryanamaskar
<b>Event Date</b>	05-10 May 2020
<b>Number of Days</b>	06
<b>Venue/Mode</b>	Online
<b>Participants</b>	Students
<b>Student Engagement</b>	80

### About the Event:

An online Suryanamaskar training week was planned and executed for the faculty, staff and students of the IIMT family. This training programme was started keeping in mind to prepare for the upcoming International Day of Yoga.

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Practicing Surya Namaskar steps is best done early morning on an empty stomach. Each round of Sun Salutation consists of two sets, and **each set is composed of 12 yoga poses**. You might find several versions on how to practice Sun Salutation. However, it is advisable to stick to one particular version and practice it regularly for the best results.

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet.

### Surya Namaskar Steps to Follow:

#### Step 1: Pranamasana (Prayer pose)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in a prayer position.



**Step 2: Hastauttanāsana (Raised arms pose)**

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.



**Step 3: Hastapadasāna (Standing forward bend)**

Breathing out, bend forward from the waist keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.



**Step 4: Ashwa Sanchalanasana (Equestrian pose)**

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.



**Step 5: Dandasana (Stick pose)**

As you breathe in, take the left leg back and bring the whole body in a straight line.



**Step 6: Ashtanga Namaskara (Salute with eight parts or points)**

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.



**Step 7: Bhujangasana (Cobra pose)**

Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.



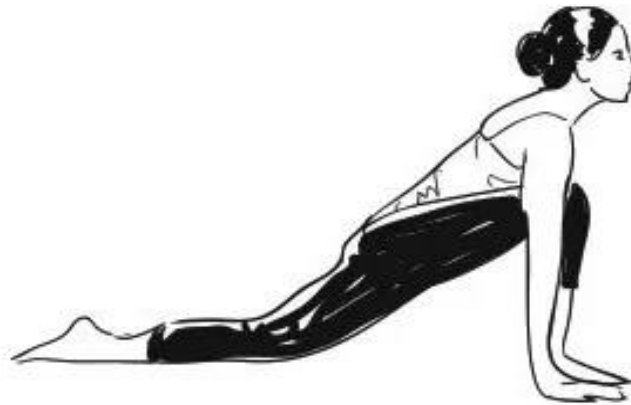
**Step 8: Adho Mukha Svanasana (Downward facing dog pose)**

Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose.



**Step 9: Ashwa Sanchalanasana (Equestrian pose)**

Breathing in, bring the right foot forward in between the two hands. The left knee goes down on the floor. Press the hips down and look up.



**Step 10: Hastapadasana (Standing forward bend)**

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.



Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.



### **Step 12: Tadasana (Mountain Pose)**

As you exhale, first straighten the body, and then bring the arms down. Relax in this position and observe the sensations in your body.



This completes one set of Surya Namaskar. Complete the round by repeating the steps. Only this time, start with taking the left foot behind in step number 4 and bringing the left foot forward in step number 9. Once done, you would've completed one round of Surya Namaskar.



## **Surya Namaskar Steps Video**

Exercise 1: For the next 10 days, do 12 rounds of sun salutation, followed by other yoga poses, and then relax with a round of Yoga Nidra (a relaxing guided meditation by Gurudev Sri Sri Ravi Shankar). You will be amazed to find that this simple mantra will help you stay fit, happy, and peaceful throughout the day.

### **What are the Benefits of Surya Namaskar?**

- Helps maintain cardiovascular health
- Stimulates the nervous system
- Helps in stretching, flexing, and toning the muscles
- An excellent exercise for weight loss management
- Strengthens the immune system
- Enhances cognitive functions
- Improves overall health, strengthens the body, and relaxes the mind

### **Outcomes:**

Students, Faculty and Staff members from different schools/colleges got an opportunity to learn Suryanamaskar which helped them to get ready for the International Day of Yoga.

### **Closing remarks-description:**

This event was the requirement of the time and for the preparation for the IDY.

### **Appendix (includes photographs, brochure):**





