



POORNIMA

COLLEGE OF ENGINEERING

Affiliated to RTU, Kota • Approved by AICTE & UGC under 2(f) • NAAC A+ Accredited

A Report On

“YOGA & PHYSICAL FITNESS”

NAME OF ACTIVITY: Yoga & Physical Fitness

DATE & DURATION: September 12-16, 2023 (10 hours)

TYPE OF ACTIVITY: Yoga & Physical Fitness

ORGANIZED BY: Department of First Year



POORNIMA
COLLEGE OF ENGINEERING

B. Tech. I Year
3 Weeks Student
Induction Programme
(2023-2024)

“**पहला कदम**”

Yoga Session



Dr. Aruna Gupta

Yoga & Naturopathy Specialist


Dr. Mahesh Bundele
B.E., M.E., Ph.D.
Director

Poornima College of Engineering
ISI-0, FIICO Institutional Area
Sitapura, JAIPUR

LEARNING OUTCOMES:

The participants through this workshop will be able to -

CO1: Students got to learn encouraging healthy coping strategies for relieving stress

CO2: They learnt right method of different ‘Aasanas’

CO3: Yoga contributed directly to improve mental focus and concentration among students

CO4: Students felt increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga

CO5: Students got to know the issues and problems with their psyche and health and their possible solutions through ‘Yogic Kriyas’

MAPPINGS WITH PO AND PSO:

	PO-1 (Engineering Knowledge)	PO-2 (Problem Analysis)	PO-3 (Design/Development of Solutions)	PO-4 (Conduct Investigations of Complex Problems)	PO-5 (Modern Tool)	PO-6 (Engineer and Society)	PO-7 (Environment and Sustainability)	PO-8 (Ethics)	PO-9 (Individual and Team Work)	PO-10 (Communication)	PO-11 (Project Management and Finance)	PO-12 (Life-Long Learning)
CO1									3			3
CO2												3
CO3												3
CO4		2	2									3
CO5			3									3

ASSESSMENT TOOLS:

POORNIMA COLLEGE OF ENGINEERING					
FEEDBACK FORM					
Tick for the level of rating (1 to 5) to be given 1-Lowest and 5 Highest					
Questions	1	2	3	4	5
Did the session meet its objectives?	-	-	-	-	-
Did you find the contents useful?	-	-	-	-	-
Did it help students to enhance their skills or learning's?	-	-	-	-	-
Was the Audio Video Quality satisfactory in case of online sessions?	-	-	-	-	-
Did you receive uninterrupted Connectivity in case of online sessions?	-	-	-	-	-
How do you rate this session overall?	-	-	-	-	-
What can we do to improve in future?					
<u>Remarks/Suggestions:</u>					

DETAILS OF ACTIVITY:

On a serene morning, the tranquil atmosphere near the hostel garden was filled with positive energy as students gathered for a rejuvenating **Yoga Session**. Led by yoga instructors under the guidance of Faculty Coordinators Dr. Priyanka Lodha, Dinesh Sharma and Shayam Naruka , the session promised to enhance physical and mental well-being through a series of invigorating activities. The session began with a gentle warm-up, allowing the participants to gradually awaken their bodies. **Dr. Aruna Gupta** guided the students through a series of stretching exercises, encouraging them to focus on their breath and connect with their inner selves. As their muscles loosened up and their minds calmed, a sense of relaxation spread across the garden.

Further, the session moved into various yoga asanas (postures), designed to promote flexibility, strength, and balance. Participants were guided through a wide range of poses, including the mountain pose, the tree pose, the cobra pose, and the downward-facing dog pose. Each asana was accompanied by mindful breathing exercises, allowing the students to cultivate deep concentration and mindfulness. She also emphasized the importance of proper alignment and posture during the session. She provided individual attention to each participant, offering adjustments and modifications for those with different levels of flexibility and experience. Her guidance not only ensured safety and prevented injury but also allowed participants to deepen their practice and unlock their full potential.

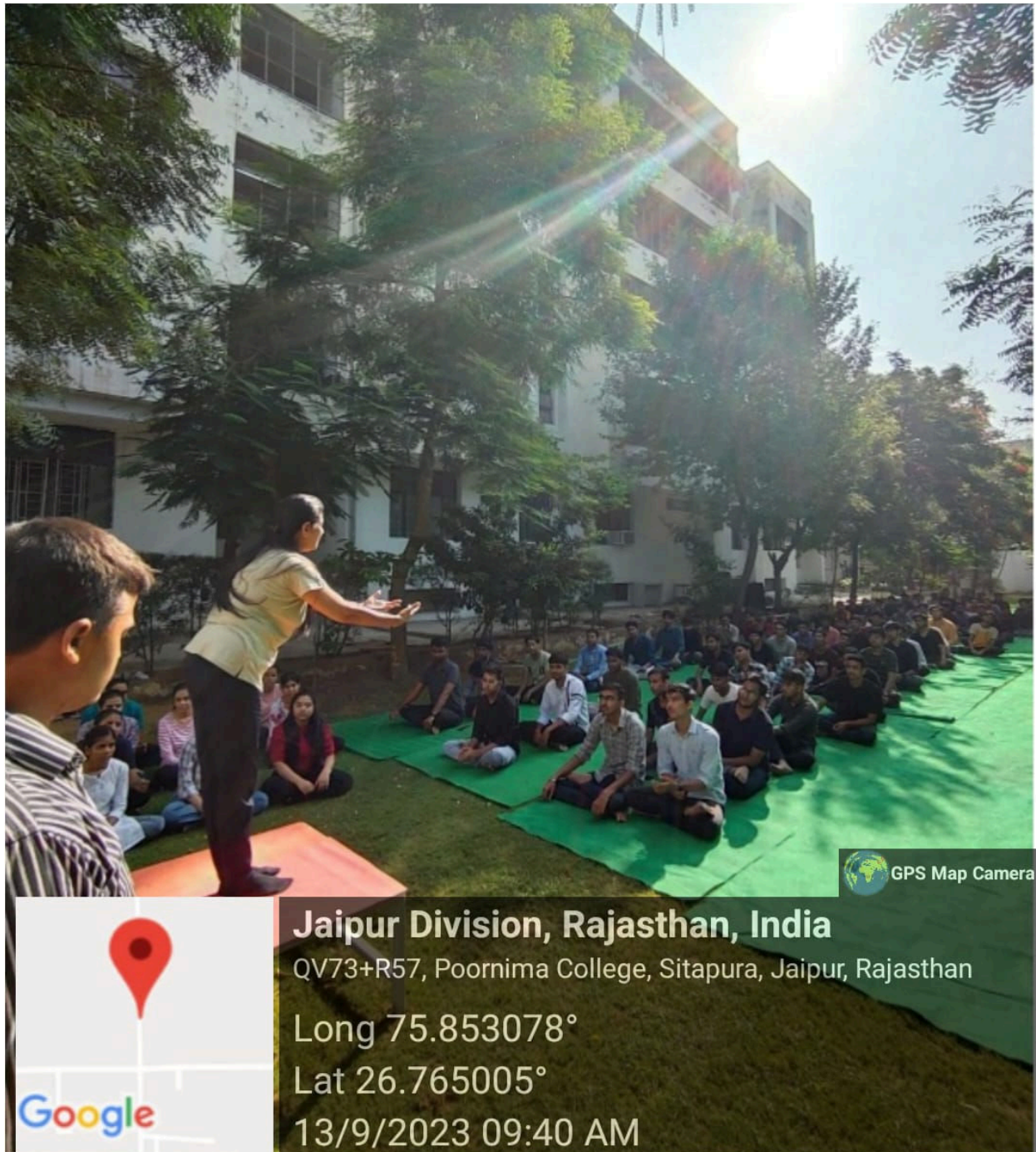
As the session drew to a close, the participants were introduced to the final segment: relaxation and meditation. Dr. Aruna Gupta guided them through a blissful shavasana (corpse pose), where they lay on their backs and allowed their bodies and minds to enter a state of deep relaxation. Soft soothing music played in the background, creating a tranquil ambiance.

The yoga session near the hostel garden was not only a physical workout but also a nurturing experience for the mind, body, and soul. Participants left the session feeling refreshed, invigorated, and centered. They expressed their gratitude towards Dr. Aruna Gupta for her guidance and for creating a peaceful space where they could unwind and connect with themselves.

Overall, the yoga session near the hostel garden proved to be a wonderful opportunity for students to prioritize their well-being amidst their busy academic schedules. It promoted physical fitness, mental clarity, and emotional balance, leaving everyone feeling rejuvenated and ready to tackle the day ahead.

GLIMPSES:







LIST OF THE PARTICIPANTS:

Poornima College of Engineering		
S.No.	Reg. No.	Name
1	PCE23CE009	ARPIT SHARMA
2	PCE23CE010	ARYAN

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3	PCE23CE011	ASHISH YADAV
4	PCE23CE012	AVANI HARSANA
5	PCE23CE018	DIVYA KRISHNA SOYAL
6	PCE23CE019	DIVYANSH TIWARI
7	PCE23CE029	LOKESH SAINI
8	PCE23CE042	SUBHASH CHAND MAHARIYA
9	PCE23CE052	YUVRAJ SINGH SHEKHAWAT
10	PCE23CS001	AARUSHI DADHICH
11	PCE23CS002	AASHIKA PANDEY
12	PCE23CS003	ABHIJEET RAJ
13	PCE23CS011	AKASH KUMAR
14	PCE23CS012	AKASH MAHAWAR
15	PCE23CS013	AKSHARA JAIN
16	PCE23CS014	AKSHAT SAXENA
17	PCE23CS021	ANUSHKA AGRAWAL
18	PCE23CS022	ANUSHKA KUMARI
19	PCE23CS023	APRA SHARMA
20	PCE23CS051	HARSH JAGWANI
21	PCE23CS052	HARSH LOHAR
22	PCE23CS053	HARSH SHARMA
23	PCE23CS062	HIMANSHU ACHARYA
24	PCE23CS063	HITESH KHATWANI
25	PCE23CS071	JATIN VIJAYVARGIYA
26	PCE23CS072	JAY KUMAR JAIN
27	PCE23CS073	KAMLESH JAIN
28	PCE23CS083	KRITI AGRAWAL
29	PCE23CS084	KRITIK SETHI
30	PCE23CS090	MAHI GAUTAM
31	PCE23CS091	MANAN SUKHWAL
32	PCE23CS092	MANOJ SEERVI
33	PCE23CS093	MAYANK
34	PCE23CS094	MILI PRASAD
35	PCE23CS095	MOHIT KUMAR
36	PCE23CS098	NAMAN DANGI
37	PCE23CS100	NARESH SWAMI
38	PCE23CS101	NAVNEET SAINI MALI
39	PCE23CS112	PARV JAIN
40	PCE23CS113	PAYAL AGARWAL
41	PCE23CS114	PIYUSH BHARDWAJ
42	PCE23CS115	PIYUSH KUMAR
43	PCE23CS116	PIYUSH SONI
44	PCE23CS117	PIYUSH SUTHAR

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45	PCE23CS132	PUNIT SHARMA
46	PCE23CS133	RAGHAV KAUSHIK
47	PCE23CS134	RAHUL MARATHA
48	PCE23CS135	RAVEENA DHAKAR
49	PCE23CS136	RAVI KUMAR
50	PCE23CS137	RAVI MAHAWAR
51	PCE23CS169	TANISHA KUMAWAT
52	PCE23CS170	TANISHKA DHAKAR
53	PCE23CS179	VANSH SHARMA
54	PCE23CS180	VEDANT GUPTA
55	PCE23CS181	VINAMRA SHARMA
56	PCE23CS182	VISHWA KHANDELWAL
57	PCE23CS183	YASHI KUMAWAT
58	PCE23EE002	ASHVINI POONIA
59	PCE23EE003	AYUSH
60	PCE23EE004	AYUSH KUMAR
61	PCE23EE005	DHIRAJ BANSKUWA
62	PCE23EE006	HIMESH SINGHVI
63	PCE23EE011	MS.LAXMI SAINI
64	PCE23EE016	PRATAP SINGH NARUKA
65	PCE23EE017	PRINCY GARG
66	PCE23EE018	PRIYANSHU SHARMA
67	PCE23EE019	RAHUL KUMAR CHOUDHARY
68	PCE23EE021	ROHIT SISODIYA
69	PCE23EE022	SACHIN MATHUR
70	PCE23IT007	ANJALI KUMARI
71	PCE23IT008	ANSHUL SINGH RAWAT
72	PCE23IT009	ARNIM BHATNAGAR
73	PCE23IT010	ARYAN AGNIHOTRI
74	PCE23IT019	DIVYANSH BHARDWAJ
75	PCE23IT020	GARIMA JODHA
76	PCE23IT034	NIKHIL KUMAR
77	PCE23IT040	PALCHIN JAIN
78	PCE23IT041	PAYAL MENARIA
79	PCE23IT042	PRATIBHA PANCHARIA
80	PCE23IT058	TANISHA JAIN
81	PCE23IT059	TANISHKA KHANDELWAL
82	PCE23IT060	TRAPTI JAIN
83	PCE23IT061	UTKARSH BHAGAUR
84	PCE23IT062	VIVEK SHARMA
85	PCE23EC007	JASPREET SINGH VIRDI
86	PCE23EC008	KARTIK SHARMA

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87	PCE23EC023	SHASHIKANT KUSHWAHA
88	PCE23EC024	SHASHWAT JAIN
89	PCE23EC025	SHRIYA PARIHAR
90	PCE23EC026	SIMRAN KUMARI
91	PCE23EC027	SUBHASH
92	PCE23EC028	SUHANI MATHUR
93	PCE23EC029	SUJAL GUPTA
94	PCE23EC030	TUSHAR SHARMA
95	PCE23EC031	VIDHI RAMNANI
96	PCE23EC032	YASHPAL SINGH CHAUHAN
97	PCE23ME001	AADISH GARG
98	PCE23ME006	ASHISH YADAV
99	PCE23ME007	BHAVANA KHATRI
100	PCE23ME008	DILBAG
101	PCE23ME020	PARVEEN KUMAR
102	PCE23ME021	PRADEEP MEENA
103	PCE23ME022	PRIYANSHU CHAUDHARY
104	PCE23ME023	RAJ MOHD PANWAR
105	PCE23ME024	ROHIT YADAV
106	PCE23ME025	SONU KUMAR BAIRWA
107	PCE23AD007	ANUJ SHARMA
108	PCE23AD008	ARSHIL ALI
109	PCE23AD009	ARYAN OJHA
110	PCE23AD010	ARYAN PRATAP SINGH
111	PCE23AD011	ARYAN SHARMA
112	PCE23AD012	ASHVIN SHAKYA
113	PCE23AD013	ASHWIN JAISON
114	PCE23AD014	AVANI AGRAWAL
115	PCE23AD015	AYUSH VIJAYVARGIYA
116	PCE23AD016	BHAVIN PRAJAPAT
117	PCE23AD017	DEEPAK PRAJAPAT
118	PCE23AD018	DEVANSH KHANDELWAL
119	PCE23AD028	MANAS SINGH BISHT
120	PCE23AD029	MANISH GOLANI
121	PCE23AD030	MAYANK JANGID
122	PCE23AD044	MS.RIYA GUPTA
123	PCE23AD031	MUKESH CHOUDHARY
124	PCE23AD032	NAMAN SHARMA
125	PCE23AD043	RISHITA YADAV
126	PCE23AD050	SHUBHAM SONI
127	PCE23AD051	SHUBHANGI SHARMA
128	PCE23AD052	SIDDHANT KHANDELWAL

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129	PCE23AD053	SIDDHARTH GUPTA
130	PCE23AD054	SRAJAN GUPTA
131	PCE23AD063	YASH KOOLWAL
132	PCE23CA001	ADITYA CHOUDHARY
133	PCE23CA002	AKSHIT SHARMA
134	PCE23CA003	ANKITA CHOUDHARY
135	PCE23CA004	ANSHIKA JAIN
136	PCE23CA005	ANURAG MAHARSHI
137	PCE23CA006	ANUSHKA PATIDAR
138	PCE23CA007	ANUSHREE MEHTA
139	PCE23CA017	HITESH GURJAR
140	PCE23CA018	HITESH KUMARI
141	PCE23CA019	KARTIK
142	PCE23CA020	KESHAV YADAV
143	PCE23CA021	KULDEEP SHARMA
144	PCE23CA022	KUNAL GUPTA
145	PCE23CA023	KUNAL HARSINGHANI
146	PCE23CA024	LUCKY GURJAR
147	PCE23CA025	MAYANK SHARMA
148	PCE23CA026	MITANSHU KUMAR MEHTA
149	PCE23CA027	MOXIT REWAR
150	PCE23CA028	MS.MUSKAN AGRAWAL
151	PCE23CA036	MS.RAKSHITA SHARMA
152	PCE23CA029	NAKUL JANGIR
153	PCE23CA030	PARTH JAIN
154	PCE23CA041	SACHIN KUMAWAT
155	PCE23CA051	SHRUTI JAIN
156	PCE23CA052	SUNDARAM SINGH
157	PCE23CA053	TANAY MILKY
158	PCE23CA054	TANISHA NAGAR
159	PCE23CA055	TUSHAR
160	PCE23CA056	TUSHAR VERMA
161	PCE23CA057	VANSH MAHAWAR
162	PCE23CA062	VISHU BHATI
163	PCE23CA063	YASH MANGAL
164	PCE23CY001	ADITYA SHARMA
165	PCE23CY013	BHAVNA SOLANKI
166	PCE23CY014	BHAVYA CHHABRA
167	PCE23CY015	BHAWESH YADAV
168	PCE23CY016	DEEPAK CHANDNANI
169	PCE23CY017	DEVANSH MEWARA
170	PCE23CY018	DIVYANI BHATI

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171	PCE23CY019	DIVYANSH BHATI
172	PCE23CY020	DIVYANSH KUMAR
173	PCE23CY021	DIXIT TAK
174	PCE23CY022	DOLI KHANDELWAL
175	PCE23CY041	MANVI KHANDELWAL
176	PCE23CY042	MRIDUL JAIN
177	PCE23CY043	MS.NAVYA SHARMA
178	PCE23CY056	SWARA RATHORE
179	PCE23CY061	VINEET KUMAR
180	PCE23CY062	YASH VIJAY
181	PCE23CY063	YASHWANT SINGH
182	PCE23CR005	ADITYA CHECHANI
183	PCE23CR015	CHELSEI JAIN
184	PCE23CR016	CHITRANSH SHARMA
185	PCE23CR018	DEEPANSHU SINGHAL
186	PCE23CR019	DEVENDER SINGH
187	PCE23CR020	DHAVAN KALAL
188	PCE23CR022	DIKSHA KUMARI
189	PCE23CR023	DIXIT JANGID
190	PCE23CR024	GOURAV SONI
191	PCE23CR028	HIMANSHU SUTHAR
192	PCE23CR042	PIYUSH GUPTA
193	PCE23CR043	PRANJAL AGARWAL
194	PCE23CR044	PRASHANT JANGID
195	PCE23CR045	PRATYUSH PRAKASH
196	PCE23CR049	RITHIK JANGID
197	PCE23CR050	RITU OJHA
198	PCE23CR051	RIYA BHARGAVA
199	PCE23CR052	ROHIT SAINI
200	PCE23CR053	SHIVIKA MATHUR
201	PCE23CR054	SHREYANSH JAIN
202	PCE23CR058	TASLIM KHAN
203	PCE23CR059	VATSAL SHARMA
204	PCE23CR060	VIPIN GUPTA

ATTENDANCE SHEET:

Poornima College of Engineering, Jaipur						
"YOGA & PHYSICAL FITNESS"						
DATE & DURATION: September 12-16, 2023 (10 hours)						
S.No	Registration No.	Name	9/12/2023	9/13/2023	9/14/2023	9/15/2023
1	PCE23CE009	ARNT SHARMA	AD	AD	AD	AD
2	PCE23CE010	ARYAN	AD	AD	AD	AD
3	PCE23CE011	ABHISH YADAV	AD	AD	AD	AD
4	PCE23CE012	AVANI HARSANA	AD	AD	AD	AD
5	PCE23CE018	DIVYA KRISHNA SOYAL	AD	AD	AD	AD
6	PCE23CE019	DIVYANSH TIWARI	AD	AD	AD	AD
7	PCE23CE029	LOKESH SAINI	AD	AD	AD	AD
8	PCE23CE042	MAHARIYA	AD	AD	AD	AD
9	PCE23CE052	SHEKHAWAT	AD	AD	AD	AD
10	PCE23CS001	AARUSHI DADHICH	AD	AD	AD	AD
11	PCE23CS002	ABHIRAM PANDEY	AD	AD	AD	AD
12	PCE23CS003	ABHJEET RAJ	AD	AD	AD	AD
13	PCE23CS011	AKASH KUMAR	AD	AD	AD	AD
14	PCE23CS012	AKASH MAHAWAR	AD	AD	AD	AD
15	PCE23CS013	AKSHARA JAIN	AD	AD	AD	AD
16	PCE23CS014	AKSHAT SAXENA	AD	AD	AD	AD
17	PCE23CS021	ANUSHKA AGRAWAL	AD	AD	AD	AD
18	PCE23CS022	ANUSHKA KUMARI	AD	AD	AD	AD
19	PCE23CS023	APRA SHARMA	AD	AD	AD	AD
20	PCE23CS051	HARSH JAGWANI	AD	AD	AD	AD
21	PCE23CS052	HARSH LOHAR	AD	AD	AD	AD
22	PCE23CS053	HARSH SHARMA	AD	AD	AD	AD
23	PCE23CS062	HIMANSHU ACHARYA	AD	AD	AD	AD
24	PCE23CS063	HITESH KHATWANI	AD	AD	AD	AD
25	PCE23CS071	JATIN VIJAYVARGIYA	AD	AD	AD	AD
26	PCE23CS072	JAY KUMAR JAIN	AD	AD	AD	AD
27	PCE23CS073	KAMLESH JAIN	AD	AD	AD	AD
28	PCE23CS083	KRITI AGRAWAL	AD	AD	AD	AD
29	PCE23CS084	KRITIK SETHI	AD	AD	AD	AD
30	PCE23CS080	MAHI GAUTAM	AD	AD	AD	AD
31	PCE23CS091	MANAN SUKHWAL	AD	AD	AD	AD
32	PCE23CS092	MANOJ SEERVI	AD	AD	AD	AD
33	PCE23CS093	MAYANK	AD	AD	AD	AD
34	PCE23CS094	MILI PRASAD	AD	AD	AD	AD
35	PCE23CS095	MOHIT KUMAR	AD	AD	AD	AD
36	PCE23CS098	NAMAN DANGI	AD	AD	AD	AD
37	PCE23CS100	NARESH SWAMI	AD	AD	AD	AD
38	PCE23CS101	NAVNEET SAINI MALI	AD	AD	AD	AD
39	PCE23CS112	PARV JAIN	AD	AD	AD	AD
40	PCE23CS113	PAYAL AGARWAL	AD	AD	AD	AD

Department of First Year

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41	PCE23CS114	PIYUSH BHARDWAJ	PIYUSH	PIYUSH	PIYUSH	PIYUSH
42	PCE23CS115	PIYUSH KUMAR	PIYUSH	PIYUSH	PIYUSH	PIYUSH
43	PCE23CS116	PIYUSH SONI	PIYUSH	PIYUSH	PIYUSH	PIYUSH
44	PCE23CS117	PIYUSH SUTHAR	PIYUSH	PIYUSH	PIYUSH	PIYUSH
45	PCE23CS132	PUNIT SHARMA	PUNIT	PUNIT	PUNIT	PUNIT
46	PCE23CS133	RAGHAV KAUSHIK	RAGHAV	RAGHAV	RAGHAV	RAGHAV
47	PCE23CS134	RAHUL MARATHA	RAHUL	RAHUL	RAHUL	RAHUL
48	PCE23CS135	RAVEENA DHAKAR	RAVEENA	RAVEENA	RAVEENA	RAVEENA
49	PCE23CS136	RAVI KUMAR	RAVI	RAVI	RAVI	RAVI
50	PCE23CS137	RAVI MAHAWAR	RAVI	RAVI	RAVI	RAVI
51	PCE23CS169	TANISHA KUMAWAT	TANISHA	TANISHA	TANISHA	TANISHA
52	PCE23CS170	TANISHKA DHAKAR	TANISHKA	TANISHKA	TANISHKA	TANISHKA
53	PCE23CS179	VANSH SHARMA	VANSH	VANSH	VANSH	VANSH
54	PCE23CS180	VEDANT GUPTA	VEDANT	VEDANT	VEDANT	VEDANT
55	PCE23CS181	VINAMRA SHARMA	VINAMRA	VINAMRA	VINAMRA	VINAMRA
56	PCE23CS182	VISHWA KHANDELWAL	VISHWA	VISHWA	VISHWA	VISHWA
57	PCE23CS183	YASHI KUMAWAT	YASHI	YASHI	YASHI	YASHI
58	PCE23EE002	ASHVINI POONIA	ASHVINI	ASHVINI	ASHVINI	ASHVINI
59	PCE23EE003	AYUSH	AYUSH	AYUSH	AYUSH	AYUSH
60	PCE23EE004	AYUSH KUMAR	AYUSH	AYUSH	AYUSH	AYUSH
61	PCE23EE005	DHIRAJ BANSKUWA	DHIRAJ	DHIRAJ	DHIRAJ	DHIRAJ
62	PCE23EE006	HIMESH SINGHVI	HIMESH	HIMESH	HIMESH	HIMESH
63	PCE23EE011	MS LAXMI SAINI	MS LAXMI	MS LAXMI	MS LAXMI	MS LAXMI
64	PCE23EE016	PRATAP SINGH NARUKA	PRATAP	PRATAP	PRATAP	PRATAP
65	PCE23EE017	PRINCY GARG	PRINCY	PRINCY	PRINCY	PRINCY
66	PCE23EE018	PRIYANSHU SHARMA	PRIYANSHU	PRIYANSHU	PRIYANSHU	PRIYANSHU
67	PCE23EE019	CHOUHARY	CHOUHARY	CHOUHARY	CHOUHARY	CHOUHARY
68	PCE23EE021	ROHIT SISODIYA	ROHIT	ROHIT	ROHIT	ROHIT
69	PCE23EE022	SACHIN MATHUR	SACHIN	SACHIN	SACHIN	SACHIN
70	PCE23IT007	ANJALI KUMARI	ANJALI	ANJALI	ANJALI	ANJALI
71	PCE23IT008	ANSHUL SINGH RAWAT	ANSHUL	ANSHUL	ANSHUL	ANSHUL
72	PCE23IT009	ARNIM BHATNAGAR	ARNIM	ARNIM	ARNIM	ARNIM
73	PCE23IT010	ARYAN AGNIHOTRI	ARYAN	ARYAN	ARYAN	ARYAN
74	PCE23IT019	DIVYANSH BHARDWAJ	DIVYANSH	DIVYANSH	DIVYANSH	DIVYANSH
75	PCE23IT020	GARIMA JODHA	GARIMA	GARIMA	GARIMA	GARIMA
76	PCE23IT034	NIKHIL KUMAR	NIKHIL	NIKHIL	NIKHIL	NIKHIL
77	PCE23IT040	PALCHIN JAIN	PALCHIN	PALCHIN	PALCHIN	PALCHIN
78	PCE23IT041	PAYAL MENARIA	PAYAL	PAYAL	PAYAL	PAYAL
79	PCE23IT042	PRATIBHA PANCHARIA	PRATIBHA	PRATIBHA	PRATIBHA	PRATIBHA
80	PCE23IT058	TANISHA JAIN	TANISHA	TANISHA	TANISHA	TANISHA

Department of First Year

[Signature]

Poornima College of Engineering, Jaipur						
"YOGA & PHYSICAL FITNESS"						
DATE & DURATION: September 12-16, 2023 (10 hours)						
S.No	Registration No.	Name	9/12/2023	9/13/2023	9/14/2023	9/15/2023
81	PCE23IT059	TANISHKA KHADELWAL				
82	PCE23IT060	TRAPTI JAIN	Trapti	Trapti	Trapti	Trapti
83	PCE23IT061	UTKARSH BHAGAUR	Utkarsh	Utkarsh	Utkarsh	Utkarsh
84	PCE23IT062	VIVEK SHARMA	VIVEK	VIVEK	VIVEK	VIVEK
85	PCE23EC007	JASPREET SINGH VIRDI	JASPREET	JASPREET	JASPREET	JASPREET
86	PCE23EC008	KARTIK SHARMA	KARTIK	KARTIK	KARTIK	KARTIK
87	PCE23EC023	KUSHWAHA	KUSHWAHA	KUSHWAHA	KUSHWAHA	KUSHWAHA
88	PCE23EC024	SHASHWAT JAIN	SHASHWAT	SHASHWAT	SHASHWAT	SHASHWAT
89	PCE23EC025	SHRIYA PARIHAR	SHRIYA	SHRIYA	SHRIYA	SHRIYA
90	PCE23EC026	SIMRAN KUMARI	SIMRAN	SIMRAN	SIMRAN	SIMRAN
91	PCE23EC027	SUBHASH	SUBHASH	SUBHASH	SUBHASH	SUBHASH
92	PCE23EC028	SUHANU MATHUR	SUHANU	SUHANU	SUHANU	SUHANU
93	PCE23EC029	SUJAL GUPTA	SUJAL	SUJAL	SUJAL	SUJAL
94	PCE23EC030	TUSHAR SHARMA	TUSHAR	TUSHAR	TUSHAR	TUSHAR
95	PCE23EC031	VIDHI RAMNANI	VIDHI	VIDHI	VIDHI	VIDHI
96	PCE23EC032	CHAUHAN	CHAUHAN	CHAUHAN	CHAUHAN	CHAUHAN
97	PCE23ME001	AADISH GARG	AADISH	AADISH	AADISH	AADISH
98	PCE23ME006	ASHISH YADAV	ASHISH	ASHISH	ASHISH	ASHISH
99	PCE23ME007	BHAVANA KHATRI	BHAVANA	BHAVANA	BHAVANA	BHAVANA
100	PCE23ME008	DILBAG	DILBAG	DILBAG	DILBAG	DILBAG
101	PCE23ME020	PARVEEN KUMAR	PARVEEN	PARVEEN	PARVEEN	PARVEEN
102	PCE23ME021	PRADEEP MEENA	PRADEEP	PRADEEP	PRADEEP	PRADEEP
103	PCE23ME022	PRIYANSHU CHAUDHARY	PRIYANSHU	PRIYANSHU	PRIYANSHU	PRIYANSHU
104	PCE23ME023	RAJ MOHD PANWAR	RAJ	RAJ	RAJ	RAJ
105	PCE23ME024	ROHIT YADAV	ROHIT	ROHIT	ROHIT	ROHIT
106	PCE23ME025	SONU KUMAR BAIRWA	SONU	SONU	SONU	SONU
107	PCE23AD007	ANUJ SHARMA	ANUJ	ANUJ	ANUJ	ANUJ
108	PCE23AD008	ARSHIL ALI	ARSHIL	ARSHIL	ARSHIL	ARSHIL
109	PCE23AD009	ARYAN QJHA	ARYAN	ARYAN	ARYAN	ARYAN
110	PCE23AD010	ARYAN PRATAP SINGH	ARYAN	ARYAN	ARYAN	ARYAN
111	PCE23AD011	ARYAN SHARMA	ARYAN	ARYAN	ARYAN	ARYAN
112	PCE23AD012	ASHVIN SHAKYA	ASHVIN	ASHVIN	ASHVIN	ASHVIN
113	PCE23AD013	ASHWIN JAISON	ASHWIN	ASHWIN	ASHWIN	ASHWIN
114	PCE23AD014	AVANI AGRAWAL	AVANI	AVANI	AVANI	AVANI
115	PCE23AD015	AYUSH VIJAYVARGIYA	AYUSH	AYUSH	AYUSH	AYUSH
116	PCE23AD016	BHAVIN PRAJAPAT	BHAVIN	BHAVIN	BHAVIN	BHAVIN
117	PCE23AD017	DEEPAK PRAJAPAT	DEEPAK	DEEPAK	DEEPAK	DEEPAK
118	PCE23AD018	DEVANSH KHADELWAL	DEVANSH	DEVANSH	DEVANSH	DEVANSH
119	PCE23AD028	MANAS SINGH BISHT	MANAS	MANAS	MANAS	MANAS
120	PCE23AD029	MANISH GOLANI	MANISH	MANISH	MANISH	MANISH

Department of First Year

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Poornima College of Engineering, Jaipur						
"YOGA & PHYSICAL FITNESS"						
DATE & DURATION: September 12-16, 2023 (10 hours)						
S.No	Registration No.	Name	9/12/2023	9/13/2023	9/14/2023	9/15/2023
121	PCE23AD030	MAYANK JANGID	Jangid	Jangid	Jangid	Jangid
122	PCE23AD044	MS.RIYA GUPTA	Gu	Gu	Gu	Gu
123	PCE23AD031	MUKESH CHOUDHARY	Ch	Ch	Ch	Ch
124	PCE23AD032	NAMAN SHARMA	Sh	Sh	Sh	Sh
125	PCE23AD043	RISHITA YADAV	Yadav	Yadav	Yadav	Yadav
126	PCE23AD050	SHUBHAM SONI	Soni	Soni	Soni	Soni
127	PCE23AD051	SHUBHANGI SHARMA	Sharma	Sharma	Sharma	Sharma
128	PCE23AD052	SIDDHANT KHANDELWAL	Kh	Kh	Kh	Kh
129	PCE23AD053	SIDDHARTH GUPTA	Gu	Gu	Gu	Gu
130	PCE23AD054	SRAJAN GUPTA	Gu	Gu	Gu	Gu
131	PCE23AD063	YASH KOOLWAL	Koolwal	Koolwal	Koolwal	Koolwal
132	PCE23CA001	ADITYA CHOUDHARY	Ch	Ch	Ch	Ch
133	PCE23CA002	AKSHIT SHARMA	Sharma	Sharma	Sharma	Sharma
134	PCE23CA003	ANKITA CHOUDHARY	Ch	Ch	Ch	Ch
135	PCE23CA004	ANSHIKA JAIN	Jain	Jain	Jain	Jain
136	PCE23CA005	ANURAG MAHARSHI	Maharshi	Maharshi	Maharshi	Maharshi
137	PCE23CA006	ANUSHKA PATIDAR	Patidar	Patidar	Patidar	Patidar
138	PCE23CA007	ANUSHREE MEHTA	Mehta	Mehta	Mehta	Mehta
139	PCE23CA017	HITESH GURJAR	Gurjar	Gurjar	Gurjar	Gurjar
140	PCE23CA018	HITESH KUMARI	Kumari	Kumari	Kumari	Kumari
141	PCE23CA019	KARTIK	Kartik	Kartik	Kartik	Kartik
142	PCE23CA020	KESHAV YADAV	Yadav	Yadav	Yadav	Yadav
143	PCE23CA021	KULDEEP SHARMA	Sharma	Sharma	Sharma	Sharma
144	PCE23CA022	KUNAL GUPTA	Gu	Gu	Gu	Gu
145	PCE23CA023	KUNAL HARSINGHANI	Harsinghani	Harsinghani	Harsinghani	Harsinghani
146	PCE23CA024	LUCKY GURJAR	Gurjar	Gurjar	Gurjar	Gurjar
147	PCE23CA025	MAYANK SHARMA	Sharma	Sharma	Sharma	Sharma
148	PCE23CA026	MEHTA	Mehta	Mehta	Mehta	Mehta
149	PCE23CA027	MOXIT REWAR	Rewar	Rewar	Rewar	Rewar
150	PCE23CA028	MS.MUSKAN AGRAWAL	Ag	Ag	Ag	Ag
151	PCE23CA036	MS.RAKSHITA SHARMA	Sharma	Sharma	Sharma	Sharma
152	PCE23CA029	NAKUL JANGIR	Jangir	Jangir	Jangir	Jangir
153	PCE23CA030	PARTH JAIN	Jain	Jain	Jain	Jain
154	PCE23CA041	SACHIN KUMAWAT	Kumawat	Kumawat	Kumawat	Kumawat
155	PCE23CA051	SHRUTI JAIN	Jain	Jain	Jain	Jain
156	PCE23CA052	SUNDARAM SINGH	Singh	Singh	Singh	Singh
157	PCE23CA053	TANAY MILKY	Milky	Milky	Milky	Milky
158	PCE23CA054	TANISHA NAGAR	Nagar	Nagar	Nagar	Nagar
159	PCE23CA055	TUSHAR	Tushar	Tushar	Tushar	Tushar
160	PCE23CA056	TUSHAR VERMA	Verma	Verma	Verma	Verma

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Poornima College of Engineering, Jaipur						
"YOGA & PHYSICAL FITNESS"						
DATE & DURATION: September 12-16, 2023 (10 hours)						
S.No	Registration No.	Name	9/12/2023	9/13/2023	9/14/2023	9/15/2023
161	PCE23CA057	VANSH MAHAWAR				
162	PCE23CA062	VISHU BHATI				
163	PCE23CA063	YASH MANGAL				
164	PCE23CY001	ADITYA SHARMA				
165	PCE23CY013	BHAVNA SOLANKI				
166	PCE23CY014	BHAVYA CHHABRA				
167	PCE23CY015	BHAWESH YADAV				
168	PCE23CY016	DEEPAK CHANDNANI				
169	PCE23CY017	DEVANSH MEWARA				
170	PCE23CY018	DIVYANI BHATI				
171	PCE23CY019	DIVYANSH BHATI				
172	PCE23CY020	DIVYANSH KUMAR				
173	PCE23CY021	DIXIT TAK				
174	PCE23CY022	DOLI KHANDELWAL				
175	PCE23CY041	MANVI KHANDELWAL				
176	PCE23CY042	MRIDUL JAIN				
177	PCE23CY043	MS.NAVYA SHARMA				
178	PCE23CY056	SWARA RATHORE				
179	PCE23CY061	VINEET KUMAR				
180	PCE23CY062	YASH VIJAY				
181	PCE23CY063	YASHWANT SINGH				
182	PCE23CR005	ADITYA CHECHANI				
183	PCE23CR015	CHIELSI JAIN				
184	PCE23CR016	CHITRANSH SHARMA				
185	PCE23CR018	DEEPANSHU SINGHAL				
186	PCE23CR019	DEVENDER SINGH				
187	PCE23CR020	DHAVAN KALAL				
188	PCE23CR022	DIKSHA KUMARI				
189	PCE23CR023	DIXIT JANGID				
190	PCE23CR024	GOURAV SONI				
191	PCE23CR028	HIMANSHU SUTHAR				
192	PCE23CR042	PIYUSH GUPTA				
193	PCE23CR043	PRANJAL AGARWAL				
194	PCE23CR044	PRASHANT JANGID				
195	PCE23CR045	PRATYUSH PRAKASH				
196	PCE23CR049	RITHIK JANGID				
197	PCE23CR050	RITU OJHA				
198	PCE23CR051	RIYA BHARGAVA				
199	PCE23CR052	ROHIT SAINI				
200	PCE23CR053	SHIVIKA MATHUR				

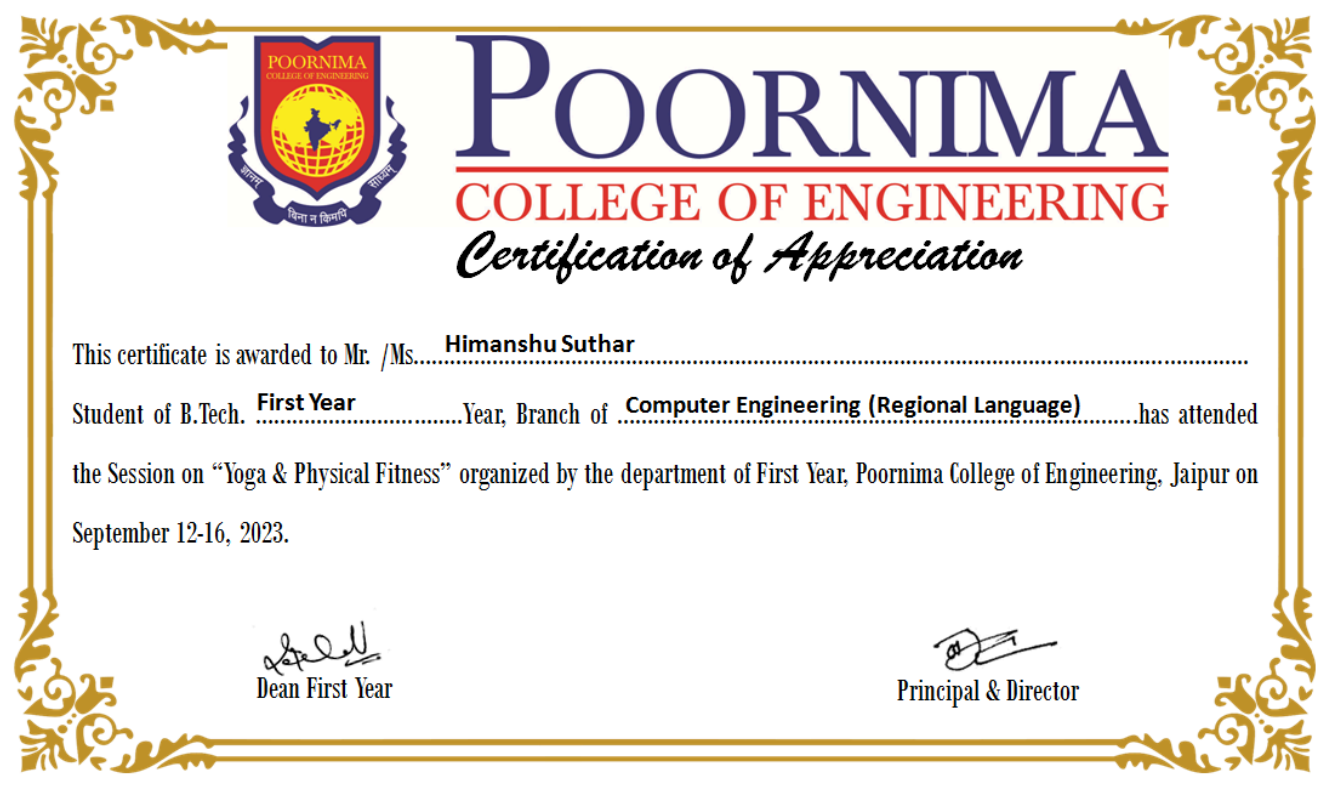
Department of First Year

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Poornima College of Engineering, Jaipur						
"YOGA & PHYSICAL FITNESS"						
DATE & DURATION: September 12-16, 2023 (10 hours)						
S.No	Registration No.	Name	9/12/2023	9/13/2023	9/14/2023	9/15/2023
201	PCE23CR054	SHREYANSH JAIN				
202	PCE23CR058	TASLIM KHAN	TASLIM	TASLIM	TASLIM	TASLIM
203	PCE23CR059	VATSAL SHARMA	VATSAL	VATSAL	VATSAL	VATSAL
204	PCE23CR060	VIPIN GUPTA	VIPIN	VIPIN	VIPIN	VIPIN

Department of First Year

SAMPLE CERTIFICATE:



FEEDBACK/ATTAINMENTS:

FEEDBACK ANALYSIS (2023-24)							
S.No.	Attributes	Total Feed Back					100
		>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Did the session meet its	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective

	objectives?	73.20	19.59	6.19	1.00	0.00	Achieved - Outstanding & Excellent (94.58%)
2	Did you find the contents useful?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent (82.47%)
		73.20	19.59	6.19	1.00	0.00	
3	Did it help students to enhance their skills or learnings?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent (84.54%)
		73.20	19.59	6.19	1.00	0.00	
4	Was the Audio Video Quality satisfactory in case of online sessions?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding (83.51%)
		73.20	19.59	6.19	1.00	0.00	
5	Did you receive uninterrupted Connectivity in case of online sessions?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent (85.57%)
		73.20	19.59	6.19	1.00	0.00	

6	How do you rate this session overall?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	All the sessions of the five years were conducted offline and online mode at the time of Covid
		73.20	19.59	6.19	1.00	0.00	
Overall Remark:- These kind of sessions should be conducted in the future too for more awareness.							

NOTICE:



POORNIMA

COLLEGE OF ENGINEERING

Affiliated to RTU, Kota • Approved by AICTE & UGC under 2(f) • NAAC A+ Accredited

PCE/FY/DO/2023-24/011

Date: 05/09/2023

NOTICE

Session on Yoga & Physical Fitness

This is to inform to the students of Department of I year that there is a session on Yoga as Exercise along with sports activity from September 12- 16, 2023. All the students are advised to attend the same.

Date- 12th – 16th September, 2023

Venue- Arjun Garden, PCE & Grounds, PU

Time- 8:00 am- 10:00 am

Dr. Rekha Nair
Dean (First Year)

ISI-6, RIICO Institutional Area, Sitapura, Jaipur – 302 022 (Rajasthan)
Phone : +91-9829255102, E-mail : registrar.pce@poornima.org, Website : www.poornima.org