

Standard Report Format

Title of Activity*	YOGA PRACTICE
Organized by (School/Centre Name)*	School of Engineering, Department of Electrical Electronics and Communication Engineering
Program Theme*	Health
Date*	05-05-2026
Time*	10:00 AM-12:00 PM
Banner	
YouTube/Facebook Link: (if live steamed or video posted on FB/YT)	NA
Social media link (promoting in any one Facebook/Instagram/ Twitter is mandatory)	NA
No. of Students* (only no. to be written, list in excel or word should be maintain at	60

department level as proof for any further requirement)	
No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	2
No. of External Participants (students+faculty) [write NA if not applicable]	00
Photograph-1*	

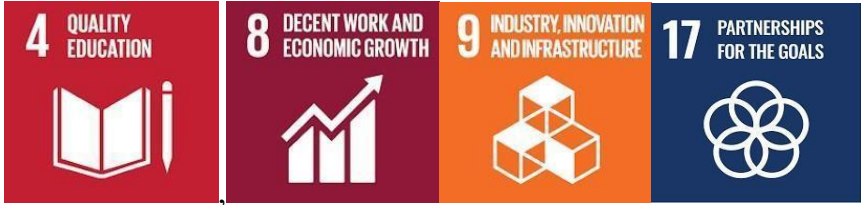
Photograph-2



Photograph-3



Description (min 250 to max 800 words)*	The Department of Electrical, Electronics & Communication Engineering (DEECE), Galgotias University, organized a Yoga and Wellness Event to promote physical fitness, mental well-being, and a healthy lifestyle among students, faculty members, and staff. The event aimed to create awareness about the importance of yoga in maintaining physical health, reducing stress, and achieving mental balance through guided practice sessions and expert instruction by Mr. Deepak Sharma, GU faculty. The Yoga and Wellness Event was successfully organized by the Department of Electrical, Electronics & Communication Engineering (DEECE), Galgotias University. The event was conducted to encourage participants to adopt yoga as a part of their daily routine for improving overall health and well-being. It focused on enhancing flexibility, concentration, emotional resilience, and mindfulness while highlighting the significance of yoga in leading a balanced and healthy life. The programme included guided yoga sessions, breathing exercises, meditation, and interactive discussions conducted by experienced yoga instructors.
--	--

SDGs Mapped	
Report Submitted by (write faculty coordinator name) Fields marked with '*' are mandatory	Dr. Komal Agrawal