

# Website Data Format - Clubs ABES

Kindly fill in the below sections as explained

Club Name \*

Spirituality and Yoga club (SYC)

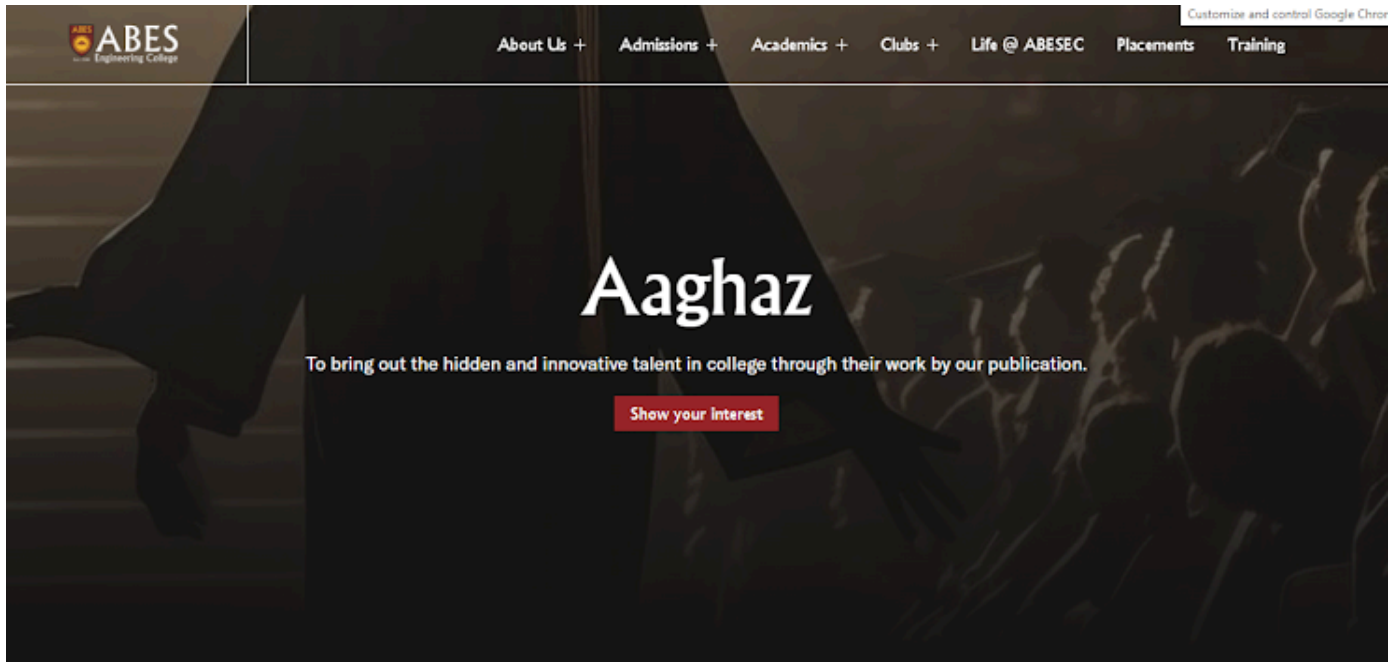
Email \*

rohan.20b0101202@abes.ac.in

Phone Number \*

75338 04014

## Section 1

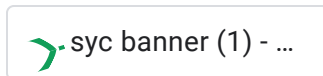


Give a tagline for your Club page. \*

As shown in the picture, a tagline is given below the Aaghaz.

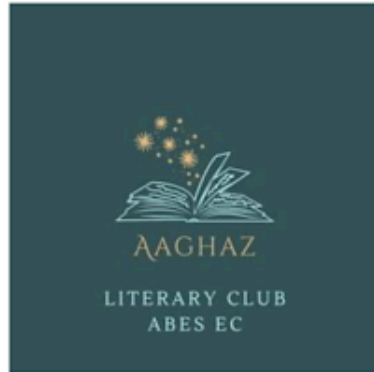
"Elevating Lives Through Mindful Practices – SYC: Where Holistic Wellness Meets Inner Harmony."

Give a banner image representing your club \*



## Section 2

Home > Facilities > Clubs



### About Aaghaz

To bring out the hidden and innovative talent in college through their work by our publication. Student's thought, ideas, innovation publish in the AAGAZ magazine. Creativity is the single most desirable attribute of an engineer. The general impression of engineers is doing things by the book, rather than writing the rules.

However, nothing could be further from the truth. Today's engineers have more opportunities to be creatively engaged than most. With growing technology, the scope of innovation and its implementation has improved. Students often indulge in their books and don't let their imagination work. I would say that open up your mind and let it explore the worlds untouched. Being an engineer is not limited to being innovative or creative but it is a necessity for the improvement of the society and that is the primary job of an engineer.

Give your club's logo in the attachment. \*

 SYC-Logo - Palla...

Give a brief description of your club. \*

Welcome to the Spirituality and Yoga Society (SYC) – a nurturing space dedicated to holistic well-being and self-discovery. We promote a balanced lifestyle through yoga, meditation, and spiritual knowledge, aiming to enhance physical flexibility, mind-body balance, strength, and mental wellness. Our community-focused initiatives include donation-based classes, workshops, and healing arts services, all designed to foster self-love, reduce stress, and create a harmonious mind-body-spirit connection. Join us in cultivating inner peace and contributing to the overall well-being of our community.

## Section 3



Kindly provide a few clear, captivating, candid pictures of your club activities with smiling faces. \*

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## Section 4

## Highlighted event

## Expressions

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→ Know More



Give names, pictures, and brief descriptions of important events.

## Yoga Day Celebration

Description:-The Spirituality and Yoga Society (SYC) event on June 21, 2023, began with Prof. RR Panda, Prof. (Dr.) Rohit Rastogi, and Ms. Ayushi Agarwal presenting a sapling to the Chief Guest, Prof. (Dr.) Sanjay Kumar Singh, who in turn gave a sapling to the guest trainer, Sh. Yogiraj Karan Bahadur. Hosted by student anchors, the event featured Dr. Singh's insights on the importance of yoga. Sh. Bahadur then explained yoga as the union of individual and universal spirit, led the audience in chanting the Gayatri Mantra and Om, and discussed the historical and practical significance of yoga, covering various poses and breathing techniques. The session concluded with feedback, certificate distribution by Prof. (Dr.) Amrita Jyoti, and remarks from Dr. Rastogi, ending with laughter yoga (Hasya Asan) and Shanti Path, followed by snacks for participants and guests. The session was well-received and beneficial for all attendees.

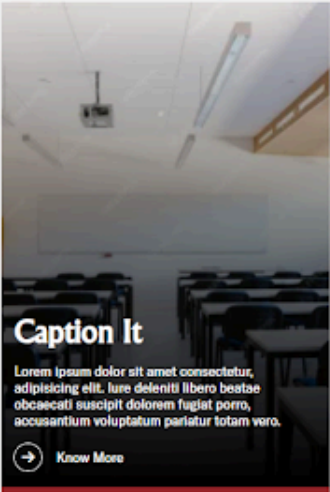
Give representative picture of Flagship event.



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Section 5


## Past/Upcoming Events



### Caption It


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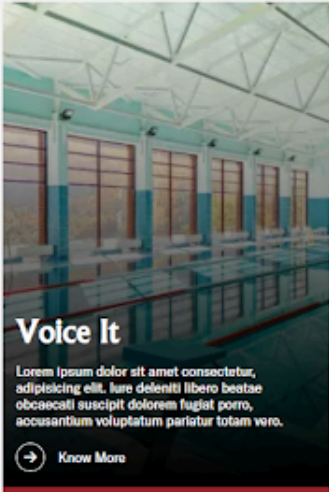
 Know More



### Mudde Pe Charcha


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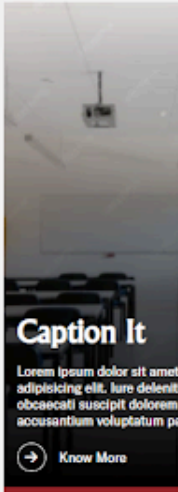
 Know More



### Voice It


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 Know More



### Caption It

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 Know More



1. Give 4 to 8 event titles.

2. 4 to 8 event descriptions in a few short paragraphs and full event details for the next page.

#### 1. International Yoga Day Celebration

description: The SYC event on June 21, 2023, was a profound exploration of yoga's spiritual and physical dimensions, led by the esteemed trainer Shri Karan Bahadur. He began by elucidating yoga as the harmonious union of individual and universal spirit, engaging the audience in a dialogue about their personal interpretations. This was followed by a serene session of chanting the Gayatri Mantra and Om, setting a reflective tone. Shri Bahadur delved into the historical and scriptural significance of yoga, emphasizing its impact on mental and hormonal balance. He introduced various forms of yoga, including Ashtanga and Sukshma Yoga, detailing poses like Khadi Chakra, Vasisthasana, and Anulom-Vilom, each aimed at enhancing flexibility, concentration, and overall well-being. Integrating Ayurvedic principles, he highlighted the interconnectedness of doshas, dhatus, and malas, advocating for holistic health. The session also featured an insightful address by Prof. (Dr.) Sanjay Kumar Singh on the vitality of yoga in daily life. Concluding with lively feedback, laughter yoga, and a communal Shanti Path, the event left participants rejuvenated. The distribution of certificates and a convivial snack session capped off this enriching experience, marking it as a memorable and beneficial gathering for all attendees.

#### 2. Seminar on INDIAN HERBAL,HISTORY AND IMPORTANCE (Swastha-Bharat)

description: The speaker commenced with an insightful introduction into the realm of traditional medicines, engaging the audience with questions about their historical knowledge. He elucidated the essence of "traditionals," and detailed various traditional medicine systems, including AYUSH - India's ancient medical wisdom. The discussion spanned a range of practices such as Sowa Rigpa, Siddha, Unani, Homeopathy, Naturopathy, Yoga, and Ayurveda, providing a chronological perspective on their development. Highlighting the significance of traditional medicines, he emphasized their role in offering indigenous, affordable healthcare solutions that effectively cure diseases and promote overall wellness. The webinar proved to be an enriching and beneficial experience for all, with 111 first-year CSE students actively participating.

#### 3. Quiz on 'READ NATURE'S MEDICINE'

description: The event aims to raise awareness about the link between disease outbreaks and intensive aquaculture, emphasizing the historical use of medicinal plants in treating diseases. It highlights the potential of using these plants in aquaculture as eco-friendly alternatives to antibiotics, enhancing immune status and controlling fish diseases. Objectives include facilitating preclinical research to scientifically validate herbal medicines and supporting the discovery and authentication of Indian herbal products to enhance their commercial value and international market penetration. Participants will learn about the benefits of herbal remedies for preventing and curing diseases, relieving symptoms, boosting energy, promoting relaxation, and aiding in weight loss. These remedies are cost-effective, accessible, and, when used as prescribed by qualified naturopaths, offer natural healing with reduced risk of side effects, showcasing the safety and versatility of experimenting with different herbs for health benefits.




#### 4. Session on "Relaxation Techniques for Stress Management and Art of Happiness"


description: The session commenced with warm greetings from anchor Ms. Rhea S. Srivastava, Assistant Professor, CSE. Chief Guest Prof. (Dr.) Ritu Chauhan, former District Counselor with NACO, Haridwar, was honored with a gift of a sapling by HoD-CSE, Prof. Divya Mishra. Ms. Rhea then introduced the esteemed speaker, marking the beginning of an enlightening session. The speaker opened with a discussion on patriotism and fostering open-minded families, engaging the audience with questions and sharing personal experiences on raising resilient children. She emphasized the importance of nurturing strong, principled individuals like Jijabai did with Shivaji Maharaja. Addressing the rise of Attention Deficit Hyperactive Syndrome among youth, she suggested extending attention spans through prolonged task engagement. The speaker highlighted yoga's benefits for stress management and health improvement, elaborating on its four pillars and eight limbs, including yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and Samadhi. She provided insights into various breathing techniques and extolled the virtues of 'Yog Nidra,' which can cure insomnia, alleviate stress, and eradicate exhaustion in just 45 minutes. The program concluded with a powerful keynote address and a rejuvenating 'Yog Nidra' session, leaving every participant fully rested and revitalized.


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1. Attached are 4 to 8 main thumbnail images for each event and a few secondary images for each event organized by your department, as shown in the pic.


2. Save the images with event names.


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## Section 6

### Video Gallery



Give a few short videos representing your club activities with the smiling faces of students.

 vedio\_sync - Palla...

## Section 7

### How To Join



Every year, in month of August, the Club circulates the volunteer forms for the new members. Similarly, a separate form for becoming a team member is floated. Club faculty team invites all the students who give consent for the team members on various positions and conducts an interview session. Based on the interview, judges nominate the club team for the next session. The nomination of the club team is with the consent of previous club student head, secretary and joint secretary.

You can also find us here :



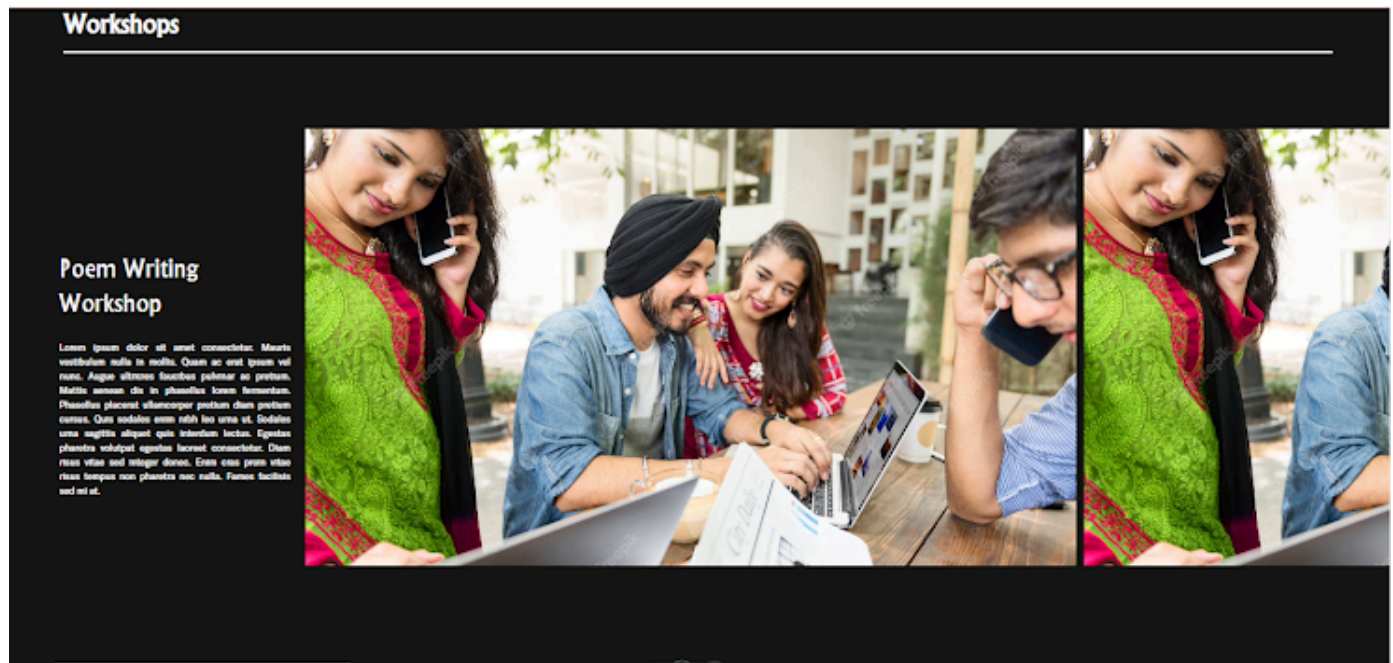
Give directions and conditions for joining your Club and Club social media handle links. \*

1. Take part in the recruitment drive.
2. If you miss it, reach out to the GS or JS to join.
3. Join the WhatsApp group.
4. Follow our social media handles.

Social media handles

@syc\_abesec both on instagram and facebook

## Section 8



Give a few workshop titles and brief descriptions.


1. Workshop on "Upa-Yoga Introductory Program" Powered by Isha Foundation


description:- The session commenced with the speaker introducing himself and elucidating the profound essence of yoga and its pivotal role in life. He shared insights into the renowned Isha Foundation, spearheaded by the venerable Sadhguru Jaggi Vasudev, who is also an ardent advocate of the Save Soil movement and a dedicated volunteer at the foundation. The speaker highlighted crucial considerations for practicing yoga, followed by an educational video showcasing various Upa Yoga techniques, including arm and neck movements, and breathing exercises like Anulom-Vilom, Nadi Shuddhi, Pingala, Ida, and Sambhavi Mudra. A recorded narrative by Sadhguru himself further enriched our understanding of yoga's benefits and the global outreach of the Isha Foundation's Inner Engineering program. He touched upon the legendary figure of 'Adi-Yogi' Shiva, revered as the progenitor of yoga. The interactive session concluded with enthusiastic feedback from students and a mantra shared by Dr. Rohit Rastogi to foster inner peace. The event was rounded off with a token of appreciation presented to Mr. Karan Thakur for his enlightening participation.

2. Workshop on "MaitriShaktiPravaah"


description:- The Spiritual and Yoga Society (SYC) of ABESEC, Ghaziabad, in collaboration with the Unnat Bharat Abhiyan Wing, is hosting an enlightening session titled "MaitriShaktiPravaah" on 13th October, 2022. The session will be led by Mitra Prawesh, an economics and statistics lecturer who is also a volunteer of MaitriBodhParivaar and a lifelong learner guided by his spiritual mentor, Maitreya Dadashreeji. Mitra is also passionate about arts including painting and photography. The session aims to explore the transformative power of MaitriShaktiPravaah, a unique energy transfer process that promotes self-discovery by clearing blockages, enhancing emotional stability, improving decision-making, and fostering a joyful state. Additionally, the session will cover the 'Managing Stress in Life' module, addressing the causes of stress and concluding with a spiritual practice aimed at holistic well-being.


Give workshop pictures with names saved as per the workshop titles.


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## Section 9

## Partnerships

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Give any partnership descriptive details along with titles.

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Add a few pictures of partnerships or Creatives if needed.

## Section 10

## Projects

### Clean Ganga

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Mention a few projects your clubs did, along with the title and brief description.

Give a few images of the projects completed or ongoing by your Club.

## Section 11

## Student Co-ordinators

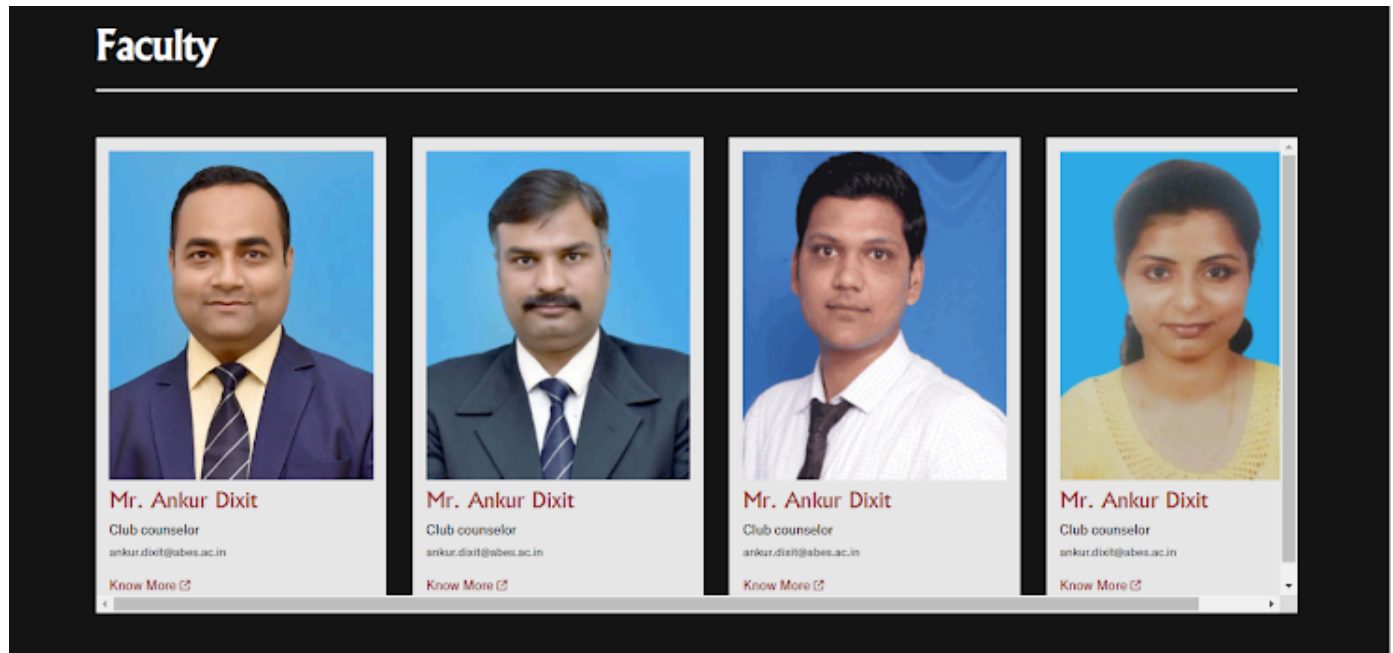
Departments	Editorial	Designing
<ul style="list-style-type: none"> <li>• Anshika Kumar (EN 4th)</li> <li>• Saurabh Tripathi (ME 4th)</li> <li>• Vikas Yadav (ME 4th)</li> <li>• Anjali Sharma (EN 4th)</li> </ul>	<ul style="list-style-type: none"> <li>• Kartik Maheshwari Editor(ME 3rd)</li> <li>• SKalyani Divedi (IT 2nd)</li> <li>• Kartik Thapliyal (CS 2nd)</li> <li>• Deepansh Srivastava (EN 2nd)</li> <li>• Anubha Saxena (CEIT 2nd)</li> </ul>	<ul style="list-style-type: none"> <li>• Anshika Kumar (EN 4th)</li> <li>• Saurabh Tripathi (ME 4th)</li> <li>• Vikas Yadav (ME 4th)</li> <li>• Anjali Sharma (EN 4th)</li> </ul>

Give the list of all student coordinators along with their designations. \*

General Secretary	Rohan Tyagi
Joint Secretary	Vaibhav Agrawal
Treasurer	Utkarsh Agrawal
Event Management-Head	Vanshika Garg
Event Management-Volunteer	Ansh Shukla
Event Management-Volunteer	Suyash Kumar Jaiswal
Promotion -Head	Divyansh Kumar Upadhyay
Promotion -Volunteer	Divyanshu Pandey
Promotion-Volunteer	Riddhi Saraf
Registration-Head	Lakshay Yadav
Registration- Volunteer	Ankit Rai
Registration-Volunteer	Gaurav Sharma
Social Media- Head	Anshika Kela
Social Media- Volunteer	Shivani Kumari
Social Media- Volunteer	Tushar Jindal
Designing -Head	Pallavi Rajput
Designing -Volunteer	Shreshtha Rastogi
Designing- Volunteer	Chitra Pandey
Content-Head	Hritik Saxena
Content-Volunteer	Vishal Kumar Verma
Content- Volunteer	Sarthak Gupta



## Section 12



Give the list of all Faculty coordinators and their designations to the club committee.

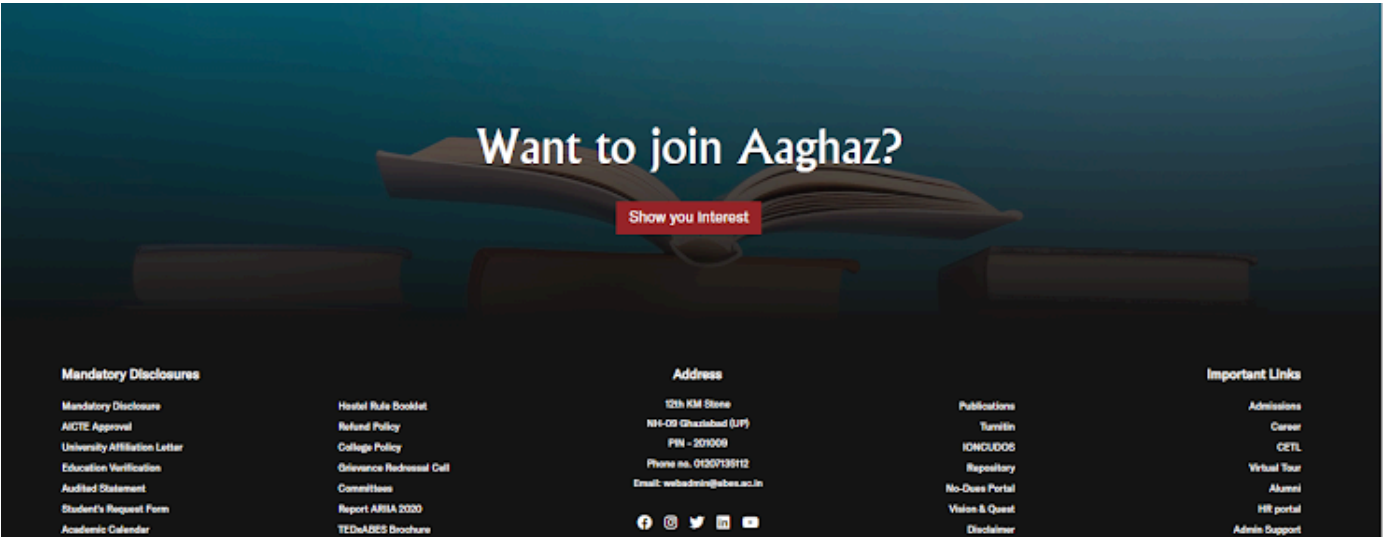
Dr. Shweta Chaudhary (club counsellor)  
 Ms. Madhvi Gaur (CSE)  
 Ms. Anshika Agarwal (IT)  
 Mr. Sumit Maheshwari (EN)  
 Mr. Rahul Verma (ME)  
 Mr. Navneet Sharma (ECE)  
 Ms. Pooja Singhal (CS)  
 Dr. Dhyandendra Jain (CS-AIML)  
 Ms. Seema Luthra CSE-DS)  
 Ms. Pinki Sharma (CE)  
 Mr. Ankit Sharma (SEEP)

Give pictures of all faculty coordinators saved by their names and designations on the club committee.

✓ Dr. Shweta Chau...



Section 13



Give pointers for the form for the interested candidates along with club contact details.

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