



# POORNIMA

## COLLEGE OF ENGINEERING

### REPORT

### ON

### WISE SPORTS CLUB “SHAKTI”

Maintaining the stable state of mind is an important aspect of life. Disturbances in it may lead to many problems. Keeping this in mind, a Yoga introductory session was organised at Poornima College of Engineering, Sitapura, Jaipur under **WISE Sports Club “SHAKTI” on Friday i.e. on March 27, 2015.**

The main objective behind the session was to prepare students to become healthier, saner and more integrated member of the society and of the nation.

The session was started with a Power Point Presentation on WISE describing the vision, mission, objectives, aims, and sports cluster by Ms. Sonal Rhode student of first year, IT branch which was followed by a documentary on ‘Women Empowerment’ prepared by Aishna Sudhanshu student of fourth year, Electronics and Communication Department. The documentary shows the various roles played by a women in different spheres of life. Itemphasis on the problems faced by women. Through this documentary they were also introduced to the great women achiever to encourage them to follow the same path.

Then, some Yoga practices were demonstrated by Dr. Sonal Chopra. She had also introduced some of the Naturopathic treatment which students can perform everyday

Dr. Om Prakash Sharma while addressing the students emphasized that a person is said to be healthy if he/she is mentally alert, emotionally sound and socially effective.

Mrs. Renu Singhi Advisor PAA appreciated the effort of WISE team.



