



POST-EVENT REPORT FORM



PREPARED BY
THE INTERNAL QUALITY ASSURANCE CELL,
SILIGURI INSTITUTE OF TECHNOLOGY
A NAAC ACCREDITATED INSTITUTION

MARCH 3, 2022



SILIGURI INSTITUTE OF TECHNOLOGY
HILL CARD ROAD, P.O. SUKNA
SILIGURI – 734 009

Post – Event Report Format

- 1. Name of the event:** Meditation and Yoga Session
- 2. Event Date:** 3rd April, 2024
- 3. Event Time, Venue:** 4:00 PM to 5:30 PM, Basket Ball Ground, SIT
- 4. Mode of Online / Offline:** Offline
- 5. Objectives of the Event:** To improve physical as well as mental health of the newly admitted students of B.Tech 1st year 2nd semester 2024 and also provide peace of mind.
- 6. Speaker details (a) National (b) International including country:**
Prof. Dr. Anirban Bhunia
Pramukh Acharya Samarpan Meditation
&
Department of Biophysics
Unified Academic Campus, Bose Institute
EN-80, Sector V, Bidhan Nagar
Kolkata - 700 091, India
- 7. Target Audience:** All the B.Tech 1st year 2nd semester 2024
- 8. Total No. Participates (Students) – 248**
- 9. Total No. Participates (Faculty / Staff) – Faculty: 13 Staff: 06**
- 10. Geo -Tagged photographs (2-3) with captions:**





11. **Outcome:** The students were enriched by the two sessions and they learnt the art of living in the practice of yoga and meditation which they will apply in their life.
12. **Keep take aways by the attendees:** The attendees have learnt the approach to a balanced work life and enjoy yoga as not an exercise of body but of body mind and spirit
13. **Whether the speaker of eminence is further contacted by the Department for future support like expert talk, Key note talk, Research Collaboration, Advisor for Innovative Lab / Board of Study Member / Initiative for Memorandum Of Understanding,/ Summer Training Opportunity / Internship Opportunities:**
14. **Further follow up initiatives taken by the Department for future support from the Speaker of Eminence:**
15. **Budget (i) Statement of Expenditure:** Rs 2200/- (Two thousand and two hundred only) has been approved by the Honorable Principal, SIT for the local expenses. All the other expenditure has been done internally by the administrative section of college authority.
 (ii) **Utilization of Certificate:** Participation certificate has been given to the students

Name and Signature of Convenor

Name and Signature of Principal