

**EVENT REPORT**

**Name of Event:** World Environment Day celebration (on the eve of)

**Date of Event:** June 03<sup>rd</sup>, 2022 (Friday)

**Time:** 11:00 PM - 2:30 PM

**Organized by:** IIC and Value Education Cell- ITS Engineering College, Greater Noida

**Coordinator:** Dr. Kuldeep Malik (Assistant Professor-CSE Department), Dr. Praveen Chandra Jha (Associate Professor-ASH Department), Mr. Sachin Sachin (Assistant Professor-MBA Department) and Mr. Prabhakar Sharma (Assistant Professor-ECE Department).

**Eminent Speaker/Guest:** Shri R.P. Raghuvanshi, Editor and Founder Chetna Manch and Shri Mahendra Dev Singh, ACP I, Greater Noida

**Objective:** The main objective of this program was to understand the importance of healthy environment and its protection.

**Report:**

On the eve of the upcoming World Environment Day, a discussion titled Environment: Solutions and Challenges was organized at ITS Engineering College today in which Shri R.P. Raghuvanshi, Editor and Founder Chetna Manch and Shri Mahendra Dev Singh, ACP I, Greater Noida participated.

The program was inaugurated by Dr. Kuldeep Malik, Chairman, Veda Foundation and Professor, ITS Engineering College with his welcome address. In his address, Dr. Malik welcomed all the guests and requested them to extend their support to every citizen for the environment.

As chief guests, Shri R.P. Raghuvanshi and Shri Mahendra Singh Deo highlighted the current environmental crisis and advised everyone to spread awareness about it. On this occasion, 35 people were also honoured with the Environment Warrior Award for their significant contribution to the protection of the environment. Among those who received the honour were Shri Devendra Kumar, Shri Satyaveer, Shri Arvind, Shri Rakesh and Shri Sitaram, 5 gardeners of IPS Engineering College, and Dr. Mohit Saxena, Dr. Praveen Jha and Dr. Navneet Chaudhary, 3 teachers of the College.

Among those who received the Paryavaran Warrior Award are Aditya Solanki from the fourth year of the college, Aastha from the third year, Abhulib Khan, Baljit Singh Ayush Ranjan and Shivam Pandey, Kuldeep Kumar Varun, Gaurav Morea, Divyansh Singh, Aditya Prakash Chauhan, Devanshu Pandey, Kanchan Gupta and Prashant Kumar from the second year and Geetanjali, Vansh Agarwal, Pranav Thakur from the first year, Nikhil Kumar, Ankit Kumar, Prashant Bhati, Tani Sharma, Rajendra Singh, Shreshtha Sharma, Ajandra Singh and Sabiha Shahana were among those present.

  
Director  
ITS Engineering College  
Greater Noida

At the end of the programme, Prof. Sachin Sinha expressed his gratitude to all the guests and the members who have been honored with the Paryavaran Warrior Samman. On this occasion, the Director of the College, Dr. Mayank Agarwal ji along with all the teachers, planted saplings in the college premises and gave a message of environment protection to everyone.

**Program Outcome:** Student are motivated about Plantation and to protect environment from various types of pollution.

**Program attendance:** 185 students + 31 Faculty and Staff

(Program  
Coordinators)

Dr. Kuldeep Malik  
Dr. Praveen Chandra Jha  
Mr. Sachin Sinha  
Mr. Prabhakar Sharma

**Workshop Banner:**

**MoU's INNOVATION CELL**  
GOVERNMENT OF INDIA

**ITS ENGINEERING COLLEGE**  
GREATER NOIDA

**INSTITUTE INNOVATION COUNCIL**  
ITS ENGINEERING COLLEGE  
GREATER NOIDA  
*Celebrates*  
**World Environment Day**  
पस्चिर्चा : पर्यावरण चुनौतिया एवं अभिनव समाधान

**पर्यावरण योद्धा सम्मान वितरण समारोह**  
**Resource Persons :**  
**Mr. R. P. Raghuvanshi**  
Editor and Publisher of  
Chetna Manch (Daily newspaper, Web Portal and Digital Channel)  
**Mr. Mahendra Singh Dev**  
ACP (First), Greater Noida

**Mr. R. P. Raghuvanshi**  
**Mr. Mahendra Singh Dev**

*Mayank*  
Director  
ITS Engineering College  
Greater Noida



**Schedule:**

**Innovation Council & VE Cell, ITS Engineering College**

**World Environment Day Celebration**

**Event Time: 11:00am to 12:30pm**

<b>Venue:</b>		
	<b>Expert talk in Naidu Hall</b>	<b>Trees plantation in college ground</b>
	<b>Timing</b>	<b>Event/activity</b>
<b>FRIDAY(03.06.2022)</b>	11:00 to 11:05	Informal Introduction by anchors
	11:06 to 11:09	Lamp lightening
	11:10 to 11:15	Video play (Extra ordinary contribution)
	11:16 to 11:20	Welcome Guests
	11:21 to 11:26	About the programme by Dr. Kuldeep Malik
	11:27 to 11:30	Address by Director Sir (Dr. Mayank Garg)
	11:31 to 11:40	Expert talk by Mr. Mahendra Singh Dev on "Paryavaran chunautiya and abhinav samadhan"
	11:41-11:50	Expert talk by Mr. R.P Raghuvanshi on "Paryavaran chunautiya and abhinav samadhan"
	11:51 to 11:53	Ex-student 1 Experience and contribution for environment
	11:54 to 11:56	Ex-student 2 Experience and contribution for environment
	11:57 to 12:05	Environment Warrior Award announcement by Dr. Kuldeep Malik
	12:05 to 12:10	Felicitatation to Guests
	12:11 to 12:15	Pledge of "Swatchh bharat, harit bharat harit saphat"and Vote of thanks by Mr. Sachin Sinha
12:15 to 12:45	Trees plantation in college ground	

*Mayank*

**Director  
ITS Engineering College  
Greater Noida**

**Some Pictures:**



*Kayaw* Director  
ITS Engineering College  
Greater Noida



*V. Jayan*  
Director  
ITS-Engineering College  
Greater Noida



*Nayan*

Director  
ITS Engineering College  
Greater Noida



The Education Group  
Ghaziabad • Greater Noida  
(Estd . 1995)

# I.T.S ENGINEERING COLLEGE GREATER NOIDA

(A NAAC Accredited Engineering College)

explained stress, its types, causes and effective management with some basic breathing exercises to overcome the stress in our routine life. She also demonstrated the consequences of our bad lifestyle, bad habits and junk food habits. She handled diseases related queries of engineering students, faculties and suggested yoga exercises/breathing techniques and mudras for their physical and mental problems.

At the end of the program, Mr. Prabhakar Sharma (Assistant Professor-ECE Department) gave a vote of thanks to all for their support and coordination.

## About YOGA

Yoga is a priceless gift of ancient Indian tradition. The word "**Yoga**" is derived from the Sanskrit root Yuj meaning "to join", "join" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human beings and nature, and a holistic approach to health and well-being.

## **One Week Yoga Event**

1. Students will practice yoga at home 15-30 minutes daily, they can also share collage of four/five asanas as per daily event.
2. Students will share Pdf performing various poses on whatsapp group (Collage of five asanas 1. Vrikshasana 2. Sheershana 3.Halasanana 4. Ustrasana 5. Padmasana) to class counselor latest by 20 June 12:00P.M.
3. Share your one minute video performing these asanas in the same sequence to class counselors by 20 June 12:00PM.
4. Please check your background while making video and picture collage as we will share selected it on social media platforms too.
5. Five days yoga asans practice as follows:

*Day 1: 16.06.22 : Breathing Exercises*

*Day 2: 17.06.22 : Standing Poses*

*Day 3: 18.06.22 : Sitting Poses*

*Day 4: 19.06.22 : Prone Poses(Lying on the Abdomen)*

*Day 5: 20.06.22 : Supine Poses(Lying on the back)*

*Day 6. 21.06.22 : Pranayama exercises*

Last Day 21.06.22 We will conclude this event on 21.06.22 with "SAHAJ YOG" by Col. S.K. Kochar and team in Sardar Patel Auditorium from 11:00 to 12:30P.M.

## **8<sup>th</sup> International Yoga Day 2022 Theme**

The Union Ministry of AYUSH has kept "**Yoga for Humanity**" as the theme for International Day of Yoga 2022

You are advised to go through the **Do's and Don'ts** of yoga practice with the following link:  
<https://yoga.ayush.gov.in/blog?q=58>

  
Director  
ITS Engineering College  
Greater Noida

Registration Link: <https://forms.gle/iuY1UJHQqVLsJ6X9>

**Program Outcome:**

1. How to manage stress by simple breathing and physical exercises.
2. Motivate students to live with healthy life style.
3. To make them stable, intelligent and capable.
4. To give them right direction, right thinking to utilize their time constructively.
5. Encourage for fitness and physical activities
6. To improve alignment of their body, mind and soul.

**Program attendance:** 350 students + 27 Faculties and Staff

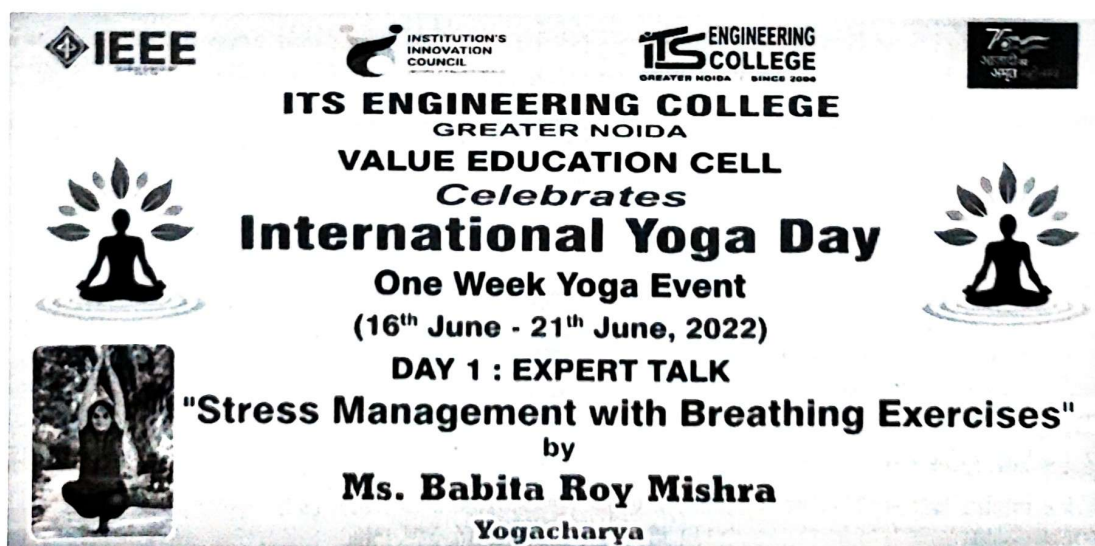
(Program Coordinators)

Mr. Sachin Sinha

Mr. Prabhakar Sharma

Dr. Kuldeep Malik

**Workshop Banner:**



The banner features logos for IEEE, Institution's Innovation Council, and ITS Engineering College Greater Noida. It includes a central text block and two yoga icons. A small photo of a woman in a yoga pose is in the bottom left corner.

**IEEE** **INSTITUTION'S INNOVATION COUNCIL** **ITS ENGINEERING COLLEGE GREATER NOIDA SINCE 2004**

**ITS ENGINEERING COLLEGE**  
**GREATER NOIDA**  
**VALUE EDUCATION CELL**  
*Celebrates*  
**International Yoga Day**  
**One Week Yoga Event**  
(16<sup>th</sup> June - 21<sup>th</sup> June, 2022)  
**DAY 1 : EXPERT TALK**  
**"Stress Management with Breathing Exercises"**  
by  
**Ms. Babita Roy Mishra**  
Yogacharya

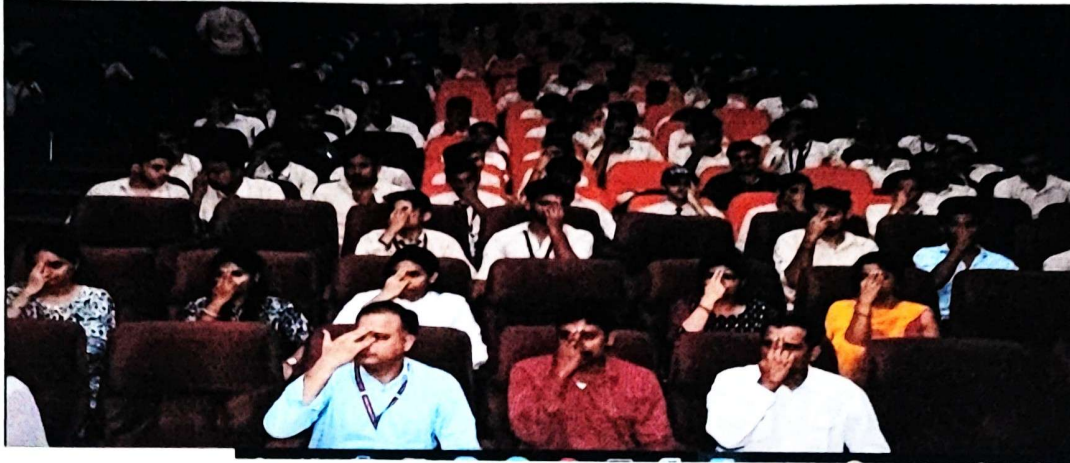
 Director  
ITS Engineering College  
Greater Noida



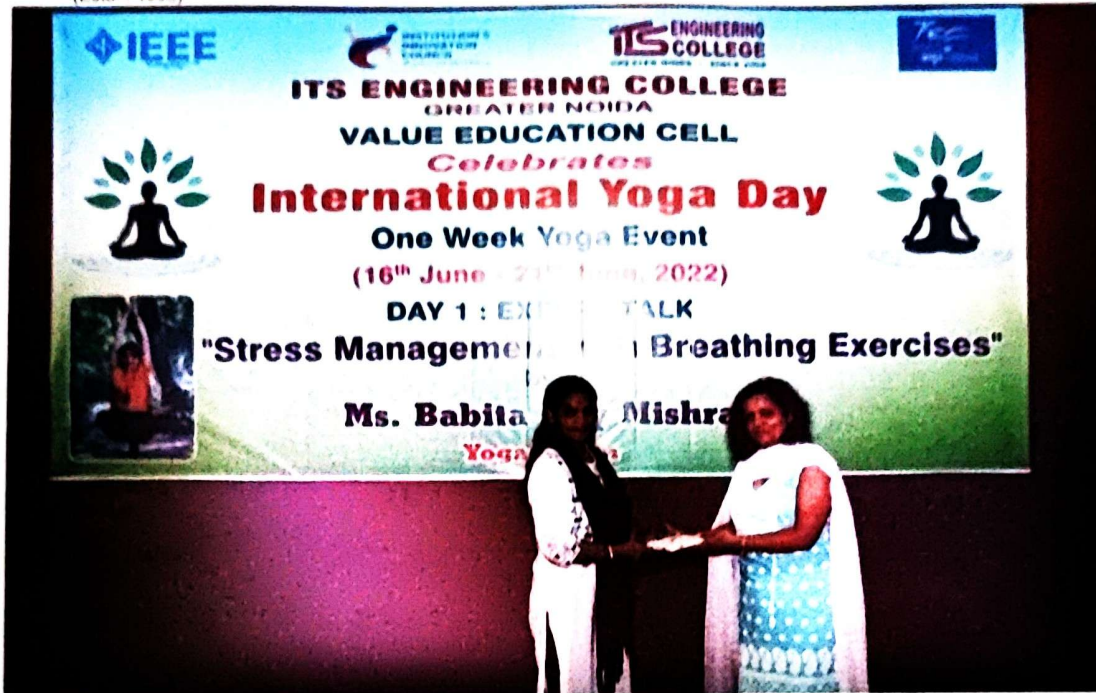
Some Pictures:



*W. Jayaram* Director  
I.T.S Engineering College  
Greater Noida



*Udayan* Director  
ITS Engineering College  
Greater Noida



*Nayana*  
Director  
ITS Engineering College  
Greater Noida