



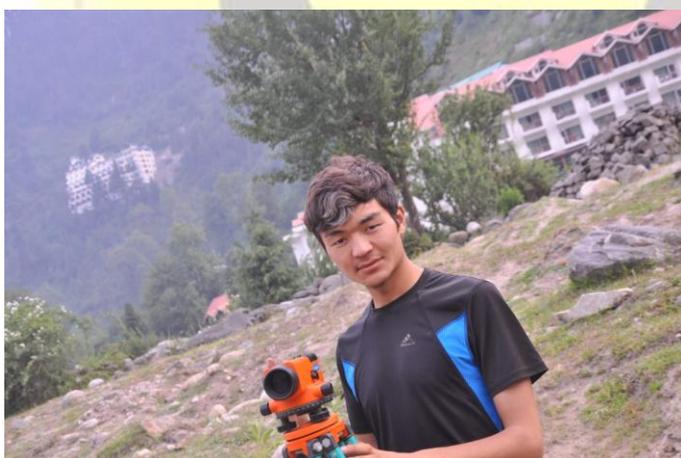
Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

News Letter of the Month **June 2018**.

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was served at Chache Da Dhaba, Kurukshetra. After an overnight journey to the destination, finally students reached to Manali and got accommodated to the "CAMP". As students were tired due to overnight journey, all the 18 students took rest up till evening after reaching Manali. During this resting period, the natural shower made the site more pleasant and a rainbow added more enthusiasm to the trip.



In the evening after taking rest, 18 Students of Civil 3rd year accompanied with two faculty members and one lab technician started with survey camp in the hilly areas of Manali. A DJ night and bonfire were enjoyed by the students beneath the silver moon surrounded by twinkling stars.

Next day after waking up early at 7 O'clock, students were ready for the survey. Theodolite and Leveling were done around the Solang, Manali in the lap of mountains up to 5 PM. After the evening tea, students visited the local sites and did forest tracking. Another DJ night with bonfire was enjoyed by the students.

Expedition to Manali

Samalkha Group of Institutions organized a five day educational survey camp for its B.Tech & Diploma 5th Sem Civil Engineering students from 4th June 2018 (Monday Evening) to 9th June 2018 (Saturday Morning) to Solang Valley, Manali and nearby places.

The survey camp started from the college campus with 18 students from Civil Engineering Department, accompanied with two faculty members and one lab technician. To add more flavors to the camp, lavish dinner



Another day after waking up early at 7 O'clock, students were ready for surveying again and travelled to Solang



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Valley. Traversing was done in surveying ground of Solang. Plane Tabling was done in Manali up to 5 in the evening. After taking evening snacks, students along with faculty members visited the markets of Manali. In the shadow of night, they reached the camp and took the dinner.

Then the very other day, students got ready for visiting Rohtang. In the afternoon, students did contouring in Rohtang, Afterwards, students rushed to the Mall Road for shopping at Manali and visited nearby places.

After their meal, students along with the faculty members rushed to the bus and travelled back to SAMALKHA GROUP OF INSTITUTIONS.



The Mountain ranges were seen during the journey & enjoyed by the students, as light began to fade out of the horizon. Students were much energized and thanked the Civil Engineering Department & SGI Management for organizing such wonderful and recreational tour.

The Camp was coordinated by Mr. Ravinder Kumar (Civil Engineering Department), Mr. Aftab Aalm (Civil Engineering Department) and Ms.Saroj Jaglan (Civil Engineering Department) who successfully managed the students throughout the whole camp. Students were very

much thankful for their cooperation and adjustments. Overall it was a tremendous, unforgettable, pleasurable camp which gave excellent memories to everyone who went there. Mr. Ajay Goyal (Chairman, SGI), C.A. Dr. Sarita Goel (Member Executive, SGI) wished the students success in future and motivated them.



Celebration of International Yoga Day

The International Yoga Day was celebrated on 21st June 2018 in the campus of Samalkha Group of Institutions. The campus community participated in this event which started early in the morning.

There was a warming up session which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the ministry. These included asanas in standing positions (such as Taadasan, Vrukasan etc.), asanas in seating position (Bhadrasan, Shashankasan etc.), sleeping position on stomach (Bhujangasan, Makrasan etc.), sleeping position (Sarvangasan, Shavasana). This was followed by Pranayama and Meditation. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind.

During this function, various yoga asanas along with the benefits explained by the Yoga Expert. He further



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emphasized on the importance of the day and stressed on the need of practicing Yoga and Yoga as a way of life.



A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily in both the mind and body. Yoga postures, Pranayama and Meditation are effective techniques to release stress.

Honorable Prime Minister, Shri Narendra Modi has always been consistent in emphasizing the need of inculcating Yoga in daily life. In fact, on the day of International Yoga Day, he stated "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change."

At the end of auspicious session of International Yoga Day, everybody took a pledge to include Yoga in one's daily routine like other necessary activities and also inspire others to include yoga in their daily routine.