St. Xavier's College Simdega

(Affiliated to Ranchi University, Ranchi)

Yoga Club

Report on Introductory Meeting of Yoga Club

The introductory meeting of the Yoga Club for the academic session 2026–27 was successfully conducted on **13 May 2026** from **11:35 AM to 12:30 PM** at the **Seminar Hall** of St. Xavier's College, Simdega.

The meeting was organised with the **objective of introducing students to the vision, objectives, and proposed activities of the Yoga Club**. A total of **30 students**, including NCC cadets, participated actively in the meeting. During the session, the **importance of yoga in maintaining physical fitness, mental well-being, discipline, and stress management** was discussed. Students were encouraged to participate regularly in yoga and wellness activities throughout the academic session.

It was decided that **all NCC cadets would also be members of the Yoga Club** to promote discipline, fitness, and holistic development among students. Interested students were formally registered as members of the club, and a **dedicated WhatsApp group was created** to ensure effective communication and coordination of future activities and programmes.

To ensure smooth functioning of the club, students were appointed to various posts of the Yoga Club as follows:

Office Bearers of the Yoga Club

Post	Name(s)
Presidents	Raunak Kumari and Adit Bage
Secretary	Amisha Dungdung
Treasurer	Meena Kandulna
Event Coordinators	Ashish Barla and Nikita Toppo

30/10/2026
Professor-in-Charge
Yoga Club
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Central Co-ordinator
Cells/Committees/Clubs
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Co-ordinator
Internal Quality Assurance Cell
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Post	Name(s)
Volunteers	Nisha Bara, Navin Soreng, Tanisha Kerketta, Seema Kumari, and Priti Bara

The meeting concluded with an interactive discussion where students shared their views and enthusiasm regarding yoga activities and future programmes of the club. Overall, the introductory meeting marked a positive beginning for the Yoga Club and reflected active student interest in promoting health, wellness, and discipline within the college campus.



30/10/2026
Dr. Amit Kumar Gupta

Roshan Kishor Gidh

30/10/2026
Professor-in-Charge
Yoga Club
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Central Co-ordinator
Cells/Committees/Clubs
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Co-ordinator
Internal Quality Assurance Cell
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)