# ST. XAVIER'S COLLEGE, SIMDEGA

## YOGA CLUB

### MINUTES OF THE YOGA CLUB MEETING




**Date:** 9 October 2026
**Time:** 3:00 PM – 3:28 PM
**Venue:** Board Room, First Floor
**Presided over by:** Dr. Amit Kumar Gupta, Professor-in-Charge, Yoga Club

### 1. Members Present

1. Dr. Amit Kumar Gupta – Professor-in-Charge, Yoga Club
2. Roshan K. Gidh
3. Adit Bage – Vice-President, Yoga Club, Department of Political Science, Semester III

### 2. Agenda of the Meeting

1. Discussion on organising a yoga practice session.
2. Discussion on the purchase of yoga mats for the club.

### 3. Proceedings of the Meeting

The meeting of the Yoga Club was held on 9 October 2026 in the Board Room, First Floor, under the guidance of Dr. Amit Kumar Gupta, Professor-in-Charge of the Yoga Club, St. Xavier's College, Simdega.

The meeting focused on planning yoga practice sessions for students and discussing the essential arrangements required for conducting the activities of the club.

30/10/26
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
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Jharkhand (INDIA)

Co-ordinator
Internal Quality Assurance Cell
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## Agenda 1: Organisation of a Yoga Practice Session

The members discussed the organisation of a yoga practice session to encourage students to adopt yoga as part of their daily routine. It was discussed that regular yoga practice could promote physical fitness, mental well-being, concentration and a healthy lifestyle among students. The necessary arrangements and scheduling of the session were considered.

### Agenda 2: Purchase of Yoga Mats

The members discussed the requirement for purchasing yoga mats to facilitate the smooth and comfortable conduct of yoga practice sessions. The need to arrange suitable mats for participating students was highlighted. The purchase of yoga mats was discussed as an essential requirement for the effective functioning of the Yoga Club.

## 4. Decisions and Action Points

1. The Yoga Club will take steps towards organising a yoga practice session for students.
2. The schedule and necessary arrangements for the yoga session will be worked out.
3. The requirement for yoga mats will be assessed, and further steps for their purchase will be initiated as per the College's applicable procedures.
4. The club members will coordinate with the Professor-in-Charge to facilitate the planned activities.

## 5. Conclusion

The meeting concluded with a commitment to promote yoga and wellness among students through the activities of the Yoga Club. Dr. Amit Kumar Gupta, Professor-in-Charge, thanked the members for their participation and contributions to the discussion.

The meeting ended at 3:28 PM.

Members

① Dr. Amit Kr. Gupta
② Roshan K. Giri
③ Adit Bage
( Vice President OF Yoga club )
Dept - Pol. Sc
Sem- III

Signature

07/10/2026

14/10/2026

Adit Bage
14/10/2026

23/10/2026

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

**Prepared by:**
**Dr. Amit Kumar Gupta**
Professor-in-Charge, Yoga Club
St. Xavier's College, Simdega

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