Ram Lal Anand College

Yoga and Meditation Committee

Event Report (Session 2021-22)

750 Million Surya Namaskar Online Celebration Inspires Unity during COVID Lockdown

12th January to 7th February 2022

NAME OF THE EVENT: 750 Million Surya Namaskar Online Celebration Inspires Unity during

COVID Lockdown

NATURE OF THE EVENT: Online Yoga

DATE AND DURATION: 12th January to 7th February 2022, Daily 7:30-8:30am

VENUE: Zoom Platform

NUMBER OF PARTICIPATING STUDENTS: 50+ participants

BRIEF SUMMARY OF THE EVENT:

Amidst the challenges of the COVID-19 pandemic and in commemoration of India's 75th year of

independence, Ram Lal Anand College, a renowned institution under Delhi University, organized a

remarkable online celebration as part of the 'Azadi ka Amrut Mahotsav' initiative. From 12th January

to 7th February 2022, the college conducted an event that united participants virtually to perform an

astounding 750 million Surya Namaskar, an ancient yoga practice dedicated to the Sun God. The online

format allowed individuals to join from their homes, fostering a sense of national pride, wellness, and

unity during the lockdown.

Highlights of the Online Celebration during COVID Lockdown:

1) Adapting to the Pandemic- The COVID-19 pandemic presented unprecedented challenges,

including restrictions on gatherings and public events. However, Ram Lal Anand College

demonstrated resilience by adapting the 'Azadi ka Amrut Mahotsav' celebration to an online

format. This allowed them to prioritize the safety and well-being of participants while

continuing the spirit of the event.

2) Encouraging Wellness during Lockdown-The online celebration aimed to promote physical

fitness and mental well-being during the COVID lockdown. Surya Namaskar, being a holistic yoga practice, offered participants an opportunity to stay active, reduce stress, and maintain a

healthy lifestyle despite the limitations posed by the pandemic.

3) Virtual Guidance and Instructions- Experienced yoga instructors and experts conducted live

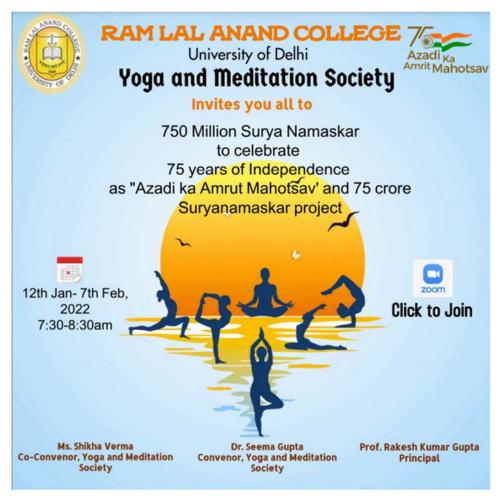
virtual sessions to guide participants through the 12 postures of Surya Namaskar. These

instructors adapted their teaching methodologies to cater to the online audience, ensuring that

everyone could follow the routines with ease.

- 4) Inclusivity and Participation-The virtual format of the event made it accessible to people across India and even from other countries. Participants of all ages, backgrounds, and physical abilities were encouraged to join, fostering a sense of inclusivity and unity during a time when physical gatherings were restricted.
- 5) Spreading Positivity and Patriotism- At a time when the world was grappling with the pandemic's challenges, the online celebration served as a beacon of hope and positivity. Speakers and organizers emphasized the importance of preserving India's independence and promoting unity to overcome collective challenges.

Ram Lal Anand College's 'Azadi ka Amrut Mahotsav' online celebration, featuring 750 million Surya Namaskar, stood as a testament to resilience and adaptability during the COVID-19 lockdown. The event united individuals from different corners of the country and beyond, fostering a spirit of patriotism, wellness, and togetherness despite the physical distance. By encouraging physical fitness and mental well-being during trying times, the college showcased its commitment to the nation's welfare and its values. This extraordinary online celebration will be remembered as a significant milestone in commemorating 75 years of India's independence amidst the challenging circumstances posed by the pandemic.



Event Report (Session 2021-22)

Mass Surya Namaskar Demonstration on the occasion of Makar Sankranti 14th January, 2022

NAME OF THE EVENT: Mass Surya Namaskar Demonstration on the occasion of Makar Sankranti 2022

NATURE OF THE EVENT: Online Event

DATE AND DURATION: 14th January, 2022

VENUE: On Google Meet

NUMBER OF PARTICIPATING STUDENTS: 29 participants (Event was attended by Students /Teaching/Non-Teaching staff and also their family members)

BRIEF SUMMARY OF THE EVENT:

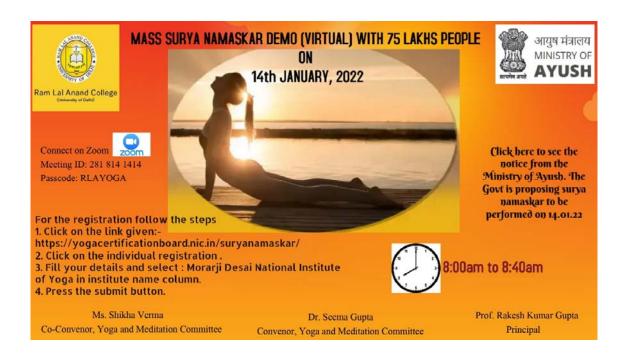
The Ministry of AYUSH, an Indian government body responsible for promoting traditional systems of medicine and holistic well-being, organized a momentous event on the auspicious occasion of Makar Sankranti, 14th January 2022. The event aimed to promote the ancient practice of Surya Namaskar, also known as Sun Salutation, on a global scale.

The event aimed with the following objectives:-

- 1) Cultural Exchange: Participants from diverse backgrounds and cultures came together to celebrate an ancient Indian practice, fostering global cultural exchange and unity.
- 2) Creating Awareness: The event sought to raise awareness about the benefits of Surya Namaskar and its role in promoting a healthy lifestyle.

The event witnessed an overwhelming response from participants where there were students from various departments/ teaching and non-teaching staff and even family members were present for the same. It was a resounding success. The event not only promoted physical fitness and mental well-being but also symbolized unity in diversity by bringing together participants from different cultures. By celebrating this ancient yogic practice on such a grand scale, the event effectively highlighted the importance of embracing traditional wisdom for a healthier and more holistic lifestyle.

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Event Report (Session 2021-22)

Online Yoga Fitness Camp-Begin to Breathe 1st September, 2021 to 28th February 2022

NAME OF THE EVENT: Online Yoga Fitness Camp-Begin to Breathe

NATURE OF THE EVENT: Online Event

DATE AND DURATION: Six Months (1st September, 2021 to 28th February, 2022)

VENUE: On Zoom platform

NUMBER OF PARTICIPATING STUDENTS: 110 participants (Event was attended by Students /Teaching/ Non-Teaching staff and also their family members)

BRIEF SUMMARY OF THE EVENT:

Amid the challenges posed by the COVID-19 pandemic, the Yoga and Meditation Society of Ram Lal Anand College took the initiative to promote the physical and mental well-being of its students and members through Monthly Online Yoga Classes for the duration of six months from 1st September, 2021 to 28th February 2022. This event was designed to provide a regular opportunity for participants to engage in yoga practice from the safety and comfort of their homes.

The Camp had the following objectives:

- Foster Holistic Wellness: The primary objective of the Monthly Online Yoga Classes was to
 foster holistic wellness by encouraging participants to embrace a regular yoga routine. The
 classes aimed to address both physical fitness and mental well-being during these challenging
 times.
- 2) Adaptation to COVID-19 Restrictions: With in-person gatherings restricted due to the pandemic, organizing virtual yoga classes allowed the college community to stay connected and maintain their wellness journey.

The Monthly Online Yoga Classes received an enthusiastic response from the college community. Participants reported various positive impacts, including increased flexibility, reduced stress levels, improved focus, and enhanced overall well-being. The regularity of the classes allowed participants to develop a consistent yoga practice, leading to better physical and mental health outcomes. By providing a consistent platform for yoga practice and mindfulness exercises, the event contributed significantly to the community's health and resilience during challenging times. The positive feedback and active participation in these classes underscore the importance of continuing such efforts to support the overall well-being of the college community, even beyond the pandemic era.



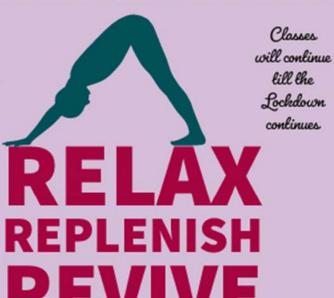
YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising ONLINE YOGA classes

7.30 am-8.30 am (Monday-Saturday) 6:00 pm-7:00 pm (Monday- Friday) 1st-31st September 2021

*Open for all the students and staff of Ram Lal Anand College

Family members of the students are also welcome to join and get benefited



To join register at:

https://forms.gle/DaSuJ99oFeXaCWrX7

Zoom link

https://zoom.us/j/2818141414pwd=VmxDZ1lOaEs4NlV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

e certificates to regular participants will be provided

Dr. Seema Gupta Convenor Dr. Rakesh K Gupta Principal



Begin to breathe.....



✓ Students , Teachers and Non-Teaching Staff are invited to join the camp.

Family members of the participants can also join and get benefited.

01st October, 2021

Click Here to Register

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma Co-Convenor

Dr. Seema Gupta Convenor

Dr. Rakesh Kumar Gupta **Principal**

E- Certificates to all regular participants



01st November, 2021

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma Co-Convenor Dr. Seema Gupta Convenor Dr. Rakesh Kumar Gupta Principal



Ms. Shikha Verma

Co-Convenor

Dr. Seema Gupta Convenor

Dr. Rakesh Kumar Gupta Principal



01st January, 2022

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

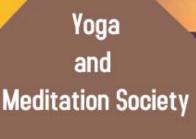
Ms. Shikha Verma Co-Convenor Dr. Seema Gupta Convenor Dr. Rakesh Kumar Gupta Principal

Click Here to Register





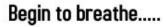




is organising









MON TO SAT (7:30-8:30am)

Students, Teachers and Non-Teaching Staff are invited to join the camp. Family members of the participants can also join and get benefited.

Click Here to Register

01st February, 2022

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

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106	Prince	Male	prince.ps2099@rla.du.ac.in	9311891311	RLA Student
107	Bharti	Female	bhartigola69@gmail.com	9318439345	Family Member of the RLA Fraternity
108	Shubham Sharma M	Male	shubham3593bcomh@rla.du.ac.in	9944032344	RLA Student
109	Sakshi Verma	Female	sakshi4512@rla.du.ac.in	08882470380	RLA Student
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Event Report (Session 2021-22)

Webinar on Tips for Healthy Heart and Happy Mind on the Occasion of World Heart Day 2021

NAME OF THE EVENT: Webinar on Tips for Healthy Heart and Happy Mind on the Occasion of

World Heart Day 2021

NATURE OF THE EVENT: Invited Lecture

DATE AND DURATION: 29th September, 2021

VENUE: On Google Meet

NUMBER OF PARTICIPATING STUDENTS: 91 + participants

Event was attended by Students/Teaching/Non-Teaching staff and also their family members

BRIEF SUMMARY OF THE EVENT:

Yoga and Meditation Committee organized an online webinar on 29th September, 2021 (from 11:30am to 12:30pm) on the Occasion of World Heart Day. Invited Guest for the event was Dr. Mohit Gupta (Cardiologist from GB Pant Hospital and also Professor by Occupation). He is currently working as Professor of Cardiology in GB Pant Hospital and has an experience of more than 20 years. Youngest member of the faculty, Dr Gupta has a distinct achievement of getting more than 18 gold medals and 5 silver medals in his medical career. He was honored by the hospital for outstanding services to the patients for the year 2005. In October 2006, he was awarded young scientist of the year by the Association of physicians of India. He was recently awarded with the Prestigious "Agra-Ratna" award by Honorable Chief minister of Delhi for distinguished medical and social services to the society. He has done a study of Heart risk to COVID-19. He has given more than 500 lectures and conducted symposiums all in Oxford and Cambridge.

Dr. Mohit discussed various tips on how to keep your heart healthy and update your daily routine and focus on a healthy lifestyle. During the session he discussed healthy and holistic life in Covid and other times and how the three pillar of Health plays a very important role: Proper nutrition, Good and sound sleep and Exercise. Practicing Emotional hygiene, brain benefits of workouts, daily healthy routine, nutritional psychology were also emphasized during the session.

The event was attended by the students, Teaching and Non-Teaching Staff and also the members of RLA and other colleges of Delhi University.

The event was a resounding success, and was concluded upon the Vote of Thanks by Prof. Rakesh Kumar Gupta (Principal), Dr. Seema Gupta(Convenor) and Ms. Shikha Verma(Co-Convenor) of Yoga and Meditation Committee of Ram Lal Anand College, University of Delhi.



Ram Lal Anand College YOGA & MEDITATION SOCIETY



PRESENTS

Webinar on

Tips for Healthy Heart and Happy Mind on World Heart Day 2021





29 September, 2021

11:30am-12:30pm

CLICK HERE TO REGISTER

E-Certificates to all participants

Prof. Dr. Mohit Gupta

DM Cardiology, GB Pant Hospital

Known for Professor of Cardiology and 18 gold medals in medical field.

Co-Convenor Ms. Shikha Verma Convenor Dr. Seema Gupta

Principal Dr. Rakesh Kumar Gupta

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Dr Mohit D Gupta FACC, FSCAI, FESC Professor of Cardiology GB Pant Hospital and MAM College









Being one of the youngest Faculty member, Dr Gupta has a distinct achievement of getting more than 18 gold medals and 5 silver medals in his Medical career proving his excellency.

He was honoured by the hospital for outstanding services to the patients for the year 2005.

Press | Esc | to exit full screen



Distinguished Awards and Achievements





Agra Ratna

He was recently awarded with Prestigious "Agra-Ratna" award by Honorable Chief minister of Delhi for distinguished medical and social services to the society.



Publications

He has more than 130 research items in journals of national and international and besides intervention cardiology, he has extensive interest in Genetic research and is carrying various projects with institutions of repute.



Spirituality

A strong advocator of spirituality, Dr Gupta has been associated with Brahma Kumaris World Spiritual University since his childhood and practices Rajyoga meditation everyday. He believes that practicing spirituality with correct and scientific understanding is the key to leading a balanced life.

Event Report (Session 2021-22) Online Yoga Fitness Camp-Begin to Breathe

NAME OF THE EVENT: Online Yoga Fitness Camp-Begin to Breathe

NATURE OF THE EVENT: Online Event

DATE AND DURATION: One Month (1st January, 2022 to 31st January, 2022)

VENUE: On Zoom platform

NUMBER OF PARTICIPATING STUDENTS: 110 participants (Event was attended by Students /Teaching/Non-Teaching staff and also their family members)

BRIEF SUMMARY OF THE EVENT:

The Online Fitness Yoga Camp, organized by the Yoga and Meditation Society of Ram Lal Anand College for the duration of one month from 1st January, 2022 to 31st January 2022 with the aim to promote physical and mental well-being among students and staff members through the practice of yoga. In response to the challenges posed by the pandemic, the event was conducted virtually, allowing participants to join from the comfort of their homes.

The Camp had the following objectives:

- 1) Promote a healthy lifestyle: The primary objective of the event was to encourage participants to adopt a regular fitness routine and develop a healthier lifestyle through yoga practices.
- 2) Relieve stress and anxiety: The camp aimed to provide an effective means for participants to reduce stress, anxiety, and mental fatigue by incorporating mindfulness and meditation techniques into their daily lives.
- 3) Virtual Yoga Sessions: Experienced and certified yoga instructor Mr. Shishir Pokhriyal, Mr. Deepak Saini led daily online yoga sessions, catering to participants of all fitness levels. The sessions included various yoga styles, such as Hatha, Vinyasa, and Ashtanga, ensuring diversity and engagement.
- 4) Mindfulness and Meditation: In addition to physical exercises, the camp also emphasized the importance of mental well-being. Guided meditation sessions helped participants to relax, focus their minds, and achieve a sense of inner peace.

The Online Fitness Yoga Camp witnessed an overwhelming response, with a significant number of students and staff members participating actively. Participants reported experiencing reduced stress levels, improved flexibility, enhanced concentration, and better sleep patterns. The Online Fitness Yoga Camp successfully promoted health and well-being among its participants. By providing an accessible and engaging platform for yoga and mindfulness practices, the event contributed positively to the physical and mental fitness of the college community. It further emphasized the significance of incorporating such activities into daily routines, even beyond the duration of the camp.



01st January, 2022

Zoom link:

https://zoom.us/j/2818141414pwd=VmxDZ1I0aEs4NIV6dy9IQTFmcnBNUT09 Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma Co-Convenor Dr. Seema Gupta Convenor Dr. Rakesh Kumar Gupta Principal

1 Garishma Gulyani Female garishma.commerce@rla.du.ac.in 9868659931 RLA Teaching Staff 2 DEVANSHI SHARMA Female devanshisharma195@gmail.com 8383058107 RLA Student 3 Mudit Arora Male muditarora19058568021.stats@rla.du.ac.in 6396652245 RLA Student 4 Vipul Tagala Male tagalavipul9@gmail.com 8851896211 RLA Student 5 Neeraj Male neerajkashyapvlogs@gmail.com 8851640796 RLA Student 6 Peeyush Kumar Male peeyush.ba138@rla.du.ac.in 9119023358 RLA Student 7 Shelja Agarwal Female shelja.mic4524@rla.du.ac.in 8287861223 RLA Student 8 Shweta kumari Female Shwetahindi19058516013@rla.du.ac.in 8287861223 RLA Student 9 Peeyush Kumar Male peeyush.ba138@rla.du.ac.in 9311248195 RLA Student 10 Roushan Kumar Male roushan.history1511@rla.du.ac.in 9311248195 RLA Student 11 Vidyasagar singh Male	C NI-	Full Name	Candar	Email Address	Contact North	Chassa way Davi
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44 Hardik pant Male hardikpant8@gmail.com 8979820175 RLA Student 45 Chetan singh Male chetan6311@rla.du.ac.in 6396671872 RLA Student 46 Shakti pratap singh Male www.shaktisingh946@gmqil.com 8393091226 RLA Student 47 Junaid Ali Khan Male allijunaid072003@gmail.com 6396318666 RLA Student 48 Priyanshu Chaturvedi Male priyanshu4012@rla.du.ac.in 7388698423 RLA Student 49 AMAN SINGH Male amansingh13102@gmail.com 7004145108 RLA Student 50 priyanshu mishra Male PRIYANSHU4035@rla.du.ac.in 9335411788 RLA Student 51 Priyanshu Chaturvedi Male priyanshu4012@rla.du.ac.in 7388698423 RLA Student 52 PRAKARSHI KUMAR Female PRAKARSHIK10@GMAIL.COM 9311097343 RLA Student 53 Sakshi Female sakshivats972002@gmail.com 70153 23622 RLA Student 54 Akanksha Sharma Female akanksha6	42	Sreya E K	Female	sreya4005@rla.du.ac.in	09927909139	RLA Student
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