

**Ram Lal Anand College**  
Nirvana  
Yoga and Meditation Committee

**Event Report**  
(session 2024-25)  
**Yogotsav'25**  
**The Annual Technical Fest of Yoga and Meditation Society**  
**21<sup>st</sup> February 2025**

**NAME OF THE EVENT:** Yogotsav'25

**NATURE OF THE EVENT:** Annual Yoga Fest

**DATE AND TIME:** 21<sup>st</sup> February, 9am onwards

**VENUE:** Amphitheatre (first floor), Ram Lal Anand College, University of Delhi

**NUMBER OF PARTICIPANTS:** 30-40

**Overview:**

Nirvana, the Yoga and Meditation Society of Ram Lal Anand College, University of Delhi celebrated its first Annual Yoga Fest, Yogotsav'25, from 9 am onwards. The event took place with the valuable cooperation and support of the principal, faculty members, core members, and participants.

As a part of the event's preparations, a creative model showcasing Suryanamaskar was made by the society's members. Additionally, vibrant representations of the seven chakras were hung as decorations, adding a symbolic and immersive touch to the atmosphere.

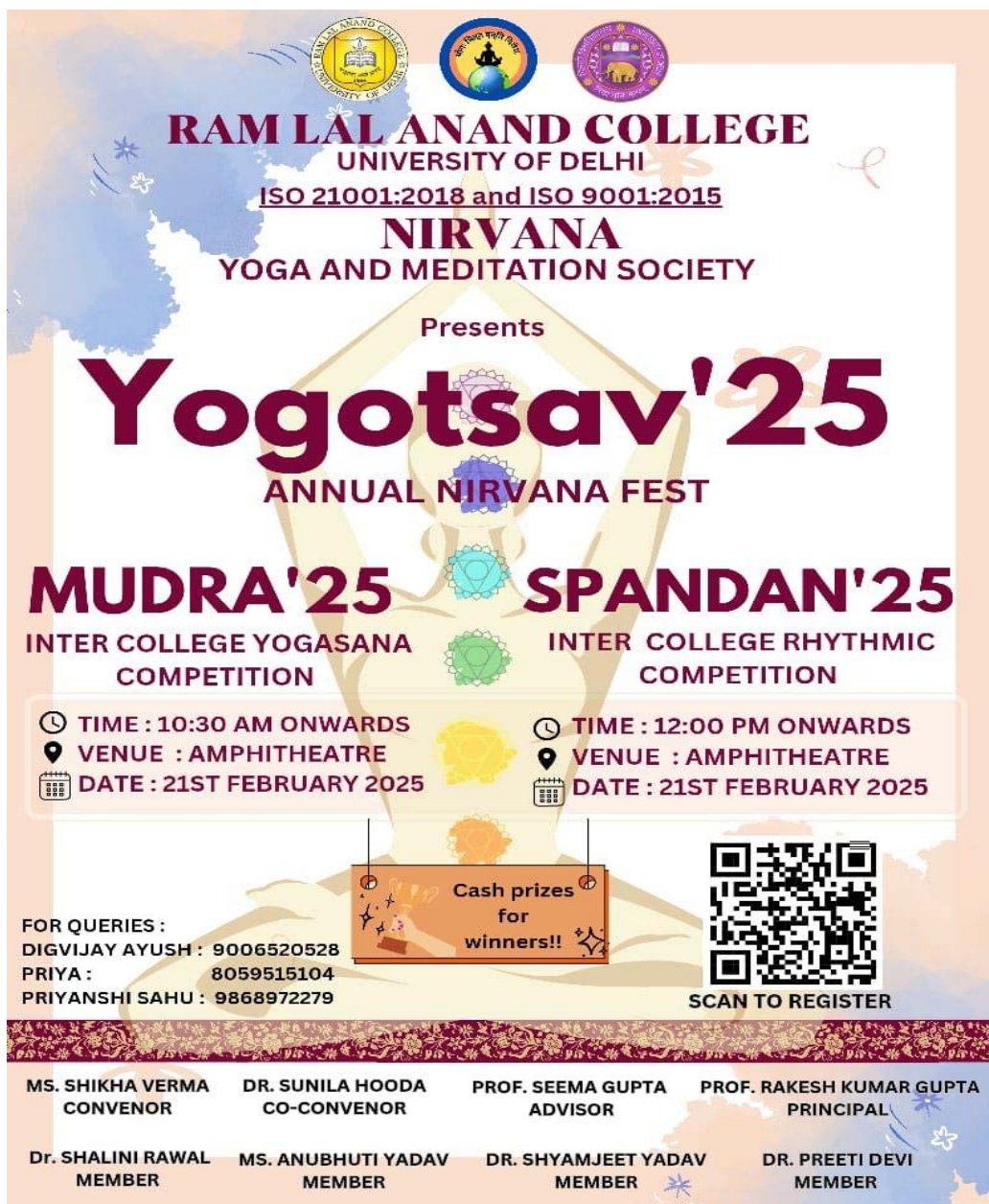
The event commenced with a lamp lighting ceremony, symbolizing the illumination of knowledge and wisdom. This was followed by a few encouraging words from the Principal, Professor Rakesh Kumar Gupta, who emphasized the importance of yoga in daily life and its role in shaping a balanced mind and body. The program continued with a captivating opening rhythmic yoga performance by two of our members, setting a serene and inspiring tone for the event. Additionally, a documentary screening showcased Nirvana's journey, highlighting the society's efforts and achievements. The event was graced by the presence of distinguished guests, Dr. Ajay Kumar Shashtri and Acharya Shishir Pokhariyal.

This grand event featured two prestigious inter-college competitions—Mudra, the Traditional Yogasana Competition, and Spandan, the Rhythmic Yoga Competition. These two competitions were judged by the guests, and professor Seema Gupta, Advisor of Nirvana.

The fest witnessed outstanding performances from students across 24 colleges, showcasing their skills in both traditional and rhythmic yoga Competition. In the Mudra (Traditional Yoga Competition), Yogesh Yadav from Lal Bahadur Shastri National Sanskrit University secured the first position, followed by Pawan Merutha from Hansraj College in second place, while Sheethal Prajapati & Payal from Shaheed Rajguru College of Applied Science for Women secured the third position. In the Spandan (Rhythmic Yoga Competition), Pankaj from Hansraj

College claimed first place, with Garima Gupta from Lal Bahadur Shastri National Sanskrit University securing second, and Nitin Kumar from Deen Dayal Upadhyay College finishing third.

The event received positive feedback from the participants. The presence of esteemed judges and enthusiastic participation made Yogotsav'25 a vibrant and competitive platform. The ceremony concluded with a Vote of Thanks by our convener Ms. Shikha Verma, expressing gratitude to all guests, participants, faculty members, and organizing team members who contributed to making the event a grand success. Nirvana looks forward to organizing more



The poster features a central illustration of a person in a yoga pose with colorful chakras. At the top, there are three circular logos: the first is the Ram Lal Anand College logo, the second is a globe with a person meditating, and the third is the University of Delhi logo. The text is arranged in a hierarchical manner, starting with the college name and accreditation, followed by the society name, and then the event title. Two competition details are provided side-by-side, each with its own set of time, venue, and date information. A QR code is placed for registration, and a list of organizers is provided at the bottom.

**RAM LAL ANAND COLLEGE**  
UNIVERSITY OF DELHI  
ISO 21001:2018 and ISO 9001:2015  
**NIRVANA**  
YOGA AND MEDITATION SOCIETY  
Presents  
**Yogotsav'25**  
ANNUAL NIRVANA FEST

**MUDRA'25** INTER COLLEGE YOGASANA COMPETITION  
**SPANDAN'25** INTER COLLEGE RHYTHMIC COMPETITION

🕒 TIME : 10:30 AM ONWARDS  
📍 VENUE : AMPHITHEATRE  
📅 DATE : 21ST FEBRUARY 2025

🕒 TIME : 12:00 PM ONWARDS  
📍 VENUE : AMPHITHEATRE  
📅 DATE : 21ST FEBRUARY 2025

Cash prizes for winners!!

FOR QUERIES :  
DIGVIJAY AYUSH : 9006520528  
PRIYA : 8059515104  
PRIYANSHI SAHU : 9868972279

SCAN TO REGISTER

**MS. SHIKHA VERMA** CONVENOR  
**DR. SUNILA HOODA** CO-CONVENOR  
**PROF. SEEMA GUPTA** ADVISOR  
**PROF. RAKESH KUMAR GUPTA** PRINCIPAL  
**DR. SHALINI RAWAL** MEMBER  
**MS. ANUBHUTI YADAV** MEMBER  
**DR. SHYAMJEET YADAV** MEMBER  
**DR. PREETI DEVI** MEMBER

such events in the future to encourage the practice of yoga and overall well-being among students.



Faculty members with guests.



Felicitations of the guests by the Principal and Advisor





Announcement of the winners



Amphitheatre during the event



Acharya Shishir Pokhriyal addressing the participants.



Mudra – Traditional Yogasana Competition





Spandan – Rhythmic Yoga  
Competition

**YOGOTSAV'25 - MUDRA (INTER COLLEGE YOGASANA COMPETITION)****List of Final Participants**

<b>Sl. No</b>	<b>Name of the College</b>	<b>Participant Name</b>
1	Amity noida	Shivali sharma
2	Aryabhatta College	Anju Rana
3	Bharati college	Sheetal Prajapati
4	Deen Dayal Upadhyay College	Nitin Kumar
5	Deshbandhu college	Shaurya
6	DPSRU	Anshul Kumar
8	Hansraj College	Pawan merutha
9	Indira Gandhi institute of physical education sports sciences	Shivansh Maurya
12	Kmc DU	Vikas
13	Lady shri ram college for women	Pranjal
14	Lekshmbai college	Priyanka
15	Lal bahadur shastri national sanskrit university	Yogesh Yadav
18	Satyawati College	Vishal
19	Shaheed rajguru college of applied sciences for women	Payal
21	Shyama Prasad Mukherjee college (For Women)	Rashmi Bharti
22	Vivakananda College	Vanshika Chaudhary
23	Amity noida	Devashish Yadav
24	Aditi Mahavidhyalaya	Manisha





### List of Final Participants

S.No	Chest No	Name of the College	Name of the Participant 1	Name of the Participant 2
1	1	Amity noida	Shivani sharma	
2	2	Aryabhata College	Anju Rana	
3	3	Bharati college	Sheetal Prajapati	
4	4	Deen Dayal Upadhyay College	Nitin Kumar	
5	5	Deshbandhu college	Shaurya	Astha
6	8	HANSRAJ COLLEGE	PANKAJ	
7	9	Igipess	Arjun pal	Palak Gupta
8	12	Kirori mai college	Vikas	
9	13	Lady Shri Ram College for Women (LSR)	Sughra M. Naqvi	
10	14	Lakshmbai college	Mahi	Gungun
11	15	Lal bahadur shastri national sanskrit university	Ekta kaur	Garima Gupta
12	18	Shaheed raiguru college of applied sciences for women	Payal	
13	20	Vivekanand College	Payal Gupta	
14	22	Aditi Mahavidhyalaya	Manisha Yadav	Sonam

