

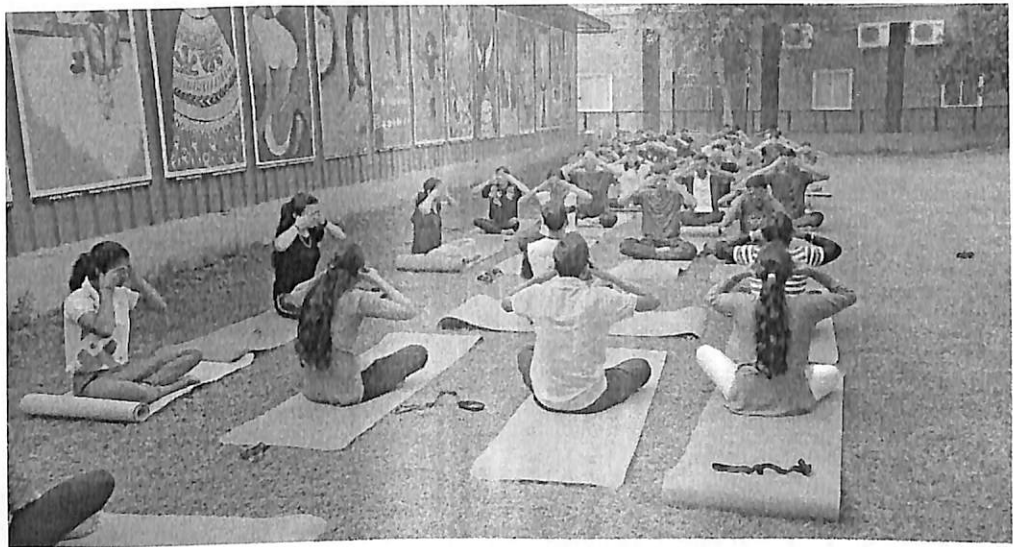
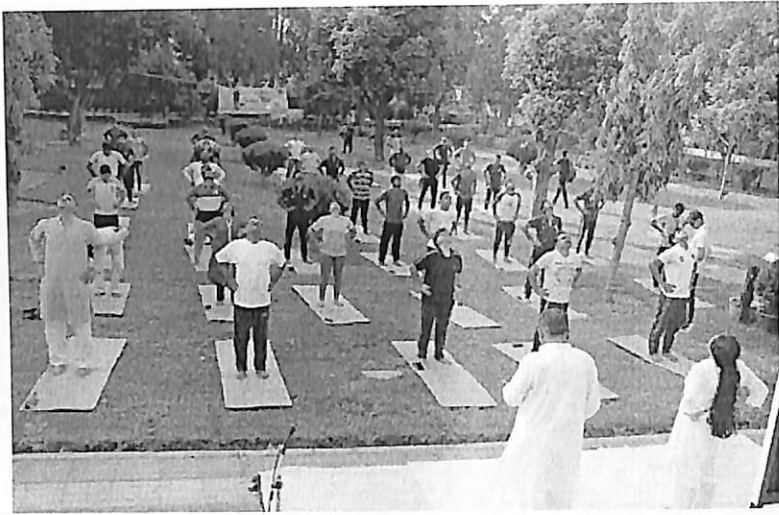
**RAM LAL ANAND COLLEGE**  
**UNIVERSITY OF DELHI**

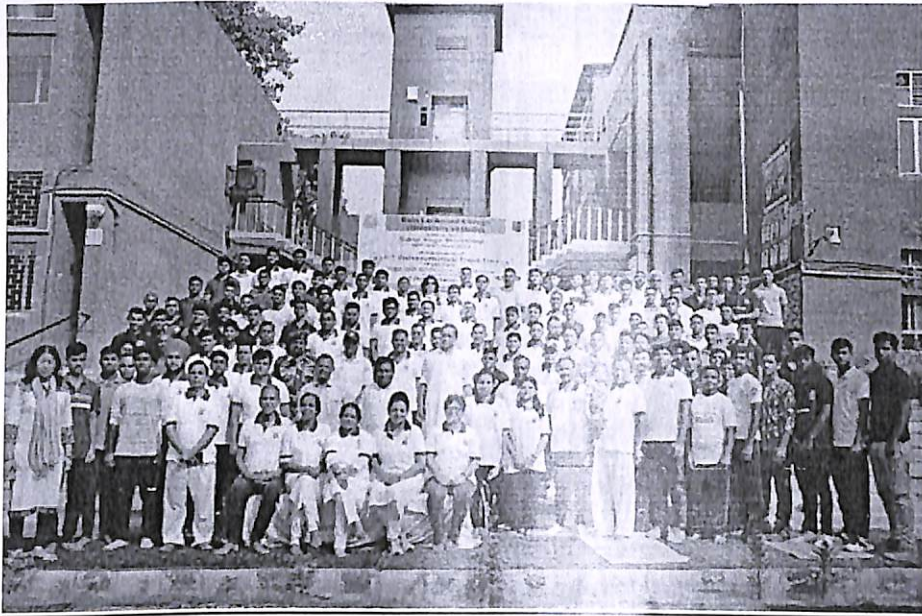
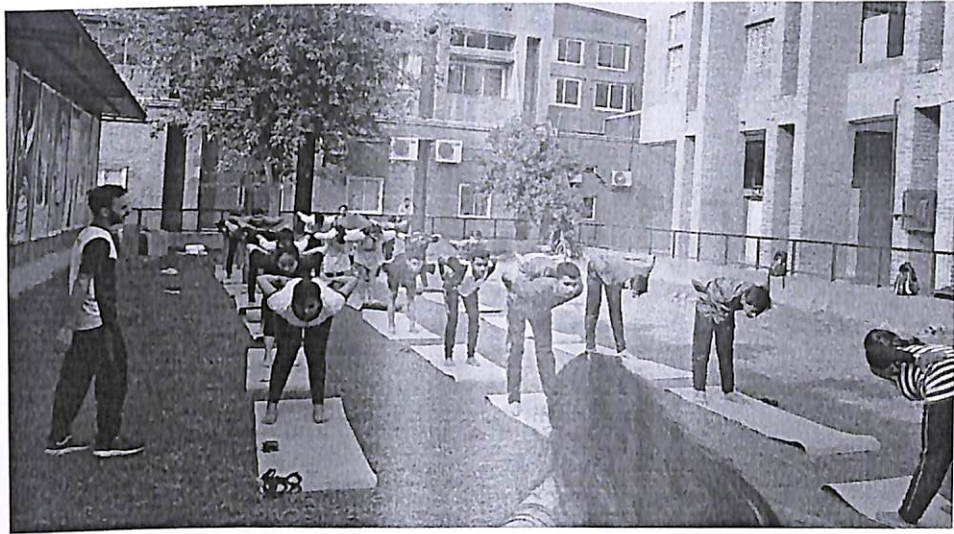
**Yoga and Meditation Society Report (2019-20)**

<b>List of courses</b>	<b>Period</b>	<b>No. of Hours</b>	<b>No. of Students completing the course</b>
Yoga and Meditation	17 June-21 June 2019	30 hours	60
Course on Yoga - I	23 September - 30 November 2019	40 hours	45
Course on Yoga - II	15 January - 5 March 2020	52 hours	15

Yoga and Meditation Society organized 5-day Yoga workshop from 17th June to 21st June 2019 on this occasion of 5th International Yoga Day in association with 7 Delhi Battalion of NCC. The aim of the workshop was in line with the theme of IYD in spreading the importance of Yoga and meditation to keep ourselves healthy and prevent life style diseases. A total of 60 students and teaching as well as non-teaching staff members took active part in the event all five days covering 30 hours. In addition, 100 NCC cadets also participated in the event. The programme was supported by Ministry of AYUSH in terms of Yoga T-shirts for the promotion of Yoga for harmony and peace.

A recruitment drive was conducted in the first week of September 2019 and registered more than 60 student members. Regular classes were conducted at 8-9 am from 23<sup>rd</sup> September 2019 to 30<sup>th</sup> November and from 15<sup>th</sup> January 2020 to 5<sup>th</sup> March 2020. A team of 12 students was also trained by the experienced Yoga Instructor for various competitions. The team won accolades in rhythmic pair and non rhythmic intercollege competition at Gautam Buddha University, Greater Noida. Members of the team participated in Delhi Olympic Games 2019-20 Yogasana competition and Arpit secured 4<sup>th</sup> position in West District Yogasana category 20-30 Years (Boys) and Anand, Arpit, Mohini, Sachin and Anuj qualified for the state level competition.





*Sunila*

Dr. Sunila Hooda

Convenor, Yoga and meditation Society (2019-20)

**Yoga and Meditation Society, Ram Lal Anand College**

**Title: Course on Yoga and Meditation**

**Dates: (17 June -21 June 2019)**

**(30 hour value added course)**

<b>S. no.</b>	<b>Name of the participant</b>	<b>Course</b>
1.	Kavita Kumari	B.A. (Hons.) Hindi
2.	Parul Sinha	B.Sc. (Hons.) Geology
3.	Aadarsh D Kumar	B.Sc. (Hons.) Geology
4.	Shagun Dalwal	B.Sc. (Hons.) Geology
5.	Prateek Nandi	B.Sc. (Hons.) Geology
6.	swati chaudhary	B.Sc. (Hons.) Geology
7.	Manika Rawal	B.Sc. (Hons.) Geology
8.	Km Priyanka	B.Sc. (Hons.) Geology
9.	Yugansh Gupta	B.Sc (H) Microbiology
10.	NANDINI SHAHI	B.Sc. (Hons.) Geology
11.	Sandeep Saini	B.Sc. (Hons.) Geology
12.	TABASSUM	B.A. (Hons.) Hindi
13.	Harshita	B.A. (Hons.) Hindi
14.	Atul trivedi	B.A. (Hons.) BJMC
15.	Sachin Chauhan	B.A. (Prog.)
16.	JAMUNA ADHIKARI	B.A. (Hons.) Hindi
17.	Brigit Kullu	B.A. (Hons.) Hindi
18.	Akash Nair	B.Sc. (Hons.) Geology
19.	Anand kumar	B.A. (Hons.) Hindi
20.	Pushpa	B.A. (Hons.) Hindi

21.	Mehak Takkar	B.A. (H) History
22.	Anand Kumar	B.A. (Prog)
23.	Vivek Diwakar	B.Sc (H) Geology
24.	Aarti Nayak	B.A. (Prog)
25.	Sachin Pal	B.Sc (H) Microbiology
26.	Tanika Bisht	B.Sc (H) Statistics
27.	Avinash Kumar Kuldeep	B.Sc (H) Mathematics
28.	Lalit Mohan	B.Sc (H) Microbiology
29.	Prasoon Chand	B.A. (H) History
30.	Mudit Arora	B.Sc (H) Statistics
31.	Sanjeev Kumar	B.Sc (H) Statistics
32.	Anuj Gupta	B.A. (Prog)
33.	Aarti	B.A. (H) History
34.	Sneha Dahiya	B.Sc (H) Statistics
35.	Anjali	B.A. (H) Hindi
36.	Deepak soni	B.A. (H) History
37.	Princi Tiwari	B.A. (H) History
38.	Shaubhik Anand	B.Sc (H) Microbiology
39.	Tanu Dalal	B.Sc (H) Geology
40.	Altaf	B.A. (H) History
41.	Prachi Singh	B.Sc (H) Geology
42.	Sachin Chauhan	B.A. (Prog)
43.	Harshita Gupta	B.Sc (H) Geology
44.	Sneha Gupta	B.Sc (H) Statistics
45.	Ayushi garg	B.Sc (H) Statistics
46.	Akash Gupta	B.Sc (H) Geology
47.	Ankush Surya Singh	B.Sc (H) Mathematics
48.	Intekhab Ali	B.Sc (H) Statistics
49.	Subhag Singh	B.Sc (H) Microbiology

50.	Ananya Sachdeva	B.Sc (H) Geology
51.	Amit Kumar	B.A. (H) History
52.	Pritika Baranwal	B.Sc (H) Microbiology
53.	Savi	B.Sc (H) Microbiology
54.	Nandini Lavaniya	B.A. (Hons.) Pol. Sc.
55.	Yashika Chaudhary	B.A. (Hons.) History
56.	Muskan Mittal	B.Sc (H) Microbiology
57.	Shivam Kumar Sagar	B.Sc (H) Microbiology
58.	Rohit Soni	B.Sc (H) Microbiology
59.	PARMOD KUMAR	B.Sc (H) Microbiology
60.	G.KARTHIK	B.Sc (H) Microbiology



Dr. Sunila

Convener, Yoga and Meditation Society

Course on Yoga -1

Organized by Yoga and Meditation Society, Ram Lal Anand College

23 Sep 2019 -30 Nov 2019

40 hours Value Added Course

S. No	Name of the participant	Course
1.	Bhawana Bisht	B.Sc. (Hons.) Geology
2.	Indresh kumar	B.A. (Hons.) Pol. Sc.
3.	Chetna Kala	B.A. (Hons.) BJMC
4.	Neeraj	B.A. (Hons.) Hindi
5.	Bhawna sharma	B.Sc. (Hons.) Statistics
6.	Anjali	B.A. (Hons.) Hindi
7.	Mahima Chopra	B.Sc. (Hons.) Geology
8.	Vaibhav kumar	B.A. (Hons.) Pol. Sc.
9.	Jagruti Rawat	B.A. (Hons.) BJMC
10.	sudheer jangid	B.A. (Hons.) BJMC
11.	Khushboo shukla	B.A. (Hons.) Hindi
12.	Kapil Yadav	B.A. (Prog.)
13.	Vidya sharma	B.A. (Hons.) BJMC
14.	Nikki	B.A. (Hons.) BJMC
15.	Anuj Gupta	B.A. (Prog.)
16.	Aarti Nayak	B.A. (Prog.)
17.	Udit Singh	B.A. (Hons.) Hindi
18.	Anuradha malik	B.A. (Hons.) Hindi
19.	Pratibha	B.Sc. (Hons.) Microbiology
20.	Priyanka	B.A. (Hons.) BJMC
21.	Himanshu	B.A. (Hons.) Hindi
22.	Keshav Goyal	B.Sc. (Hons.) Microbiology
23.	Aman Singh	B.Sc. (Hons.) Microbiology
24.	Yashpal Singh Baghel	B.A. (Hons.) Hindi
25.	Dhananjay kumar	B.A. (Hons.) BJMC
26.	Eric Joseph	B.Sc. (Hons.) Geology
27.	Bharti	B.A. (Hons.) BJMC
28.	Student	B.A. (Hons.) Hindi
29.	Shankar	B.A. (Hons.) Hindi
30.	S K sohel	B.A. (Hons.) Microbiology
31.	Resham	B.A. (Hons.) Hindi
32.	Akash Gupta	B.Sc. (Hons.) Geology
33.	Seema Bharti	B.A. (Hons.) BJMC
34.	Ishita Gupta	B.Sc. (Hons.) Microbiology
35.	Sanyogita	B.A. (Hons.) Hindi
36.	Deepanshu keshri	B.A. (Hons.) Hindi
37.	Navya	B.A. (Hons.) Hindi
38.	Ritika Singh	B.Sc. (Hons.) Geology
39.	Pooja	B.A. (Hons.) Hindi
40.	Khushboo	B.A. (Hons.) Hindi

41.	Pradeep chaurasia	B.A. (Hons.) Hindi
42.	Rahul	B.A. (Hons.) Hindi
43.	Abdus Samad	B.A. (Hons.) BJMC
44.	Shreya Adhikari	B.Sc. (Hons.) Geology
45	ANGELIN MARIAM BINNY	B.Sc. (Hons.) Geology



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Convener, Yoga and Meditation Society



Course on Yoga -II

Organized by Yoga and Meditation Society, Ram Lal Anand College

15 Jan -5<sup>th</sup> March 2020

52 hours Value Added Course

S. no	Name	Course
1.	Jaykrit Ishaan Sahay	B.Sc. (Hons.) Geology
2.	Nikhil Kumar	B.A. (Prog.)
3.	Kushagra Nautiyal	B.Sc. (Hons.) Geology
4.	Amit kumar	B.A. (Hons.) History
5.	Ritika Dhoundiyal	B.A. (Hons.) English
6.	Naresh Dhetarwal	B.Sc. (Hons.) Geology
7.	Prachi Singh	B.Sc. (Hons.) Geology
8.	Mausami chetri	B.Sc. (Hons.) Geology
9.	Deepak Kumar Trivedi	B.A. (Hons.) BJMC
10.	SHREYA SHUKLA	B.Sc. (Hons.) Geology.
11.	Rituraj Hazarika	B.Sc. (Hons.) Geology
12.	Vanshika Nagpal	B.Com (Hons.)
13.	Anshal Sharma	B.Sc. (Hons.) Geology
14.	Shubham	B.Com (Hons.)
15.	Lalit Mohan	B.Sc. (Hons.) Microbiology



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