

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION SOCIETY

ORIENTATION REPORT
SESSION 2023-24

Name of the event- Orientation program

Nature of the event- Physical mode

Date- 12th September 2023

Venue- Seminar Hall

Number of participants- 21

INTRODUCTION:

The orientation was held on 12th September 2023 in seminar hall at 2 pm. The program was graced with the presence of our advisor, Prof. Seema Gupta, convenor, MS. Shikha Verma and other faculty members associated with our society. Students showed their interest and participated in the orientation. The student team was also present to welcome new members in our society.

EVENT:

The program began by welcoming the new members in our society. It had a short visual presentation of our society where everyone acknowledged the importance yoga as a society holds. It talked about the society and made the participants aware about the objectives we as a society possess. Further the members of the society gave the introduction and also made the participants familiar with the faculty members associated with our society. The student's members associated with the society also interacted with the participants and made them familiar with the benefits of our society in their personal life.

The participants were made aware about the different teams we have in our society and its recruitment procedure. The program showcased the past events and performances to the incoming students and it was a treat to watch them getting attracted towards the performances the society gave in the past.

Every member of the society worked effectively and enthusiastically to coordinate with the participants and solve their queries. The society always seek for suggestions from participants if they want. At the end, participants appreciated the efforts which the society showed up and the program ended up in a smooth manner.






RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI



YOGA & MEDITATION SOCIETY

A SPECIAL INVITATION TO YOGA ENTHUSIASTS

**ORIENTATION
PROGRAM**

 **VENUE: SEMINAR ROOM**
 **DATE: 12TH SEPT.**
 **TIME: 02:00PM**



SUGANDHA SINHA
8434304604

DIGVIJAY AYUSH
9006520528

SAHIL DUBEY
8375049632

JOIN THIS GROUP

CONVENOR
MS. SHIKHA VERMA

ADVISOR
PROF. SEEMA GUPTA

PRINCIPAL
PROF. RAKESH KUMAR GUPTA

JOIN OUR INSTAGRAM HANDLE @RLA.YOGAMEDITATIONSOCIETY



