

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION SOCIETY
AUDITIONS REPORT
SESSION 2024-25

Name of the event- Auditions

Nature of the event- Physical mode

Date- 19th & 21st September 2024

Venue- Outside admin office

Number of participants- 22

OVERVIEW:

Nirvana, the Yoga and Meditation Society of Ram Lal Anand College, University of Delhi conducted auditions over two days for the selection of the core team members. The auditions witnessed active participation, with a total of 22 students showcasing their talents and dedication towards yoga and meditation practices. Out of the 22 participants, 14 were selected for the core team, while the remaining 7 were inducted into the regular team.

EVENT:

The auditions were conducted over two days, with the same criteria applied on both days. Participants had been given a syllabus in advance, which comprised five groups of asanas: leg balancing, hand balancing, forward bending, backward bending, and twisting asanas. During the auditions, each participant was required to perform one asana from each of the five groups.

The convener, Ms. Shikha Verma and the current office bearers of the society, who were overseeing the auditions, not only evaluated the participants but also provided guidance and support throughout the process. If any participant was unable to perform an asana from a particular group, they were given the opportunity to choose and perform another asana from the syllabus at the end of their audition.

While there was no strict holding time for each asana, participants were encouraged to hold their postures for a maximum of 30 seconds. The evaluation criteria included the following:

- Posture: The precision and correctness of each asana.
- Holding: The ability to maintain the asana for the required duration.
- Flexibility: The range of motion demonstrated during the performance of each asana.
- Completion: How smoothly and effectively participants returned to a neutral position after performing each asana.

Participants were judged holistically based on their overall performance in these aspects. The guidance provided by the convener and office bearers ensured a supportive environment, allowing students to demonstrate their abilities to the fullest.



**RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI**

NIRVANA
YOGA AND MEDITATION SOCIETY

AUDITION '24

Open for all RLAC Students



Scan to Register



Front Lawn



20th September, 2024



Timings to be
declared soon

For Queries :

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Priya
8059515104

Priyanshi Sahu
9868972279

Ms. Shikha Verma
Convenor

Prof. Seema Gupta
Advisor

Prof. Rakesh Kumar Gupta
Principal



Sl. No.	Name	Dept	M/F	Sign
1	Akash	BA (Prog) 2 nd	M	Akash
2	Anusuddha	BA Prog (H) 2 nd	F	Anu
3	Sarveshwar	Mist (H) 3 rd	M	Sarveshwar
4	Yumna	Pol (H) 2 nd	F	Yumna
5	Sonali	Pol (H) 2 nd	F	Sonali
6	Ruchita	Micro (H) 1 st	F	Ruchita
7	Ritesh	Pol (H) 2 nd	M	Ritesh
8	Gurugun	Geo (H)	F	Gurugun
9	Shubhi	Geo (H) 1 st	F	Shubhi
10	Shivam Sharma	Maths (H) 2 nd	M	Shivam
11	Kimani Joshi	Pol Sc (H) 2 nd	F	Kimani
12	Susoma Kumari	" 2 nd	F	Susoma
13	Astha Mishra	" 2 nd	F	Astha
14	Nitish	Bcom (P) 1 st	M	Nitish
15	Malavika	Geology	F	Malavika
16	Anshika	Geology	F	Anshika
17	Sakshi A	BSc (S) 1 st	F	Sakshi
18	Nikita	" 1 st	F	Nikita
19	Mohit 8826621932	" 1 st	M	Mohit
20	Vogesh 9354652594	" 1 st	M	Vogesh
21	Aayit 9891498095	" 1 st	M	Aayit
22	Avinish	stats (2 nd yr)		Avinish