

**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.

**RAM LAL ANAND COLLEGE**  
University of Delhi  
**Yoga and Meditation Society**  
Invites you all to  
750 Million Surya Namaskar  
to celebrate  
75 years of Independence  
as "Azadi ka Amrut Mahotsav" and 75 crore  
Suryanamaskar project

12th Jan- 7th Feb,  
2022  
7:30-8:30am

Click to Join

Ms. Shikha Verma  
Co-Convenor, Yoga and Meditation  
Society

Dr. Seema Gupta  
Convenor, Yoga and Meditation  
Society

Prof. Rakesh Kumar Gupta  
Principal

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

**Event Report**  
**(Session 2021-22)**

**Mass Surya Namaskar Demonstration on the occasion of Makar Sankranti**  
**14<sup>th</sup> 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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**Ram Lal Anand College**  
(University of Delhi)

**MASS SURYA NAMASKAR DEMO (VIRTUAL) WITH 75 LAKHS PEOPLE**

**ON**

**14th JANUARY, 2022**



**आयुष मंत्रालय**  
**MINISTRY OF**  
**AYUSH**



Connect on Zoom 

Meeting ID: 281 814 1414

Passcode: RLAYOGA

**Click here to see the notice from the Ministry of Ayush. The Govt is proposing surya namaskar to be performed on 14.01.22**



**8:00am to 8:40am**

For the registration follow the steps

1. Click on the link given:- <https://yogacertificationboard.nic.in/suryanamaskar/>
2. Click on the individual registration.
3. Fill your details and select : Morarji Desai National Institute of Yoga in institute name column.
4. Press the submit button.

Ms. Shikha Verma  
Co-Convenor, Yoga and Meditation Committee

Dr. Seema Gupta  
Convenor, Yoga and Meditation Committee

Prof. Rakesh Kumar Gupta  
Principal

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

**Event Report**  
**(Session 2021-22)**

**Online Yoga Fitness Camp-Begin to Breathe**

**1<sup>st</sup> September, 2021 to 28<sup>th</sup> February 2022**

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

**NATURE OF THE EVENT:** Online Event

**DATE AND DURATION:** Six Months (1<sup>st</sup> September, 2021 to 28<sup>th</sup> 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:

- 1) 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*



*Classes  
will continue  
till the  
Lockdown  
continues*

# RELAX REPLENISH REVIVE

**To join register at:**

**<https://forms.gle/DaSuJ99oFeXaCWrx7>**

Zoom link

<https://zoom.us/j/2818141414?pwd=VmxkZ1lOaEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

**e certificates to regular participants will be provided**

**Dr. Seema Gupta**  
Convenor

**Dr. Rakesh K Gupta**  
Principal



**FIT  
INDIA**  
FIT INDIA MOVEMENT

75  
Azadi Ka  
Amrit Mahotsav



## Yoga and Meditation Society

is organising



## ONLINE YOGA FITNESS CAMP

Begin to breathe.....

- ✓ 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.



01st October, 2021

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ211OaEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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Dr. Seema Gupta  
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Dr. Rakesh Kumar Gupta  
Principal

E- Certificates to all regular participants



**FIT**  
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**75**  
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## Yoga and Meditation Society

is organising



## ONLINE YOGA FITNESS CAMP

Begin to breathe.....

- ✓ 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.



01st November, 2021

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ1l0aEs4NlV6dy9lQTFmcmNBNU09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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Convenor

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Principal





**FIT**  
INDIA  
FIT INDIA MOVEMENT

75  
Azadi Ka  
Amrit Mahotsav

Yoga  
and  
Meditation Society

is organising

**WELCOME  
FRESHERS**

## ONLINE YOGA FITNESS CAMP

Begin to breathe.....



- ✓ MON TO SAT (7:30-8:30am)
- ✓ Students of first year can enroll for the camp
- ✓ All Students, Teachers and Non-Teaching Staff are invited to join the camp.
- ✓ Family members of the participants can also join and get benefited.

10th December, 2021

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ1l0aEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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Convenor

Dr. Rakesh Kumar Gupta  
Principal



**FIT**  
**INDIA**  
FIT INDIA MOVEMENT

75  
Azadi Ka  
Amrit Mahotsav

## Yoga and Meditation Society

is organising



## ONLINE YOGA FITNESS CAMP

2022

Begin to breathe.....

- ✓ 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.



01st January, 2022

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414?pwd=VmxkZ110aEs4NlV6dy9lQTFmcmNBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

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Principal



**FIT  
INDIA**  
FIT INDIA MOVEMENT

**75**  
Azadi Ka  
Amrit Mahotsav

## Yoga and Meditation Society

is organising

### ONLINE YOGA FITNESS CAMP

**2022**

Begin to breathe.....

- ✓ 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.



01st February, 2022

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ110aEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

[Click Here to Register](#)

Ms. Shikha Verma  
Co-Convenor

Dr. Seema Gupta  
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**Ram Lal Anand College**  
**Yoga and Meditation Committee**

**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



WORLD  
*Heart Day*

PRESENTS

Webinar On

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



**Prof. Dr. Mohit Gupta**

**DM Cardiology, GB Pant Hospital**

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



29 September, 2021

11:30am-12:30pm

**CLICK HERE TO REGISTER**

**E-Certificates to all participants**

**Co-Convenor  
Ms. Shikha Verma**

**Convenor  
Dr. Seema Gupta**

**Principal  
Dr. Rakesh Kumar Gupta**



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

Video for Webinar on Healthy Heart and Happy Mind 29 Sept 2021.avi



**60,40,60 Principle**





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.

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

**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 (1<sup>st</sup> January, 2022 to 31<sup>st</sup> 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 1<sup>st</sup> January, 2022 to 31<sup>st</sup> 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.



**FIT  
INDIA**  
FIT INDIA MOVEMENT

**75**  
Azadi Ka  
Amrit Mahotsav

## Yoga and Meditation Society

is organising



## ONLINE YOGA FITNESS CAMP **2022**

Begin to breathe.....



- ✓ 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 January, 2022

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ110aEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma  
Co-Convenor

Dr. Seema Gupta  
Convenor

Dr. Rakesh Kumar Gupta  
Principal

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