

International Day Of Yoga

21 June 2021

AGENDA

To mark the 7th International Day of Yoga, NSS RLAC conducted various activities beginning from March to 21st June 2021 under the guidance of Dr. Rakesh Kumar Gupta (Principal) and Dr. Rita Jain (Program Officer). Here are few glimpses.

YOGA FOR UNITY AND WELL BEING

Date: 14 March 2021 to 21 June 2021

Yoga is not a religion. It is a science of wellbeing, youthfulness and seamless integration of mind, body and soul. It reflects harmony and peace for humanity, which is the message of Yoga to the world. It is the journey of the self, to the self and through the self. This 100-day program was inaugurated by the Hon' President of India, Shri Ram Nath Kovind on 14th march 2021 and extended till the 21st of June 2021 – the International Day of Yoga. This program was organized under the auspices of Ministry of AYUSH, Govt of India and in collaboration with United Nations Information Center and the Association of Indian Universities under the guidance of President Patanjali Yogpeeth, Dr. H. R. Nagendra (Guruji), Founder Vice Chancellor - Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) and Kamlesh Patel (Daaji), global guide Heartfulness. It was a virtual event where volunteers tuned in every morning to learn 'asanas'. Additionally, attendees listened to the lecture series every Wednesday and Saturday evenings. Kamlesh Patel (Daaji) Guide of Heartfulness, conducted special meditation sessions for seekers to experience transformation through transmission. The event helped us feel confident and content physically, mentally and spiritually.

Highlights:

- 97+ Volunteers from Ram Lal Anand College attended the sessions on youtube spanning over 100 days.

15 DAY YOGA CAMP - YOGA MAHOTSAV

Date: 7 March 2021 to 21 June 2021

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, pranayama and meditation are effective techniques to release stress. Meditation not only relaxes but also rejuvenates the body and mind. A 15 days long YOGA MAHOTSAV camp was organized on 7th June 2021 to 21st July 2021. The yoga classes were held daily in the morning 7.30 to 8.30 a.m. from Monday to Saturday and also in the evening 6.00 to 7.00 p.m. from Monday to Friday. The volunteers were regular and highly motivated during Yoga camp. The 15 day camp focused on the various Asanas starting with warming up and stretching followed by the series of Padmasana, Paschimottasans, Pawan Muktasana, Vajrasana, Dhanurasana, Chakrasana, Sarvangasana, Halasana, Bhujangasana, and ending with Shavasana under the guidance of **Yoga Gurus Shishir Pokhriyal and Rahul Badhotiya** from **Shivaya Yoga Sansthan and Holistic Health Care** respectively. These techniques improve physical health, mental concentration and mind and body harmony. “Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.” — B .K.S. Iyengar.

Highlights:

- The session received positive feedback and was open to all.
- More than 60 participants participated daily.

‘MEANING BEHIND MINDFULNESS’ - SHRI HARI YOGI JI

Date: 13 June 2021

The NSS unit of Ram Lal Anand college organised a session on 'Meaning Behind Mindfulness' on 13th June 2021 with Shri Hari Yogi Ji from Yoga and Naturopathy Centre at 11 a.m..

This online session on 'Zoom' call was conducted to focus on Yoga & Naturopathy to alleviate the tensions and anxiety of corporate life, to help the participants achieve a much needed physical and mental balance in a stressed, rushed and exhaustion filled environment of today's lifestyle.

Event was very well received by NSS volunteers and all participants were benefited and motivated to make Yoga and meditation as part of their lifestyle.

Highlights:

1. The session focussed on helping students in their daily life with yoga.
2. It was attended by more than 60 Volunteers. Question and Answer session was very interactive and fruitful. Shri Hari Yogi Ji answered all queries and explained the asanas and its benefits in detail.

IDY 2021 YOGA SESSION

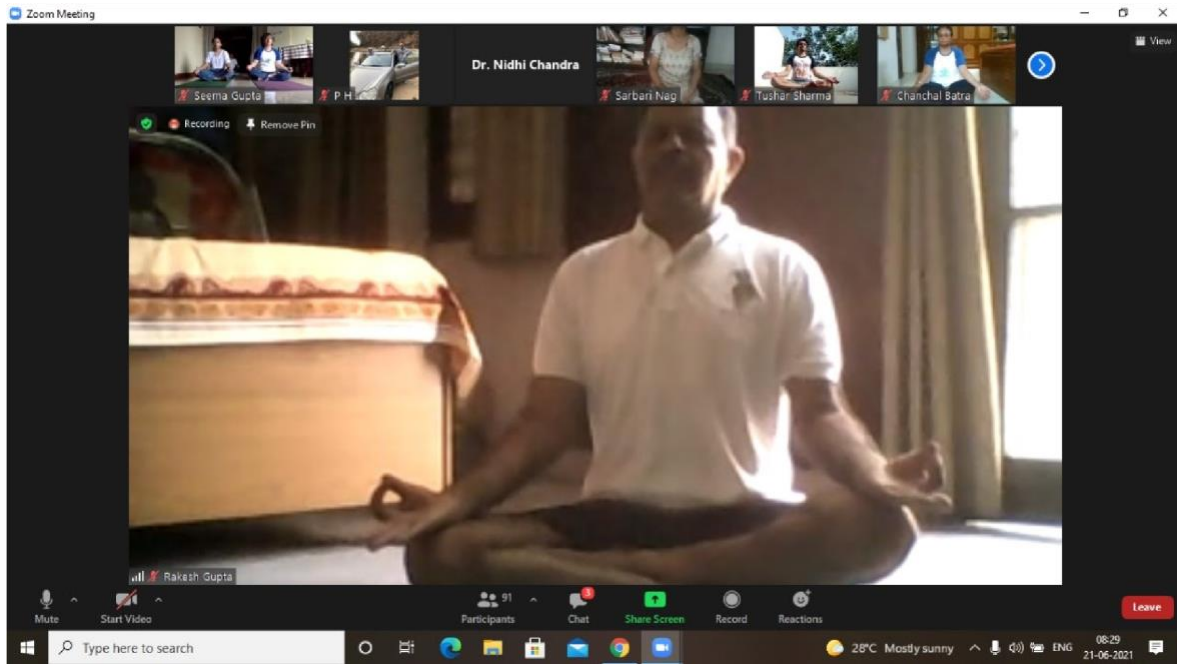
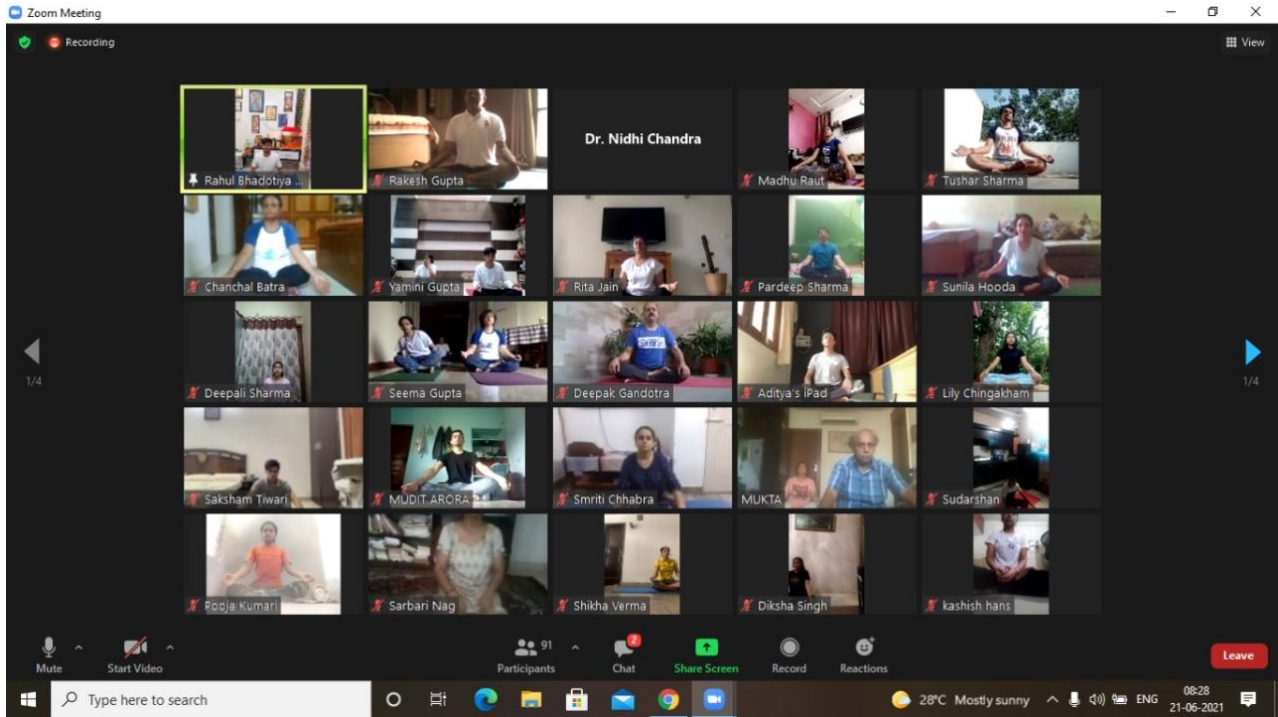
Date: 21 June 2021

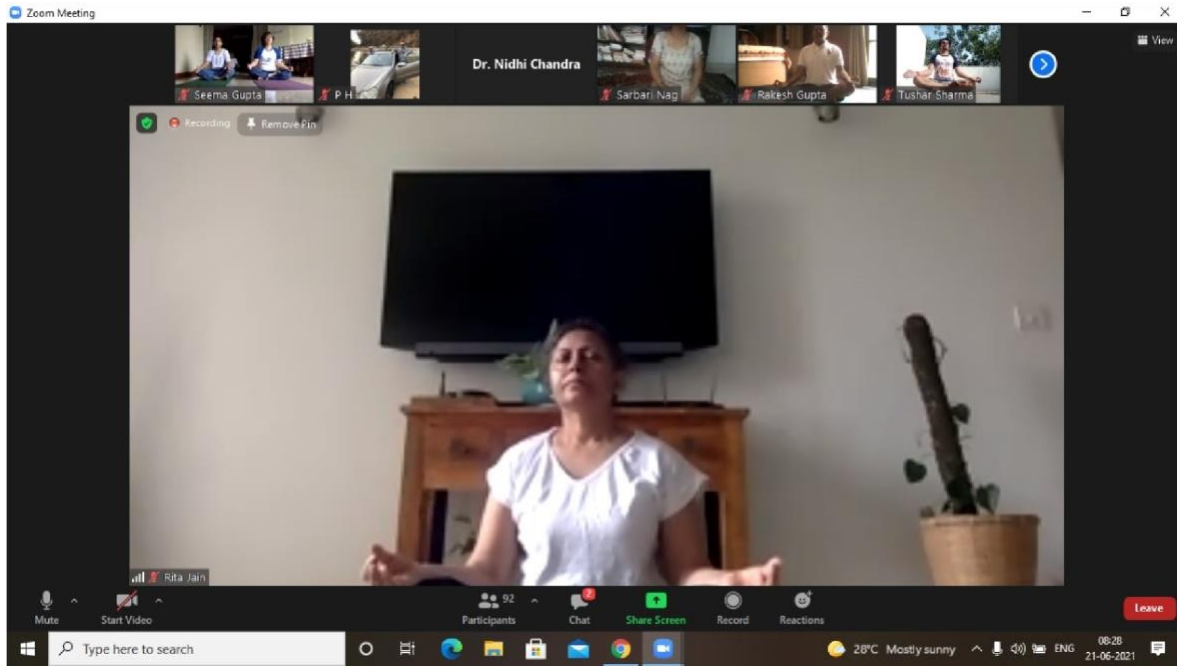
The NSS Unit of Ram Lal Anand College organised "One hour Online Yoga Session" on the occasion of 7th International Day of Yoga on 21st June 2021. The purpose was to educate about the benefit of our centuries old tradition. Under the guidance of trained and certified Yoga Gurus, students performed yoga efficiently. Yoga guru emphasised on correct posture and told us about the benefits of each asana and how we can cope up with stress in day to day life. **The yoga classes started online since June last year.** So, the students and teachers who attended on a regular basis shared their experience. Dr. Rakesh Kumar Gupta, Principal of Ram Lal Anand College also highlighted the importance of yoga.


Highlights:

- 60+ NSS Volunteers participated.
- 30+ Youth and various faculty members participated.

PHOTO GALLERY:






 National Service Scheme
 Ram Lal Anand College
 University Of Delhi
 with
 Yoga and Meditation Society
 Ram Lal Anand College

Yoga Mahotsav

15 days Yoga Program

June 7 - June 21

Morning : 7:30-8:30 AM

Evening : 6:30-7:30 PM

AT
zoom

BY YOGA GURUS:

Shishir Pokhriyal

Rahul Bhadoiya


from


Shivaya Yoga Sansthan
& Holistic Health Care

Dr. Rakesh Kumar Gupta
Principal

Dr. Rita Jain
Program Officer

Parveen Kumar
President




 National Service Scheme
 Ram Lal Anand College
 University Of Delhi

Health that matters

Meaning Behind Mindfulness

The what, the why, and the how

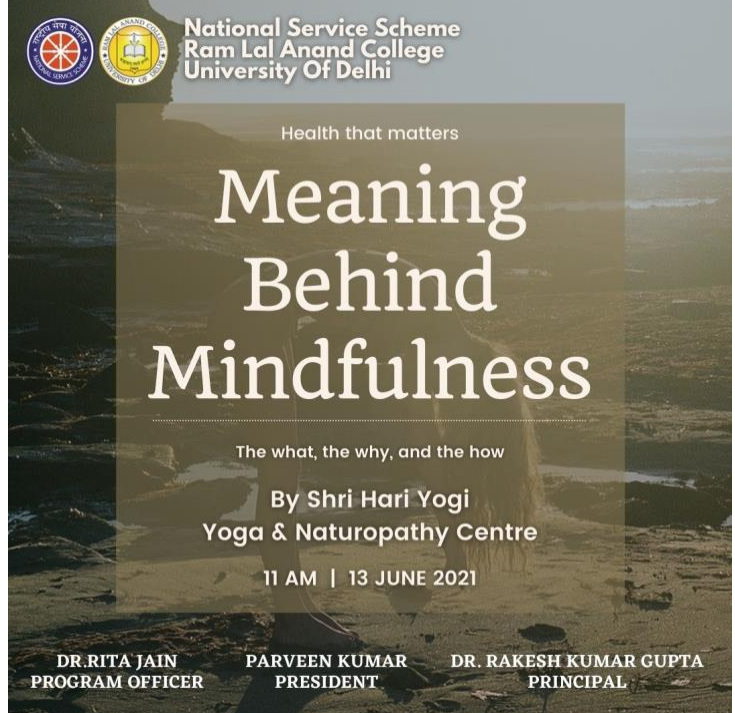
By Shri Hari Yogi
Yoga & Naturopathy Centre

11 AM | 13 JUNE 2021

DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT

DR. RAKESH KUMAR GUPTA
PRINCIPAL





NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI



Invites you all to

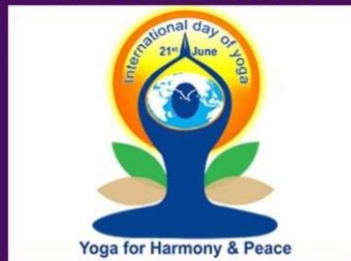
Online Yoga Session

to celebrate

7th International Yoga Day

21st June 2021

7.30am-8.45am





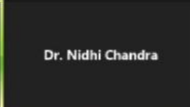

















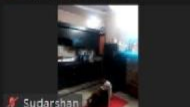



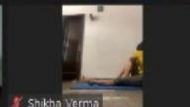
***e-certificates will be provided to all the participants**

DR.RITA JAIN
PROGRAM OFFICER

DR.RAKESH KUMAR GUPTA
PRINCIPAL

PARVEEN KUMAR
PRESIDENT

Recording View

 Rakesh Gupta	 Rahul Bhadotiya	 Dr. Nidhi Chandra	 Madhu Bhat	 Tushar Sharma
 Chanchal Batra	 Yamini Gupta	 Rita Jain	 Pardeep Sharma	 Sunila Hooda
 Deepali Sharma	 Seema Gupta	 Aanand Thakur	 Deepak Gandotra	 Aditya's iPad
 Lily Chingakhani	 Saksham Tiwari	 NIDHI ARORA	 Smriti Chhabra	 MUKTA
 Sudarshan	 Pooja Kumari	 Bhavya Mishra	 Sarban Nag	 Shikha Verma

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Mute Start Video Participants 91 Chat 2 Share Screen Record Reactions Leave