

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

**Event Report**  
(session 2024-25)  
**Inter-college Suryanamaskar Competition**  
**7<sup>th</sup> February 2025**

**NAME OF THE EVENT:** Inter-College Surya Namaskar Competition

**NATURE OF THE EVENT:** Competition

**DATE AND TIME:** 7 February 2025, 9am to 12 am

**VENUE:** Deen Dayal Upadhyay College, University of Delhi

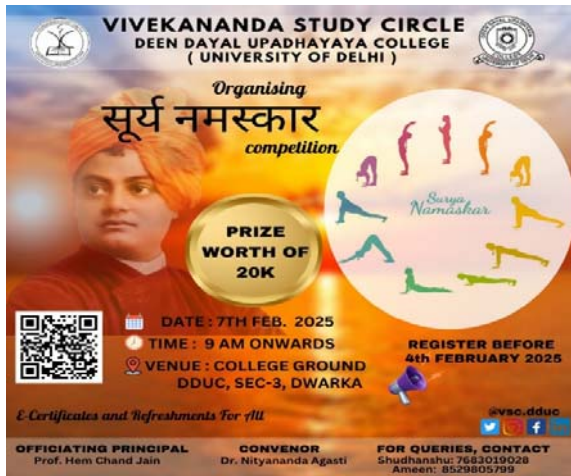
**NUMBER OF PARTICIPATING STUDENTS:** 4

**BRIEF SUMMARY OF THE EVENT:**

The Vivekananda Study Circle of Deen Dayal Upadhyaya College, University of Delhi, organized an Inter College/University Surya Namaskar Competition on February 7, 2025, at the College Ground, DDUC, Sector-3, Dwarka, New Delhi. The event commenced at 9 AM welcoming participants from various colleges and universities to promote physical fitness and spiritual well-being through the practice of Surya Namaskar.

The atmosphere was filled with enthusiasm and competitive spirit as participants showcased their dedication to the art of Surya Namaskar.

The members of Nirvana, the Yoga and Meditation Society of Ram Lal Anand College represented the college with remarkable zeal and commitment. Sonali Yadav, Ritesh Rawat, and Amit Kumar Verma performed numerous rounds of the Surya Namaskar sequence, reflecting their rigorous training, hard work and dedication. The competition not only fostered a spirit of healthy competition but also reinforced the importance of integrating yoga into daily life for holistic wellness. The participation of the members highlighted the college's commitment to promoting health, mindfulness, and cultural heritage. The event concluded with a felicitation ceremony where outstanding performers were recognized for their excellence.



Poster



Winners of the Competition



Students from various institutions doing numerous rounds of Suryanamaskar in the Competition at Deen Dayal Upadhyay College.