

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2021-22)

Mass Surya Namaskar Demonstration on the occasion of Makar Sankranti
14th 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.

S.No	Full Name	Gender (MF)	Age	Institution	Country	Address	State	City	Email id	Mobile No	source_suryanamaskar
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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