



# YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising

## One Month Online YOGA Workshop

*on the occasion of*

# 7th International Yoga Day

7.30 am-8.30 am

1st-30th June 2021

(Monday-Saturday)



# RELAX REPLENISH REVIVE

\*Open for all the RLA college students, staff and their families

To join register at:

<https://forms.gle/DaSuJ99oFeXaCWrx7>

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxDZ1lOaEs4NlV6dy9lQTFmcmBNUT09>

Meeting ID: 281 814

1414, Passcode: RLAYOGA

*e certificates to regular participants will be provided*

**Dr. Sunila Hooda**  
Convenor

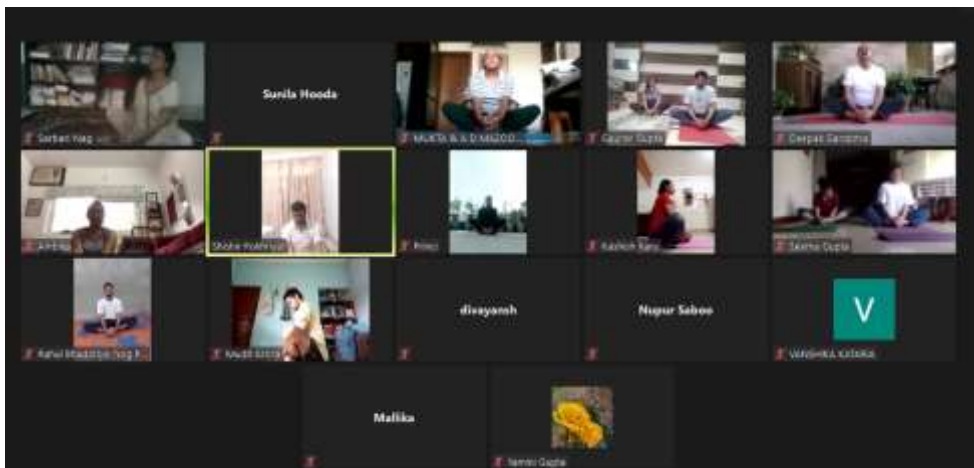
**Dr. Seema Gupta**  
Co-Convenor

**Dr. Rakesh K Gupta**  
Principal

## Report on “One month online Yoga workshop”

(1st -30th June 2021)

A “One month Yoga and Meditation workshop” was conducted under which we are organising online classes from 7.30 -8.45 am and 6-7 pm from 1st -30th June 2021. More than 105 registrations were received for this event. The workshop was attended by students, teaching as well as non-teaching staff and their family members. Each day live demonstrations were conducted by expert yoga instructors Mr. Shishir Pokhriyal and Mr. Rahul Bhadotiya. Meditation sessions and Yog Nidra sessions were conducted on Saturdays. A completion certificate was issued to the 26 regular participants.



*Sunila*

**Dr. Sunila Hooda,  
Convener, Yoga and Meditation Society**

**Yoga workshop 2021 (1<sup>st</sup> June -30<sup>th</sup> June 2021)**  
**list of participants who were awarded certificate**

<b>S. NO.</b>	<b>Name</b>	<b>EmailID</b>	<b>Designaton</b>
1.	Mudit Arora	aroramudit0@gmail.com	Student
2.	NEERAJ	neerajkashyapvlogs@gmail.com	Student
3.	Pradeep Singh	ak9788223@gmail.com	Student
4.	Arunava Datta Mazoomder	arunavamazoomder@gmail.com	Family member
5.	Dr. Mukta Datta Mazumder	munroy2003@yahoo.com	Faculty
6.	Anand kumar	anandchauhan66368@gmail.com	Student
7.	Madhu	madhu.eng543@rla.du.ac.in	Student
8.	Chanchal Batra	chanchalbatra68@gmail.com	Non teaching staff
9.	Geetu Katyal	geetukatyal871@gmail.com	Student
10.	Tushar Sharma	pandatgvvip8884@gmail.com	Student
11.	DEVANSHI SHARMA	devanshisharma195@gmail.com	Student
12.	Ms. Manisha Wadhwa Arora	manisha.mcs.du.2012@gmail.com	Faculty
13.	Dr. Sarbari Nag	sarbarijelly@gmail.com	Faculty
14.	SURJEET SINGH	surjeet2571@gmail.com	Non teaching staff
15.	Dr. Urvashi Kuhad	urvashikuhad.english@rla.du.ac.in	Faculty
16.	Shweta Kumari	shwetapandit510@gmail.com	Student
17.	Princi	princit2019@gmail.com	Student
18.	DEVANSHI SHARMA	devanshisharma195@gmail.com	Student
19.	Dr. Deepti Bhardwaj	deeptibhardwaj.eng@gmail.com	Student
20.	Priyanshu Yadav	priyanshu.maths6273@rla.du.ac.in	Student
21.	Arshina Bano ansari	arshinaansari118@gmail.com	Student
22.	Shikha Verma	shikhaverma@rla.du.ac.in	faculty
23.	Dr Rita Jain	ritajain.stat@rla.du.ac.in	faculty
24.	Tripti Kaushik	tripti1406@gmail.com	Student
25.	Charu		Family member
26.	Dr. Sunila		Coordinator
27.	Dr. Seema Gupta		Coordinator
28.	Mr. Rahul Bhadotiya		Yoga Instructor
29.	Mr. Shishir Pokhriyal		Yoga Instructor
30.	Dr. Rakesh Kumar Gupta		Principal