

Report on 7th International Day of Yoga (IDY 2021)

(Period: 1st June -30th June 2021)

Yoga and Meditation Society, Ram Lal Anand College, University of Delhi organized a number of events as a part of the celebration of IDY 2021 in line with the theme IDY theme this year- “Yoga at Home and Yoga with Family”.

An *ONLINE YOGA SESSION* was organised on 21st June 2021 (7:30 am- 8:45 am) for performing yoga asana mentioned in the Common Yoga Protocol. More than 100 participants took active part in the event which included students, teaching as well as non-teaching staff and their family members.

An “*Interdepartmental Online Yoga Competition*” was also organised on 20-21 June 2021. A total of 23 students (14 Girls and 9 Boys) participated in this competition. Cash prizes were awarded to in each category as; 1st Prize (Rs. 2000), 2nd Prize, (Rs. 1000), 3rd Prize, (Rs.750). The winners of the competition were:

1. Anand Kumar – 1st Prize Boys category
2. Sourav Pal– 2nd Prize Boys category
3. Mudit Arora – 3rd prize Boys category
4. Princi – 1st Prize Girls category
5. Manisha Sonowal– 2nd Prize Girls category
6. Jyoti Jangra – 3rd Prize Girls Category

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.

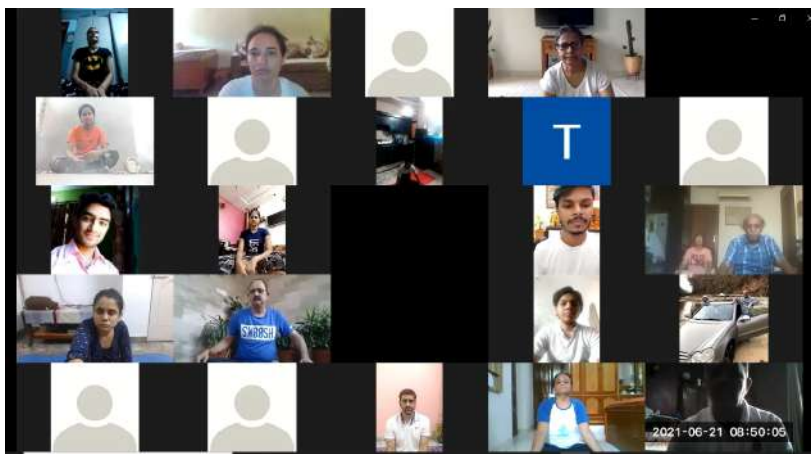
A *National Workshop on "Holistic Fitness - Boost your immunity and prevent illness"* was organised on 23-24th June 2021 (2:00-4:00 pm) in collaboration with the Department of Physical Education, RLA College. We have received 230 registrations for this workshop and it was attended by more than 110 including students, faculty, and staff from different institutes/colleges all over India. The Resource persons of the workshop were:

- 1 Dr. Rakesh Tomar**
Faculty, Physical Education
KingFahd University of Petroleum & Minerals, Saudi Arabia
Topic: Physical fitness strategies for immunity and health
- 2 Dr. Tarak Nath Pramanik**
Associate Professor (Phy. Edu & Yoga) IGIPSS, University of Delhi
G. Secretary, State Yoga and Sports Association
Topic: Physiology of Yogic Practice
- 3 Dr. Ajay Shastri**
Associate Professor (Yoga), Jawaharlal Nehru University
Delhi President, State Yoga and Sports Association
Topic: Yogic and Ayurvedic diet
- 4 Dr Brijesh Singh**
Assistant Professor in Yoga
IDS, Somaiya Vidya Vihar University, Mumbai
Topic: Science of Breathing and Meditation
- 5 Ms. Priya Joshi**

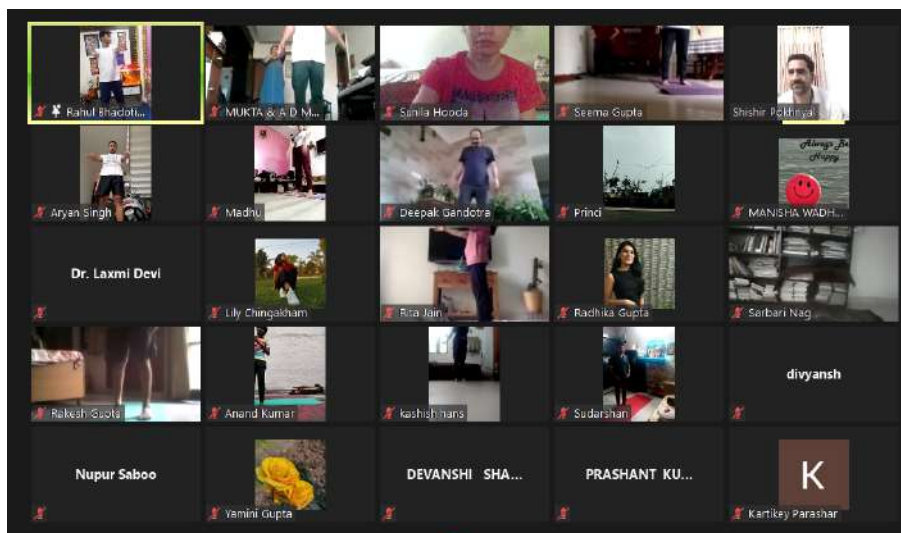
Counselling Psychologist, Clinical Hypnotherapist
Special Educator, Consultant and student counselor,
Topic: Mental benefits of Exercise

The highlight of the talk was hands on activities given by the experts during the session on 2nd day. The talks were followed by a separate panel discussion with 5 experts as panellists wherein they answered queries related to diets, exercise, meditation methods, physical and mental fitness strategies.

Dr. Sunila,
Convener, Yoga and Meditation Society



IDY 2021 celebration on 21st June 2021 (7.30 am to 9:00 am)



One month Yoga and meditation workshop (picture taken on 11th June 2021)



Participants performing yogasanas in the Inter-departmental Online Yoga Competition on 20th -21st June 2021.



Information on the IDY events 2021 uploaded on RLA College website

Poster for the events organized as part of IDY 2021

YOGA AND MEDITATION SOCIETY
RAM LAL ANAND COLLEGE
is organising
One Month Online YOGA Workshop
in 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 BLA college students, staff and their families

To join register at:
<https://forms.gle/8Lz9k9vZKwE1>

Dr. Sushila Hooda
Convener

Dr. Seema Gupta
Co-Convener

Dr. Rakesh K Gupta
Principal

RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)
Yoga and Meditation Society
presents
Inter-departmental Online YOGA Competition
on the occasion of
7th International Yoga Day
21st June 2021,
7.30 am-8.45 am

COMPELORY SERRIAL:
1. Pranayama
2. Urdhvasana
3. Trikonasana

OPTIONAL ASANA:
Sardhanasana,
Bhujangasana,
Padmasana,
Sukshmasana,
Ardha Matsyendrasana,
Matsyendrasana,
Urdhva Dhanurasana,
Urdhva Prasarita Padasana,
Urdhva Dhanurasana,
Urdhva Prasarita Padasana,
Urdhva Prasarita Padasana

LAST DATE OF ENTRY IS
12/04/2021

*Certificates to all the registered participants will be provided

Principals
<https://forms.gle/8Lz9k9vZKwE1>

Dr. Sushila Hooda
Convener

Dr. Seema Gupta
Co-Convener

Dr. Rakesh K Gupta
Principal

YOGA AND MEDITATION SOCIETY
RAM LAL ANAND COLLEGE
is inviting you for
ONLINE YOGA SESSION
in the occasion of
7th International Yoga Day
21 June 2021
7.30 am-8.45 am

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

To join register at:
<https://forms.gle/8Lz9k9vZKwE1>

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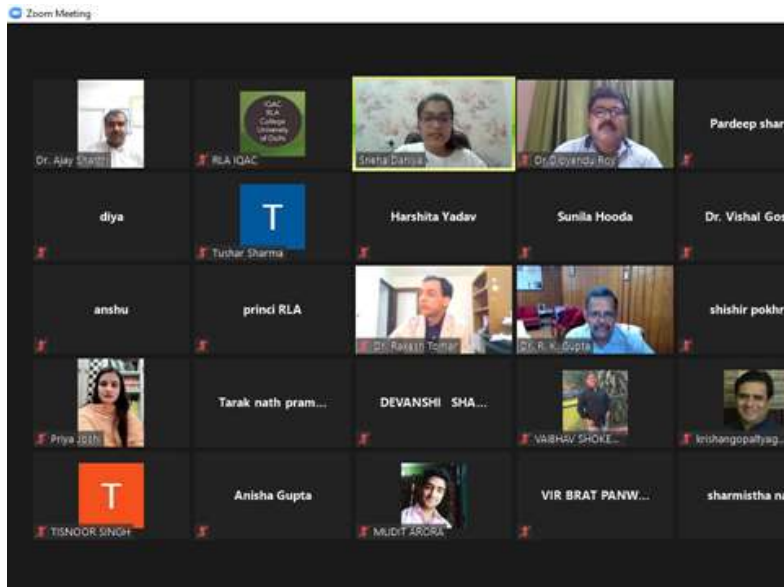
RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)
NATIONAL WORKSHOP
on
HOLISTIC FITNESS
Boost Your Immunity and Prevent illness
in the occasion of
7th International Day of Yoga
20-24th June 2021, 2.00 PM

WEB SPEAKERS

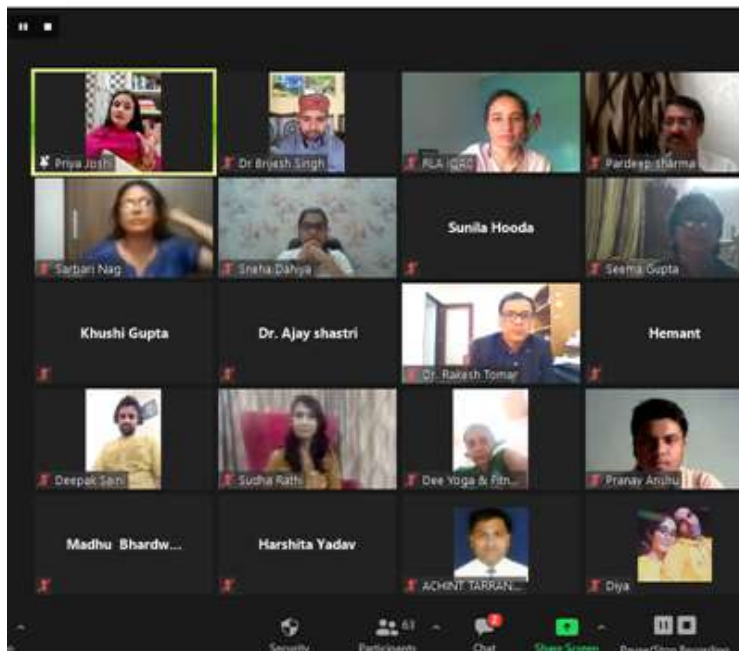
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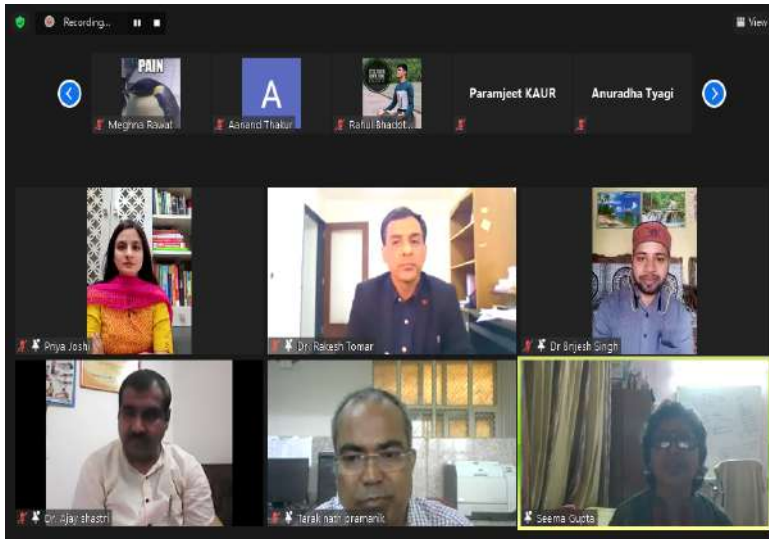
Dr. Rakesh K Gupta
Principal



Day 1: National workshop on Holistic Fitness 24th June 2021



Day 2 : National workshop on Holistic Fitness 24th June 2021



Panel discussion on 24th June 2021 in National workshop on Holistic Fitness