

“Holistic Fitness- boost your immunity and prevent illness”

A 2-day online National Workshop on “**Holistic Fitness- boost your immunity and prevent illness**” was organized by the Yoga and Meditation Society in collaboration with the Department of Physical Education, Ram Lal Anand College, University of Delhi on the occasion of 7th International Day of Yoga on 23rd and 24th June 2021 on Zoom. (<https://zoom.us/j/94499833923?pwd=aFZ1SXhMKzlGeFdIM1lWVzdEUHFLdz09>). Yoga and physical fitness experts from various domains joined the workshop to share their thoughts in their area of expertise.

First day of the workshop started with the welcome note by the honourable principal, Dr. Rakesh Kumar Gupta. The first speaker of the session was Dr. Rakesh Tomar, who talked about the importance of physical exercise for the holistic development of a person and also to maintain a good immunity. Dr Tarak Nath Pramanik made the audience aware about various types of yoga practices which included the demonstration of performing various asanas. The last speaker of the session was Dr. Ajay Shastri. Dr. Shastri laid emphasis on following yogic and Ayurvedic diets and discussed the benefits related to it.

Second day of the national workshop started with a welcome note of Dr. Pradeep Kumar, Faculty, Department of Physical Education, Ram Lal Anand College followed by two expert talks. The first talk of the second session was on Science of Breathing and Meditation by Dr Brijesh Singh, who talked about the science related to breathing and meditation and benefits it causes to a regular practitioner. The last session related to mental benefits of exercise, the speaker of the session, Ms Priya Joshi raised awareness about importance of mental health especially during the prevailing times of COVID-19 pandemic. She also demonstrated various ways of breathing with the help of patterns and music. The highlight of the day was a panel discussion which was joined by all the esteemed speakers. In panel discussion, the participants shared their views and asked their doubts on various domains which were discussed by the panelist in detail. The workshop ended with a vote of thanks by Dr. Seema Gupta, Faculty at Department of Statistics, Ram Lal Anand College.

People from various domains, including teachers, students and yoga practitioners from various institutes participated in the online workshop. The enthusiasm and zeal of participants to know more about the topics discussed was quite evident, especially during the panel discussion.

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



RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)



presents
NATIONAL WORKSHOP
on

HOLISTIC FITNESS

Boost Your Immunity and Prevent Illness

as a part of celebration of

7th International Day of Yoga

23-24TH JUNE 2021, 2:00 PM

OUR SPEAKERS



Topic: Yogic and Ayurvedic Diet
Dr. Ajay Shastri
Yoga Expert, JNU
Delhi President, State Yoga and Sports Association



Topic: Physical Fitness Strategies for Immunity and Health
Dr. Rakash Tomar
Faculty, Physical Education
King Fahd University of Petroleum & Minerals, Saudi Arabia



Topic: Physiology of Yogic Practice
Dr. Tarak Nath Pramanik
ASST. PROF. (PHY.,
EDU & YOGA) IGIPSS,
University of Delhi



Topic: Science of Breathing and Meditation
Dr. Brijesh Singh
Assistant Professor in Yoga
IDS, Samskya Vidya Vihar
University, Mumbai



Topic: Mental Benefits of Exercise
Ms. Priya Jashi
Counselling Psychologist,
Clinical Hypnotherapist,
Special Educator

Organized by:

**Yoga and Meditation Society
&
Department of Physical Education**

Dr. Seema Gupta
(Coordinator)

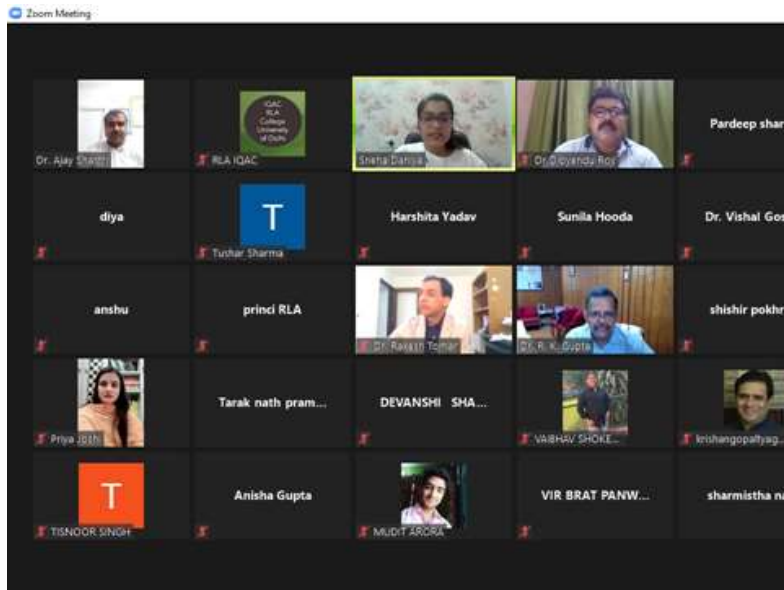
Dr. Sunila Hooda
(Convener)

Dr. Pardeep Kumar
(Coordinator)

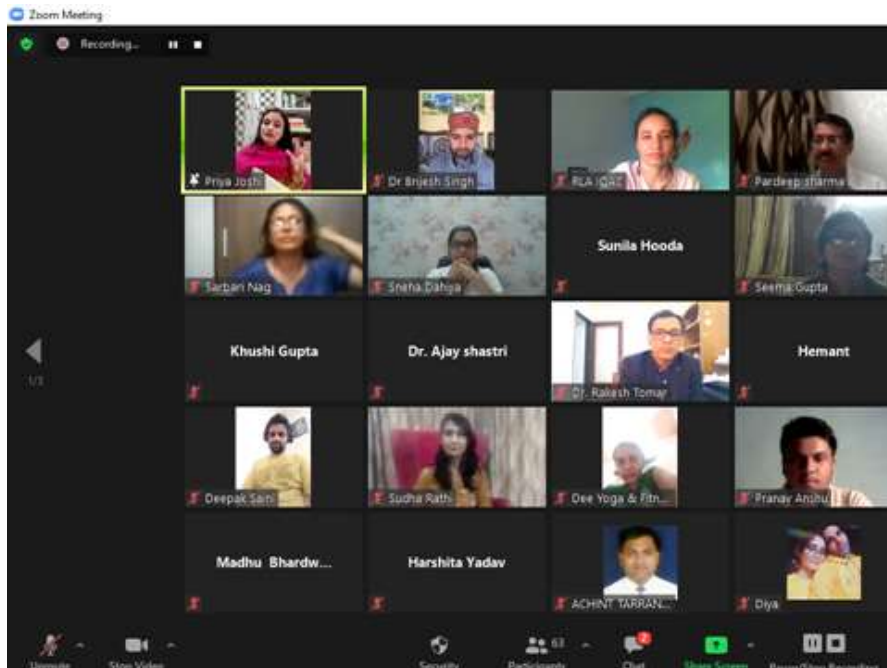
Dr. Rakash K Gupta
Principal

Register here: <https://forms.gle/qf0lgTSGH4bcCL7vg9>
Last date of registration: 23 June, 2021

E certificates to all the registered participants will be provided



Day 1: National workshop on Holistic Fitness 23rd June 2021



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



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

List of participants:

S. no.	Name	Affiliation (give name of the organisation/institute)	Designation
1.	AANAND THAKUR	Rla college	Student
2.	ACHINT TARRANCE	SHUATS	Faculty
3.	Amisha kumari	Ram lal anand college	Student
4.	Anisha Gupta	Ram Lal Anand College	Student
5.	Anjali	Ram Lal Anand college	Student
6.	Anjali Atwal	Ram lal Aanand college (DU)	Student
7.	Anuradha Tyagi	Freelance Yoga and Nrityayoga Trainer	Freelance Yoga and Nrityayoga Trainer
8.	Aparna Yadav	DPS Greater Noida	Teacher
9.	Apurva Singh	Ram Lal Anand College	Student
10.	ASHOK KUMAR	IGIPESS	Student
11.	Avadesh Kumar Yadav	Delhi Public School, Greater Noida	Teacher in Other School
12.	Barnadeep Nath	Ram Lal Anand College	Student
13.	D.S.SRINIVAS	PEBBLE CREEK LIFE SCHOOL	PET
14.	Deepti Dayal	Ram Lal Anand college	Student
15.	Depanja. Sarkar	RamLal Anand	Student
16.	DEVANSHI SHARMA	D R COLLEGE, University of Delhi	Student
17.	DIBYENDU ROY	KIDDERPORE COLLEGE	Faculty
18.	Diksha Singh	Ram Lal Anand College, Delhi	Student

		University	
19.	Dinchen lepcha	Rlac	Student
20.	DINESH CHAND PAPNAY	ARWACHIN INTERNATIONAL SCHOOL	Physical education teacher
21.	Diya yadav	Ram lal anand	Student
22.	Dr Anshu Sharma	Delhi University	Faculty
23.	Dr Brijesh	Somaiya Vidya bihar university , mumbai	Faculty
24.	Dr Mamta Sahrawat	Bhagini Nivedita college	Faculty
25.	Dr. Manvesh Nath Das	Ram Lal Anand College	Faculty
26.	Dr. Sarbari Nag	Ram Lal Anand College, DU	Faculty
27.	Dr. Seema Gupta	Ram Lal Anand College	Faculty
28.	Dr. Vishal Goswami	Ram Lal Anand College, University of Delhi	Faculty
29.	Dr.Krishan Gopal Tyagi	Ram Lal Anand College, DU	Faculty
30.	Drishti Khattar	Delhi University	Student
31.	Durgesh Singh	Department of Chemistry, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar	Research Scholar
32.	Ganesan Thimmarayan	Indus international school Bangalore	Faculty
33.	Gourab Saha	Sri krishna college	Student
34.	Harshita Yadav	Ram Lal Anand College	Student
35.	HIMANI KHATTAR	ITI jija bai	Student
36.	Janisha	Ram Lal Anand College	Student
37.	JASBIR YOGACHARYA	Shri JTT University Jhunjhnu Rajasthan	Student
38.	Jitender	Namo yoga	Student
39.	Jyoti Rawat	RLA	Student
40.	Kajal	Ram LAL Anand college	Student
41.	Kajal kumari	Yoga day	Student
42.	Kashish hans	Ram Lal Anand college	Student
43.	Keshav Singh Rathore	Fr. Agnel School Greater Noida	Teacher
44.	Khushi Gupta	Ram Lal Anand	Student
45.	Lalit	Fitness	Student
46.	Lijiya Sara K Thomas	Ram Lal Anand College, University of Delhi	Student

47.	M.L.WADDAR.NATIONAL AWARDEES	GOVT KGHPs KALAKERI	PE TEACHER
48.	Madhu	Ram Lal Anand college	Student
49.	Mamta Arora	Arya Samaj	Sadhak
50.	Manabendra Majhi	Visva Bharati University	Research Scholar
51.	Manashvi	Ram Lal Anand College	Student
52.	MEENA BRAR	MATA JAI KAUR PUBLIC SCHOOL	TEACHER
53.	Meghna	Ram lal anand college	Student
54.	Meghna rawat	Ram lal anand college	Student
55.	Mohd uzair ansari	Ramlal Anand college	Student
56.	Mr MUKESH SAHARAN	BHAGWANT UNIVERSITY AJMER	RESEARCH SCHOLAR
57.	Ms.Khushboo	Rla college	Student
58.	N.Rasiinai RK	National workshop on holistic fitness	Student
59.	Neha	Ram Lal anand college	Student
60.	Nidhi Subhash Chandra	Ram Lal Anand College	Faculty
61.	Nisha Sharma	2130920/Apeejay International School, Greater Noida	Faculty
62.	Nisha yadav	Ram lal anand college	Student
63.	P Nikesh Kumar	Time schools	Faculty
64.	Parveen Kumar	Tagore international school CBSE	Faculty
65.	Pavitra Arora	SLBSNSU	Student
66.	Pooja	SLb university	Student
67.	Pranav Anshu	Ram Lal Anand College	Student
68.	Preeti Arora	The Mother's International School	PET
69.	Princi	Ram Lal aanda collage	Student
70.	R.VENUGOPAL	ANNAMALAI UNIVERSITY / CHINMAYA VIDYALAYA SR SEC SCHOOL	Faculty
71.	Radhika Verma	Ram lal Anand college	Student
72.	Rahul Bhadotiya	RLA	Faculty
73.	Rajander Kumar Arya	St Pauls School	Faculty
74.	RAKESH	GOVT. PRIMARY SCHOOL - BANAU LI (262580), DISTT. - CHAMPAWAT	PRIMARY TEACHER (PRT)

75.	Rashi Gaur	Ram Lal Anand College, New Delhi	Student
76.	Ritisha Dhapola	Ram Lal Anand College, University of Delhi	Student
77.	Roslyn	Uttarakhand University	Student
78.	SATYENDRA KUMAR	JNU	Family member of student/teaching/non teaching staff
79.	Shakti	St. Columba's School	Faculty
80.	Sharmistha Nandi	DPS Greater Noida	PRT(Physical Education)
81.	Shishir Pokhriyal	Shivaya yog sansthan and holistic health care	Director
82.	Shivani Ray	RLAC	Student
83.	Shreya	Ram Lal Anand College	Student
84.	Sneha Gharu	Ram Lal Anand College	Student
85.	SOURAV PAL	Ram Lal Anand College	Student
86.	Sunil Bhatt	SUMMER FIELDS SCHOOL	Physical Education Teacher
87.	Sunil Nandal	MDNIY	Student
88.	Sunila Hooda	RLA College, University of Delhi	Faculty
89.	SUNITA KATRE	Jnv Rajgarh MP	Physical Education Teacher
90.	Tanya Singh	Ram Lal Anand College	Student
91.	Tarini Saran	Ram Lal Anand College	Student
92.	Tisnoor Singh Chadha	Ram Lal Anand College, Delhi University	Student
93.	Tushar Sharma	Ram Lal Anand College	Student
94.	Vaibhav Shokeen	Ram Lal Anand College	Student
95.	Vanshita Ratawal	Ram Lal Anand	Student
96.	Vikas Ji Shrivastava	Composite School Bhaumi, Harahua, Varanasi	Teacher
97.	Vinay	Ram Lal Anand College	Student
98.	VIR BRAT PANWAR	Navjeevan Inter College Farrucknagar Ghaziabad	Faculty
99.	सीमा	भारतीय योग महासंघ नई दिल्ली	Faculty
100.	Dr. Pardeep Kumar	Ram Lal Anand College	Faculty
101.	Dr. Rakesh Kumar Gupta	Princial, Ram Lal Anand College	Principal
102.	Deepak Saini	Yog pragati	
103.	Dr. Rakesh Tomar	Expert	

104	Dr. Tarak Nath Pramanik	Expert	
105	Dr. Ajay Shastri	Expert	
106	Dr. Brijesh Singh	Expert	
107	Ms Priya Joshi	Expert	
108	Sudha Rathi		
109	Anurav Datta Mazumder		
110	Dr. Mukta Datta Mazumder	Ram Lal Anand College	Faculty

Sunila

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