

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2021-22)

Webinar on
Tips for Healthy Heart and Happy Mind
on the Occasion of
World Heart Day 2021

NAME OF THE EVENT: Webinar on Tips for Healthy Heart and Happy Mind on the Occasion of World Heart Day 2021

NATURE OF THE EVENT: Invited Lecture

DATE AND DURATION: 29th September, 2021

VENUE: On Google Meet

NUMBER OF PARTICIPATING STUDENTS: 91 + participants

Event was attended by Students/Teaching/Non-Teaching staff and also their family members

BRIEF SUMMARY OF THE EVENT:

Yoga and Meditation Committee organized an online webinar on 29th September, 2021 (from 11:30am to 12:30pm) on the Occasion of World Heart Day. Invited Guest for the event was Dr. Mohit Gupta (Cardiologist from GB Pant Hospital and also Professor by Occupation). He is currently working as Professor of Cardiology in GB Pant Hospital and has an experience of more than 20 years. Youngest member of the faculty, Dr Gupta has a distinct achievement of getting more than 18 gold medals and 5 silver medals in his medical career. He was honored by the hospital for outstanding services to the patients for the year 2005. In October 2006, he was awarded young scientist of the year by the Association of physicians of India. He was recently awarded with the Prestigious “Agra-Ratna” award by Honorable Chief minister of Delhi for distinguished medical and social services to the society. He has done a study of Heart risk to COVID-19. He has given more than 500 lectures and conducted symposiums all in Oxford and Cambridge.

Dr. Mohit discussed various tips on how to keep your heart healthy and update your daily routine and focus on a healthy lifestyle. During the session he discussed healthy and holistic life in Covid and other times and how the three pillar of Health plays a very important role :- Proper nutrition, Good and sound sleep and Exercise. Practicing Emotional hygiene, brain benefits of workouts, daily healthy routine, nutritional psychology were also emphasized during the session.

The event was attended by the students, Teaching and Non-Teaching Staff and also the members of RLA and other colleges of Delhi University.

The event was a resounding success, and was concluded upon the Vote of Thanks by Prof. Rakesh Kumar Gupta (Principal), Dr. Seema Gupta (Convenor) and Ms. Shikha Verma (Co-Convenor) of Yoga and Meditation Committee of Ram Lal Anand College, University of Delhi.



Ram Lal Anand College YOGA & MEDITATION SOCIETY



WORLD
Heart Day

PRESENTS

Webinar On

**Tips for Healthy Heart
and Happy Mind on
World Heart Day 2021**



Prof. Dr. Mohit Gupta

DM Cardiology, GB Pant Hospital

**Known for Professor of
Cardiology and 18 gold medals
in medical field.**



29 September, 2021

11:30am-12:30pm

CLICK HERE TO REGISTER

E-Certificates to all participants

**Co-Convenor
Ms. Shikha Verma**

**Convenor
Dr. Seema Gupta**

**Principal
Dr. Rakesh Kumar Gupta**



Dr Mohit D Gupta FACC, FSCAI, FESC
Professor of Cardiology
GB Pant Hospital and MAM College

Video for Webinar on Healthy Heart and Happy Mind 29 Sept 2021.avi



60,40,60 Principle



Being one of the youngest Faculty member, Dr Gupta has a distinct achievement of getting more than 18 gold medals and 5 silver medals in his Medical career proving his excellency.

He was honoured by the hospital for outstanding services to the patients for the year 2005.

Press [Esc] to exit full screen



Distinguished Awards and Achievements



Agra Ratna

He was recently awarded with Prestigious "Agra-Ratna" award by Honorable Chief minister of Delhi for distinguished medical and social services to the society.



Publications

He has more than 130 research items in journals of national and international and besides intervention cardiology, he has extensive interest in Genetic research and is carrying various projects with institutions of repute.



Spirituality

A strong advocator of spirituality, Dr Gupta has been associated with Brahma Kumaris World Spiritual University since his childhood and practices Rajyoga meditation everyday. He believes that practicing spirituality with correct and scientific understanding is the key to leading a balanced life.