

Yoga and Meditation Society Report (2020-21)

Period: June 1 2020 -30th May 2021

Yoga has far reaching benefits on our physical, mental and spiritual well-being. COVID-19 has posed special challenges for students and faculty in 2020-21. A number of activities were organized in this session.

Yoga and Meditation Society organized **One Month Online Yoga Workshop** from 1st- 30th June 2020 in association with Shri Yog Pragati. Workshop included regular yoga classes from 8; 00-9:00 am every day in which live demonstration was conducted by expert yoga instructor Sh. Deepak Saini and his team consisting of Mr. Shishir Pokhriyal and Mr. Rahul Bhadotiya. Meditation sessions were conducted every Saturday and Yog Nidra sessions were also conducted on Saturdays by Mr. Rahul Bhadotiya. As a part of this workshop interactive lecture sessions on Yoga, lifestyle diseases, Ayurveda and its benefits, were also held time to time. The aim of the workshop was to spread the importance of Yoga and meditation to keep ourselves healthy and prevent life style diseases. Following students were awarded best performer certificate in this workshop.

Anuj Gupta, B.A. (Prog) II Sem – Best performer (Male)

Pradeep Singh, B.A. (Prog) II Sem – 2nd Best performer (Male)

Avinash Kumar Kuldeep, B.Sc. (H) Mathematics IV Sem – 3rd Best Performer (Male)

Princi Tiwari, B.A. (H) History IV Sem - Best performer (Female)

Tanika Bisht, B.Sc. (H) Statistics VI Sem -2nd Best performer (Female)

Sneha Dahiya, B.Sc. (H) Statistics II Sem – 3rd Best performer (Female)

Cash prizes of Rs. 800 and 500 were given to best and 2nd best performer respectively in both categories.

The resource persons in this workshop were:

1. **Dr. Ajay Shashtri**, Associate Professor (Yoga), Jawahar Lal Nehru University, 5th June 2020 (8-9 am)
2. **Dr.Tarak Nath Pramanik**, Associate Professor, I.G.I.P.E.S.S (D.U), 28th June 2020
3. **Dr Brijesh Singh**, Yoga Expert at CSIR-TKDL, New Delhi, (PhD in Yoga, MSc in Yoga and Holistic Health, BSc in Yoga and Psychology, 19th June and 21st June 2020
4. **Krishan Kumar Garg**, 2 time Asian gold medallist and 18 time National gold medallist in Yoga, 30th June 2020

A special one hour Yoga session was conducted on 21st June 2020, 8:00 am- 9:00 am on the occasion of 6th International Yoga Day. A total of 140 participants took active part in the event which included students, teaching as well as non-teaching staff and their family members.

A national level “Live yoga asana & quiz competition” was organized between 25-28th June 2020 in association with Shri Yog Pragati and technical support was provided by the State Yoga Sports Association, Delhi The competition was organised in three rounds: Round 1- video audition round, Round 2- live asana presentation and Round 3- quiz competition. A total of 29 students participated in this competition. Top 2 in each category were awarded

cash Prize; 1st Prize, Rs. 2000/- and 2nd Prize, Rs. 1000/- in each category. The competition was judged by Mr. Deepak Saini, Mr. Shishir Pokriyal, Mr. Rahul Bhadotiya, Ms. Shalu and Mr. Ravi Bhairwa.

Regular Yoga classes are going on from 1st July 2020 till now. In addition, a team of students is also being trained by the experienced Yoga Instructors for various intercollege competitions at the state level.

Time to time various other sessions on yoga and wellness were conducted.


1. **Dr Shaista Khan**, Ayurveda Acharya Holistic science therapist, Course Director of VATTC, 30 July, 2020)
2. **Dr Manish Goyal**, Naturopathy (17th Oct 2020)
3. **Dr Rohini Rana**, Naturopathy, Ayurveda, Acupressure, Dietician, Yoga expert (20th Feb 2021)


A total of 200 students and 42 teachers have benefitted from the yoga classes conducted in this period.

Dr. Sunila,
Convener, Yoga and Meditation Society

Please find the pictures of various events below:



**Ram Lal Anand College**
(University of Delhi)
Invites you for
Online Yoga Session
on
21st June 2020
from 8:00 – 9:00 am
on the occasion of
6TH International Yoga Day
Organized by
Yoga and Meditation Committee
Registration link: <https://forms.gle/wEYMM9EZxaa25Ydg8>



Dr. Seema Gupta
Advisor

Dr. Sunila Hooda
Convener

Dr. Rakesh Kumar Gupta
Principal



rlcollege.edu.in

YOGA AND MEDITATION SOCIETY

RAM LAL ANAND COLLEGE (University of Delhi) & SHRI YOG PRAGATI
Technical support by State Yoga Sports Association, Delhi
organizes

LIVE ASANA AND QUIZ COMPETITION

ROUND I : VIDEO AUDITION
ROUND II : LIVE ASANA PRESENTATION
ROUND III: LIVE QUIZ COMPETITION

EVENT DATES

LAST DATE OF VIDEO SUBMISSION :
23 JUNE 2020

RESULT DECLARED (ROUND 1) :
25 JUNE 2020

II & III ROUND - FEMALE :
26 JUNE 2020

II & III ROUND - MALE : 26 JUNE 2020

FINAL DECLARATION OF RESULT :
26 JUNE 2020

AGE CATEGORY :17-25 YEARS

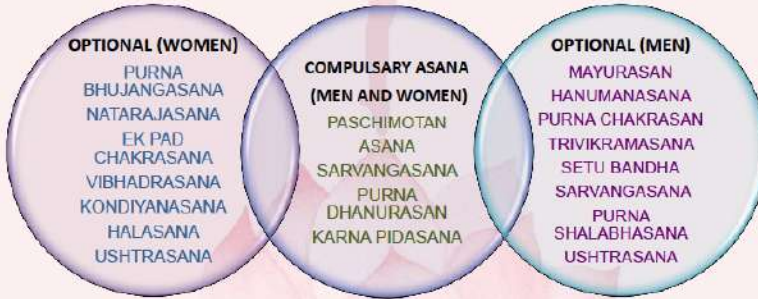
E-CERTIFICATE WILL BE
PROVIDED TO EACH
PARTICIPANT. TOP 2 IN EACH
CATEGORY WILL GET
ATTRACTIVE CASH PRIZE

Contact

Dr. Sunila Hooda: 9810473771

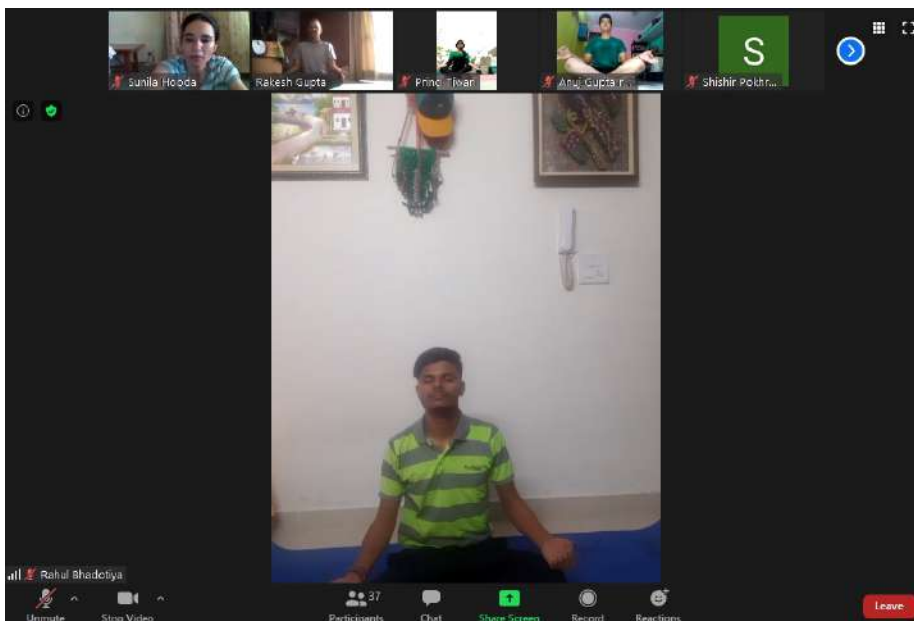
Dr. Seema Gupta: 9891664133

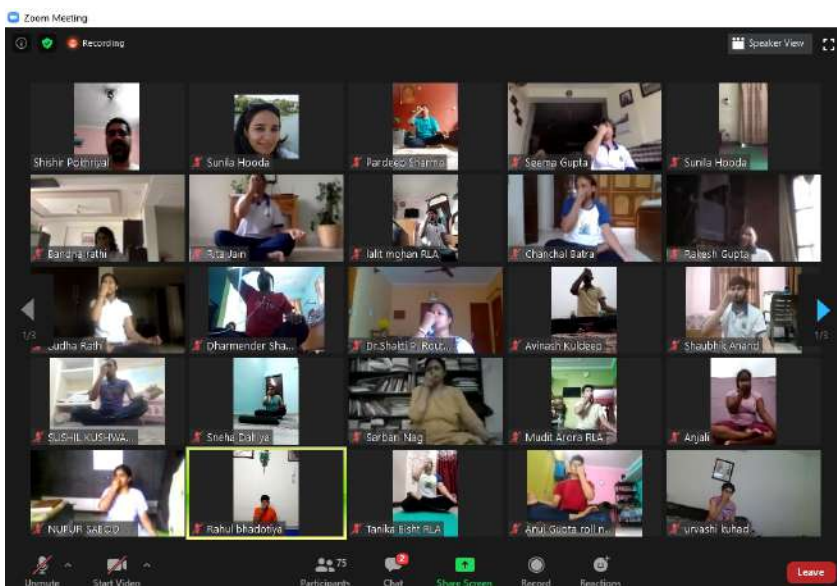
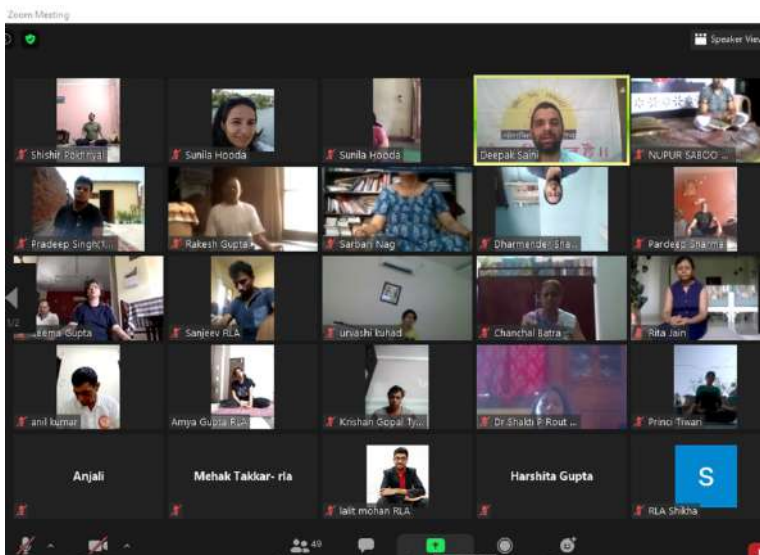
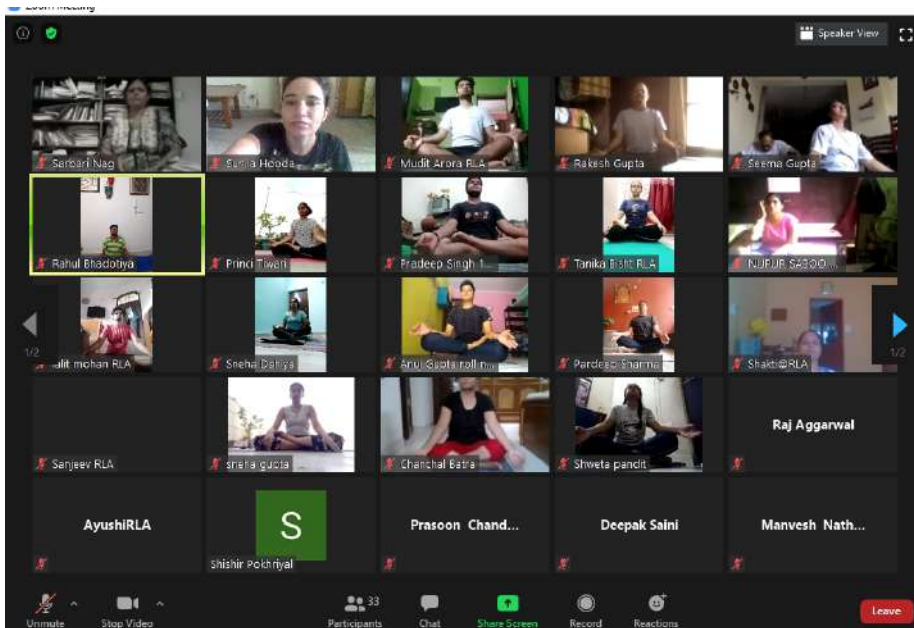
Email: riayoga2016@gmail.com



RULES AND REGULATIONS :

- > FROM ROUND I TOP 12 PARTICIPANTS WILL BE SELECTED FOR ROUND II & III IN BOTH THE CATEGORIES
- > VIDEO MUST CONTAIN MINIMUM OF 6 ASANAS, 4 COMPULSORY AND 2 OPTIONAL. HOLDING TIME FOR EVERY ASANA IS 30 SECONDS
- > VIDEO SHOULD BE MADE IN LANDSCAPE MODE WITH SIDE POSE AND PROPER ANGLE OF THE ASANA SHOULD BE MAINTAINED
- > PARTICIPANTS SHOULD WEAR TIGHT AND FITTED COSTUMES FOR BOTH CATEGORIES
- > JUDGEMENT CRITERIA AS PER INDIAN YOGA FEDERATION
- > EACH CORRECT ASANA EARNS YOU 10 POINT AND 40 POINTS FOR THE QUIZ COMPETITION
- > ONLY ROUND II & III WILL BE CONSIDERED FOR THE RESULT
- > REGISTRATION LINK <https://forms.gle/cSoKuYeDMyzMASH7>





IDY 2020 (yoga session on common yoga protocol)



Anuj Gupta, BA Prog II Sem (performing various asana during competition)

