

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2022-23)
Yoga and Meditation Society Orientation Program
23rd February, 2023

NAME OF THE EVENT: Yoga and Meditation Orientation Program 2023

NATURE OF THE EVENT: Physical Event

DATE AND DURATION: 23rd February, 2023, 12 to 1pm

VENUE: College Front Lawn

NUMBER OF PARTICIPATING STUDENTS: 15 students

BRIEF SUMMARY OF THE EVENT:

On February 23rd, 2023, Yoga and Meditation Society of the college organized a transformative Yoga and Meditation Orientation Program specifically tailored for first-year students. The program aimed to introduce incoming students to the benefits of yoga and meditation, promoting physical fitness, mental well-being, and stress reduction. This report provides an overview of the orientation program, its objectives, activities conducted, and the overall impact on the participating students.

Objectives:

The primary objectives of the Yoga and Meditation Orientation Program were as follows:

1. Introduce students to the principles and practices of yoga and meditation.
2. Raise awareness about the importance of holistic well-being in academic life.
3. Teach stress management techniques to help students navigate college life effectively.
4. Create a sense of community and belonging among the first-year students.

Activities:

Welcome and Introduction:

The program began with a warm welcome to the new batch of first-year students. The importance of maintaining a balanced and healthy lifestyle during the college journey was emphasized.

Introduction to Yoga:

The members of the society provided an introduction to the ancient practice of yoga, its history, and its relevance in modern times. Basic yoga principles, such as mindfulness, breath awareness, and postures (asanas), were introduced.

Meditation Techniques:

Meditation experts led sessions on various meditation techniques, including mindfulness meditation and breath-focused meditation. Students were taught how to practice meditation to improve focus, reduce anxiety, and promote mental clarity.

Stress Management Workshop:

A dedicated workshop on stress management was conducted to help students cope with the challenges of college life. Time management, relaxation techniques, and tips for handling academic pressure were shared.

Interactive Sessions:

Interactive sessions were held to encourage students to share their expectations and concerns about college life. Peer mentors and senior students shared their experiences and provided valuable insights and guidance.

Impact:

Increased Awareness: Participants gained a deeper understanding of the benefits of yoga, meditation, and stress management techniques.

Stress Reduction: Many students reported feeling more relaxed and equipped to manage stress effectively.

Improved Focus: Students expressed enhanced concentration and improved ability to stay present in their daily activities.

Sense of Belonging: The program helped foster a sense of belonging and camaraderie among the new students.

Conclusion:

The Yoga and Meditation Orientation Program for first-year students on February 23rd, 2023, was a resounding success. By introducing the incoming students to the practices of yoga, meditation, and stress management, the college aimed to equip them with valuable tools for their academic journey and overall well-being. The program's positive impact underscores the importance of incorporating such initiatives in future orientation programs to support the holistic development of students in our college community.



**Yoga And Meditation Society
Ram Lal Anand College
University of Delhi**

ANNUAL ORIENTATION

Date :- 23 January 2023

Timing :- 12pm to 1pm

Venue :- Front lawn

https://docs.google.com/forms/d/e/1FAIpQLScJ--c6sBSll61WXz4eBTgTeCnDMdREGgczADfAsVX5zWTJQ/viewform?usp=sf_link

**For Any queries contact
Sugandha Sinha :- 8434304604
Tushar Sharma:- 93549 70580**

**Ms. Shikha Verma
Convenor**

**Prof. Seema Gupta
Advisor**

**Prof. Rakesh Kumar Gupta
Principal**

Yoga and Meditation Society
Oriental Program - 23 Jan 2023

Sign

Diprindya

Bhawan

Kaviratna

Charvi

Prakhar

Prityanshu

Majumdar

Muskam

S.No	Name	Course and year	Any suggestions
1	Dignajay Ajush	BA History (H) - 1st	8:30 onwards - flexibility
2	Sushma J. Shetty	BA Program - 1st.	
3	Prityanshu upadhyay	BA prog. - 1st	
4	Aman Kumar	BA prog - 1st.	
5	Bhawana Rathore	BA (H) History	Timing 8:30
6	KAMAKSHI SONI	B.COM(P) - II	[Please keep classes in the flexible timing & in hybrid mode]
7	CHARVI KHANDEWAL	B.COM (Hons) - III	
8	PRAKHAR TANUWAR	B. Com (Prog) - II	
9	Prityanshu Mishra	BSc (U) CS	
10	Majumdar Manohade	BSC CH CS 1st	Timing 8:30 - 9:00
11	Muskam Yadav	BSc (SU) (F)	Timing: 8:30 - 9:00
12			
13			

9006520528

6302983452

9130809025

9910239599

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2022-23)
International Yoga Day Celebration 2022
21st June, 2022

NAME OF THE EVENT: International Yoga Day Celebration 2022

NATURE OF THE EVENT: Physical Event

DATE AND DURATION: 21st June, 2022

VENUE: College Front Lawn

NUMBER OF PARTICIPATING STUDENTS: 95+ participants

BRIEF SUMMARY OF THE EVENT:

On June 21st, 2022, our college enthusiastically celebrated the International Yoga Day, joining millions of people worldwide in commemorating this occasion. The event aimed to promote the importance of yoga in achieving physical, mental, and spiritual balance while fostering global harmony and well-being.

The International Yoga Day celebration in 2022 was a remarkable success, bringing the college community together to celebrate the ancient practice of yoga. The event underscored the importance of promoting holistic well-being, fostering inclusivity, and embracing unity on a global scale. As an institution committed to promoting health and wellness, the college aims to continue organizing such events, contributing to the worldwide movement of embracing yoga for a healthier and more harmonious world.

Objectives:

The main objectives of the International Yoga Day celebration were as follows:

- a) Raise awareness about the significance of yoga as a holistic approach to well-being.
- b) Encourage students and faculty to embrace yoga as a regular practice for maintaining health and reducing stress.
- c) Showcase the diversity and inclusivity of yoga by incorporating various styles and techniques.
- d) Promote unity and solidarity among participants, aligning with the global theme of the event.





Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2022-23)
One Week Yoga Workshop on International Yoga Day 2022
13th June, 2022 to 21st June, 2022

NAME OF THE EVENT: One Week Yoga Workshop on International Yoga Day 2022

NATURE OF THE EVENT: Physical Event

DATE AND DURATION: 13th June, 2022 to 21st June, 2022

VENUE: College Front Lawn

NUMBER OF PARTICIPATING STUDENTS: 65+ participants

BRIEF SUMMARY OF THE EVENT:

In pursuit of fostering a healthy campus community, our college organized a transformative One-Week Yoga Workshop from June 13th, 2022, to June 21st, 2022. Mr. Shishir Pokhriyal was the trainer for the same. The workshop aimed to introduce the benefits of yoga in promoting physical fitness, mental well-being, and stress reduction among both faculty and students. This report presents an overview of the workshop, its objectives, activities conducted, and the overall impact on participants.

Objectives of the Event

The primary objectives of the One-Week Yoga Workshop were as follows:

- a) Introduce participants to the fundamental principles and practices of yoga.
- b) Demonstrate various yoga asanas (postures) and their associated health benefits.
- c) Teach meditation and breathing techniques to manage stress and enhance mental clarity.
- d) Cultivate a culture of overall well-being and self-care within the college community.

Workshop Activities:

a) Daily Yoga Sessions: Expert yoga instructors led daily sessions covering a range of yoga asanas, suitable for participants of all skill levels. The sessions aimed to enhance flexibility, strength, and balance.

b) Meditation and Breathing Techniques: Mindfulness and meditation sessions were conducted to help participants develop inner awareness and emotional resilience. Breathing techniques were taught to manage stress and anxiety effectively.

e) Practical Applications: Participants were encouraged to integrate yoga practices into their daily routines, both at home and on campus, to sustain the benefits gained during the workshop.

Conclusion

a) Increased Awareness: Participants developed a deeper understanding of yoga's physical, mental, and spiritual aspects.

b) Enhanced Well-Being: Improved physical fitness, reduced stress, and better sleep were commonly reported benefits.

c) Community Bonding: The workshop created a sense of camaraderie and mutual support among participants.

d) Sustainable Practices: Many participants expressed their commitment to continuing yoga and meditation practices beyond the workshop.

The One-Week Yoga Workshop was a resounding success, successfully promoting mind-body wellness among faculty and students. By introducing yoga's transformative effects, the workshop provided valuable tools for managing stress and improving overall well-being. As an institution committed to nurturing its community, the college intends to continue such initiatives to promote health and wellness in the future.





Ram Lal Anand College

Yoga and Meditation Committee

Event Report

(Session 2022-23)

Rhythmic Yoga – Splendour College Annual Fest

24th March, 2023

NAME OF THE EVENT: Rhythmic Yoga – Splendour College Annual Fest

NATURE OF THE EVENT: Physical Event

DATE AND DURATION: 24th March, 2023

VENUE: Yoga and Meditation Centre and College Front Lawn

NUMBER OF PARTICIPATING STUDENTS: 11 Teams from Different Colleges

BRIEF SUMMARY OF THE EVENT:

Ram Lal Anand College's Annual Cultural Fest, "Splendour," brought together a myriad of talents and creativity under one roof. One of the standout performances during the event was by the college's Yoga Society students, who mesmerized the audience with their innovative and captivating presentation on the theme of "Rhythmic Yoga." The performance not only showcased the students' mastery of yoga but also highlighted the seamless fusion of art and mindfulness, leaving a lasting impression on everyone present. The event was on the 24th of March and started at 11:30am in the yoga and meditation center. We were grateful to be in the presence of our judges Prof. Seema Gupta, Mr. Shrishir Pokhriyal and Dr. Sunila Hooda and at the time of the event we were graced with the presence of our principal sir Prof. Rakesh Kumar Gupta.

Performance Highlights:-

- 1) **Concept of Rhythmic Yoga:-**The Yoga Society students creatively blended the essence of yoga with rhythmic movements, seamlessly synchronizing their yoga poses with uplifting music and rhythmic beats. This innovative approach captivated the audience and brought a fresh perspective to the ancient practice of yoga.

- 2) Precision and Grace:-The performance was a testament to the students' dedicated training and commitment. Each participant exhibited exceptional flexibility, balance, and precision in executing their yoga postures, showcasing their mastery of the art form.
- 3) Musical Integration:- The students ingeniously incorporated music into their performance, enhancing the visual spectacle with an auditory delight. The choice of music complemented the fluidity and rhythm of the yoga sequences, creating a harmonious and immersive experience for the spectators.
- 4) Symbolism and Storytelling:-The Rhythmic Yoga performance had an underlying theme that told a story through the movements. The students expressed various emotions, elements of nature, and cultural symbolism through their yoga poses, adding depth and meaning to the overall presentation.
- 5) Audience Engagement:-The energetic and captivating performance engaged the audience throughout, eliciting cheers and applause at each well-executed transition. The fusion of rhythmic music and yoga encouraged the spectators to connect with their own inner rhythm and flow.
- 6) Promoting Mindfulness:-In addition to the visual spectacle, the Rhythmic Yoga performance subtly promoted mindfulness and relaxation. The seamless flow of movements and focus on breath encouraged the audience to immerse themselves in the present moment and experience the therapeutic benefits of yoga. The Rhythmic Yoga performance by the Yoga Society students at the Annual Cultural Fest, "Splendour," was truly a mesmerizing experience for everyone present. The fusion of artistic expression with the ancient practice of yoga showcased the college's commitment to nurturing creativity and mindfulness among its students. The event not only highlighted the talent and dedication of the Yoga Society but also left a lasting impact on the audience, inspiring them to explore the harmonious synergy of art and well-being. Ram Lal Anand College's Cultural Fest once again proved to be a platform for students to showcase their diverse talents and contribute to the vibrant cultural environment on campus. The event had a total number of 11 teams and 22 participants in total. The first position was bagged by Divya Yadav and Amit Kumar from Hansraj College and the Second Prize by Shivauli Sharma and Khushi Gola from -Shyama Prasad Mukherji College.





Ram Lal Anand College (University of Delhi)



Splendour'23

(Annual Cultural Fest of RLAC)



Yoga and Meditation Society



Presents

Rythmic Yoga

Inter College Competition



DATE - 24.03.2023

TIME - 10:00 A.M. to 11:15 A.M.

VENUE- Main Stage, Ram Lal Anand College

Winner - Rs 2000

First Runner Up - Rs 1500

Certificates will be provided to all participants.

Scan to register
(Last date - 19 March 2023)



Contact Details:

Anusha Malhotra - 9811054549

Tushar Sharma:- 9354970580

Sugandha Sinha:- 8434304604

Ms. Shikha Verma
Convenor

Yoga and Meditation Society

Prof. Seema Gupta
Advisor

Yoga and Meditation Society

Prof. Rakesh Kumar Gupta
Principal





Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2022-23)
Seminar on Science of Meditation 2023
10th February, 2023

NAME OF THE EVENT: Science of Meditation 2023

NATURE OF THE EVENT: Seminar

DATE AND DURATION: 10th February, 2023

VENUE: Seminar room

NUMBER OF PARTICIPATING STUDENTS: 100+ participants

BRIEF SUMMARY OF THE EVENT:

On 10th February, 2023, our college had the privilege of hosting a captivating talk on the "Science of Meditation" by renowned expert, Dr. Aditi Singhal. Dr. Aditi Singhal is co-founder of Dynamic Minds Group, she is the next generation educationist. She is an international maths and memory trainer, author, motivational speaker and counselor. She has to her credit Guinness World Record for teaching Largest Maths Lesson and 3 records in The Limca Book of Records for memory & fastest calculation. She has also been awarded – “The Best Memory Trainer” by the India Book of Records. The event aimed to shed light on the scientific aspects of meditation, exploring its impact on the human mind and body. This report provides an overview of the talk, key insights shared by Dr. Aditi Singhal, and the impact it had on the audience.

Key Points Addressed:

- a) Introduction to Meditation: Dr. Singhal commenced the talk by providing a comprehensive introduction to meditation, explaining its origins, and various forms practiced worldwide.
- b) Scientific Basis of Meditation: Delving into the core of her presentation, she presented compelling scientific evidence supporting the positive effects of meditation on the brain's structure and function. Studies indicating changes in brainwave patterns, neural plasticity, and the activation of specific brain regions were discussed, validating the therapeutic benefits of meditation.
- c) Stress Reduction and Mental Health: The talk highlighted the role of meditation in reducing stress, anxiety, and depression. Dr. Singhal elucidated how regular meditation practices can modulate the release of stress hormones and improve emotional regulation.
- d) Cognitive Enhancement: Drawing from her research, Dr. Singhal explained how meditation positively influences attention, memory, and overall cognitive abilities. Participants learned how consistent meditation practices can lead to enhanced focus and clarity of thought.
- e) Physical Health Benefits: The talk also touched upon the physical health benefits of meditation, including lowered blood pressure, improved immune function, and better sleep quality.

f) Mind-Body Connection: Dr. Singhal emphasized the mind-body connection, elucidating how meditation can positively influence overall physical health by fostering a balanced relationship between the mind and body.

Conclusion


The "Science of Meditation" talk by Dr. Aditi Singhal proved to be an enlightening and inspiring event for the college community. By presenting scientific evidence supporting the benefits of meditation, Dr. Singhal helped bridge the gap between traditional practices and modern understanding, encouraging participants to embrace meditation as a means to enhance their overall well-being. The college community remains grateful for the invaluable knowledge shared during the talk and looks forward to similar enlightening events in the future.


Ram Lal Anand College
(University of Delhi)

Yoga and Meditation Society
Presents
Seminar
on

Science of Meditation

Date:- 10th February, 2023
Day:-Friday, Time:- 11:00am
Venue:- Seminar Hall


Scan to Register
(on or before 09-02-2023)


Dr. Aditi Singhal
(Memory Trainer, Motivational Speaker)
Guinness World Record Holder

E-Certificates will be provided to all participants

Ms. Shikha Verma
Convenor
Yoga and Meditation Society

Prof. Seema Gupta
Advisor
Yoga and Meditation Society

Prof. Rakesh Kumar Gupta
Principal



Yoga and Meditation Committee
Seminar - "Science of Meditation"

Attendance Sheet

Date:- 10th February 2023, 11:00am onwards

S.No	Full Name	M/F	Department	Signature
1	Disha Solanki	F	BA (history honours)	Solanki
2	Preeti Singh	F	BA (hindi honours)	Preeti Singh
3	Kunal Kaushik	M	BA (Political Science hon)	Kunal
4	Ashish Singh	M	B.Sc. (H) Microbiology	Ashish
5	Kajal	F	BA (hindi honours)	Kajal
6	CHIRAG SHOKEEN	M	B.Sc. (H) Computer Science	Chirag
7	ARIN BADONI	M	BA PROG.	ARIN
8	Saurabh Kr. Shukla	M	B.Com (P)	Saurabh
9	Abhijeet Singh	M	BA. Prog (Hist, Pol)	Abhijeet
10	Aditya Arjun Singh	M	BA Political Science (honr)	Aditya
11	Nitesh Kumar	M	BA (H) History	Nitesh
12	Ranvijay Kumar Naidu	M	B.A (H) Hindi	Ranvijay
13	MANISHA KUMAR	M	B.A (H) Pol Sci	Manisha
14	Tuinkal Kumar	M	B.A (H) Pol. Sc.	Tuinkal
15	Shravan	M	B.A Prog. Hist + Pol	Shravan
16	Gadhin Kumar Yadav	M	B.A (H) Pol Sc.	Gadhin
17	Sahil	M	B.Com. (H)	Sahil
18	Shah Jauman	M	B.A (H) History	Shah
19	Yuvraj Singh	M	B.Com (Hons)	Yuvraj
20	Siddharth Singh	M	B.Sc. (H) Statistics	Siddharth
21	Lakshya Thapliyal	M	B.Sc. (H) Computer Science	Lakshya
22	Satori Chikara	F	B.Com (H)	Satori
23	Knushi Mukhija	F	B.Sc (H) Statistics	Knushi

Yoga and Meditation Committee
Seminar - "Science of Meditation"

Attendance Sheet

Date:- 10th February 2023, 11:00am onwards

S.No	Full Name	M/F	Department	Signature
24	Raman Keshwar	M	History	Rama
25	Deepankh Chaudhary	M	B.Sc. (H) Stats	Deepankh
26	Sandeep	M	B.A. Prog	Sandeep
27	Abhishhek Singh	M	B.com (P)	Abhishek
28	Abhishhek Naursda	M	B.com (P)	Abhishek
29	Souvik	M	B.A.(H) Hindi	Souvik
30	Ujjwal Pandey	M	BA (Program)	Ujjwal
31	Rishabh Kumar	M	B.com (Hons)	Rishabh
32	Mouyank Kumar	M	BJMC	Mouyank
33	Deepak Kumar	M	BJMC	Deepak
34	Laxmi	F	BJMC	Laxmi
35	Khushi	F	BJMC	Khushi
36	Meenakshi Tripathi	F	BJMC	Meenakshi
37	Vikash Yadav	M	" "	Vikash
38	Shruti Mishra	F	BJMC	Shruti Mishra
39	Riya	F	BJMC	Riya
40	Sancam	F	BJMC	Sancam
41	Rinki	F	B.Sc. Stat.	Rinki
42	Yash Singhal	M	B.A. Prog (Eo + Cs)	Yash
43	Suyain Yadav	M	Bsc (H) Z.S	Suyain
44	Aagar Ali	M	BA (H) Pol Sc.	Aagar
45	Prateek	M	Bsc Stats (H)	Prateek
46	Nirnil	M	BA (P)	Nirnil

Yoga and Meditation Committee
Seminar - "Science of Meditation"

Attendance Sheet

Date:- 10th February 2023, 11:00am onwards

S.No	Full Name	M/F	Department	Signature
47	Khushi Kaurik	F	BA (History honours)	
48	Vidit Yadav	M	Political Science	
49	Sachin Yadav	M	BA (H) Political Science	
50	Piyush Ranjan	M	"	
51	Akshay Pal	M	BSc Micro	
52	Leeladhar Swami	M	BSc microbiology	
53	Nishan Kewat	M	BSc Microbiology	
54	Punyasaee Mohan	F	"	
55	Ankur Kumar	M	"	
56	Shivansh Saxena	M	"	
57	Ankit Raj	M	BSc Microbiology	
58	Bhumi Singh	F	"	
59	Farina	F	BA Hindi (H)	
60	Sweta	F	"	
61	Rubanshi	F	"	
62	Yash	M	"	
63	Shivani	F	BA (History) honours	
64	Lakshay	M	BA (Hindi) hon	
65	Deepa	F	BA (Hindi) hon	
66	Rani Kumari	F	B.Com P	
67	Neelam	F	B.Com P	
68	Anil	M	B.Com (P)	
69	Priya	F	BMS (H)	
70	Ria	F	BMS	
71	Anuj	M	BA (History honours)	
72	Soiya Kumari	F	BA (Hindi honours)	
73	Vishal Kumar	M	"	

kavita	F	BJMC	_____
vivek	M	BJMC	_____
Jyoti	F	History(H)	<u>Jyoti</u>
Vishwani	F	History Honours	Vishwani
Sugandha Sinha	F	History Hons	Sugandha Sinha
Manjeet Yadav	M	English Hons	Manjeet Yadav
Rajeev Kumar	M	Hindi Hons.	<u>Rajeev</u>
Shivani Rai	F	History Hons	Shivani
Atul Chauhan	M	B.A. Eng (H+P)	_____
3) Rohit Kumar	M	LS (Hon)	Rohit
4) Jitu Grown	m	B.Sc. CS	<u>Jitu</u>
5) Shashwat Sharma	M	B.Sc CS (H)	<u>Shashwat</u>
6) Pummy	F	B.A History (H)	<u>Pummy</u>
87) Mahi Upadhyay	F	B.A. History (H)	<u>Mahi</u>
88) Vinay Singh	M	B.Sc Geography (H)	Vinay
89) Mohd. Umar	M	B.A Prog (H+P)	<u>M. Umar</u>
90) Neha	F	BA (History) Hons	<u>Neha</u>
91) Anurag	M	BJMC	<u>Anurag</u>
92) Harshit	M	BJMC	<u>Harshit</u>
93) Shambhavi	F	BJMC	<u>Shambhavi</u>
94) Tushar Sharma	M	Hindi	<u>Tushar</u>
95) Akanksha	F	Hindi (H)	<u>Akanksha</u>
96) Ankita	F	Hindi (H)	<u>Ankita</u>
97) Kanak	F	Eng. Hons	<u>Kanak</u>

98	Sarsh M	History (H)
99	Dheer Choker M	BMS
100	Achitye M	BA History (H)
101	Bhawana Rukore F	BA (History) (H)
102	Sanjay	B.A (Eng) (H)
103	Uwasli ^o F	B.A. (Eng) (H)

~~Sarsh~~
~~Dheer~~
Achitye
Bhawana
Sanjay
Uwasli^o

Faculty Participants

1. Prof. Seema Gupta
2. Dr. Sumita Hooda.
3. Ms. Shikha Verma.
4. Dr. Suneyana Sharma.
5. Ms. Manisha Wadhwa
6. Dr. Sarbani Nag
7. Dr. Prabhas Pande
8. Dr. Shalini Swami
9. Ms. Sakshi Tareshi Khanna.
10. Ms. Anu Kumar Gautam.
11. Dr. Vishal Goswami
12. Mr. Vinay Kumar

Ram Lal Anand College
Yoga and Meditation Committee

Event Report
(Session 2022-23)

Webinar on the Occasion of World Food Day
“Food for Gut Health”
Organized by Yoga and Meditation Committee

16th October, 2022

NAME OF THE EVENT: Webinar – “Food for Gut Health”

NATURE OF THE EVENT: Online

DATE AND DURATION: 16-10-2022, 11:00 am to 12:00 noon

VENUE: Google Meet

Faculty Convener: Ms. Shikha Verma (Convenor),
Dr. Seema Gupta (Advisory),
Dr. Sunila Hooda (Co-Convenor)

NUMBER OF PARTICIPATING STUDENTS: 58 Students

NUMBER OF PARTICIPATING FACULTY MEMBERS: 6

NUMBER OF PARTICIPATING Other Participants /Family members / outsiders: 13

BRIEF SUMMARY OF THE EVENT:

The Yoga and Meditation committee of Ram Lal Anand College organized a webinar on “Food for Gut Health” on the occasion of World Food Day”.

The event was organized to increase the awareness about the importance of proper food intake and the importance of Food for our Gut health.

The speaker of the event was Ms. Deepali Arora. She is a health coach and an Integrated Gut Health Nutritionist. She is a certified Nutritionist and health coach with official sanction of IOA, USA, Diabetes Educator, Naturopathy (Gold Medalist) and psychotherapist.

There were participants from our college and other outside participants including the family members and working professionals.

Ms. Deepali discussed about the importance of healthy food for our Gut System, The role of healthy digestion for our total health, the concept of food plate and the role of variety of healthy foods on our daily healthy routine. Students and other participants really enjoyed the talk and appreciated it alot.

Event Poster:

Ram Lal Anand College
University of Delhi

Yoga & Meditation Society
Presents
Webinar
On the Occasion of World Food Day

Topic
Food for Gut Health

16th Oct, 2022
Sunday
11am-12noon

Deepali Arora
Integrated Gut Health Nutritionist
Naturopathy- Gold Medalist, Diabetes Educator

[Click Here to Register](#)

Platform Google Meet

E-Certificates to all participants

Dr. Sunila Hooda
Co-Convenor

Ms. Shikha Verma
Convenor

Dr. Seema Gupta
Advisor

Prof. Rakesh Kumar Gupta
Principal

Glimpse of the event:



Feedback from Participants

00:55:11.725,00:55:14.725
Pinky: Thank you madam for this informative presentation and for answering all our questions.

00:55:12.530,00:55:15.530
Nikita Pathania: Thank you mam

00:55:23.733,00:55:26.733
Vivek Kumar: Thank you mam

00:55:24.832,00:55:27.832
SUNNY RASTOGI: Thanku maam

00:55:25.008,00:55:28.008
SANTUSHTI GANDHI: Thank you so much ma'am 🥰

00:55:32.774,00:55:35.774
TUSHAR SHARMA: बहुत बहुत सुंदर तरीके से आपने अपनी बात रखी मैम

00:55:39.613,00:55:42.613
940 sahil sahu: Thank you maam

00:55:44.918,00:55:47.918
GARIMA ARORA: Thank you so much ma'am 😊

00:55:46.105,00:55:49.105
Yoga and Meditation committee: Dear Participants,
Thank you for attending this webinar. Please fill this form so that we can send you the e-certificates and also give your certificates.
<https://forms.gle/vzU9zZF9xvigUvi78>
Regards
Yoga and Meditation Society

00:55:55.682,00:55:58.682
Sunila Hooda: Thank you for the wonderful session

00:56:07.478,00:56:10.478
TUSHAR SHARMA: अपना कीमती समय हमारे c1g को देने के लिए आपका आभार 🙏 🥰 😊 🥰 🥰 🥰

00:56:11.876,00:56:14.876
Deeksha: Thank u so much ma'am for taking out ur valuable time out of ur hectic and monotonous schedule for addressing ur queries. Means a lot!!!!

Attendance and Feedback for the webinar "Food for Gut Health"

S.No	Email Address	Full Name	Please select your Designation	Webinar Feedback [How satisfied are you with the Session Content & Delivery]	Webinar Feedback [Did you find the topic interesting]	Webinar Feedback [Kindly rate the overall session evaluation]	Webinar Feedback [Rate your Overall Experience]	Any other suggestions
1	aaditya22verma@gmail.com	AADITYA VERMA	Family member of any of the above participant	Excellent	Excellent	Excellent	Excellent	Excellent session
2	shikhaverma@ria.du.ac.in	Shuchita Verma	Teaching Staff	Excellent	Excellent	Excellent	Excellent	Excellent session. Very Informative
3	arun.du16@gmail.com	Arun Kumar Gautam	Teaching Staff	Excellent	Excellent	Excellent	Excellent	Excellent session
4	sunilhooda.micro@ria.du.ac.in	SUNILA	Teaching Staff	Excellent	Excellent	Excellent	Excellent	Excellent topic of interest for all age groups
5	Sudakarroy124@gmail.com	SUDAKAR	Student	Excellent	Excellent	Excellent	Excellent	Great
6	manisha.mcs.du.2012@gmail.com	MS. MANISHA WADH	Teaching Staff	Excellent	Excellent	Excellent	Excellent	Great
7	nancy.bjmc2532@ria.du.ac.in	NANCY	Student	Very Good	Good	Excellent	Excellent	Great
8	pooja1093hindi@ria.du.ac.in	POOJA KUMARI	Student	Excellent	Excellent	Excellent	Excellent	I want this session with same teacher
9	neha2050ps@ria.du.ac.in	NEHA BAJELI	Student	Very Good	Very Good	Excellent	Excellent	It was an interactive webinar. Got to know so many things.
10	online29anjali@gmail.com	Anjali Poonia	Student	Excellent	Excellent	Excellent	Excellent	It was very helpful session
11	sreya4005@ria.du.ac.in	SREYA E K	Student	Excellent	Excellent	Excellent	Excellent	It was very interesting session to attend... Ma'am Explained every question in a very easy
12	shivamgahlot548@gmail.com	SHIVAM	Student	Excellent	Very Good	Excellent	Excellent	No
13	ANIMESH4082@ria.du.ac.in	Animesh Verma	Student	Excellent	Excellent	Excellent	Excellent	No
14	RIYA4053@ria.du.ac.in	Riya Bansal	Student	Excellent	Excellent	Excellent	Excellent	No
15	puneet2003ps@ria.du.ac.in	PUNEET KATARIA	Student	Excellent	Excellent	Excellent	Excellent	No
16	priyajangra109@gmail.com	PRIYA	Student	Excellent	Excellent	Excellent	Excellent	No
17	shivamgahlot548@gmail.com	SHIVAM	Student	Excellent	Very Good	Excellent	Excellent	No
18	yojanakumari40@gmail.com	YOJANA	Student	Excellent	Very Good	Excellent	Excellent	No
19	ltakshay123@gmail.com	LAKSHAY	Student	Very Good	Very Good	Excellent	Excellent	No suggestion all the queries are cleared.
20	lakshay1051hindi@ria.du.ac.in	LAKSHAY	Student	Very Good	Good	Excellent	Excellent	Nothing
21	Mohd1019HINDI@ria.du.ac.in	MOHD BILAL	Student	Excellent	Good	Very Good	Excellent	Nothing!
22	antash.ans@gmail.com	ANTASH SINGH	Other Working profession	Excellent	Excellent	Excellent	Excellent	Please have a webinar on Prediabetic state by Deepali maam
23	sunny.cs4090@ria.du.ac.in	SUNNY RASTOGI	Student	Excellent	Excellent	Excellent	Excellent	Share the video recording
24	annarosebiju02@gmail.com	ANNA ROSE BIJU	Student	Good	Very Good	Excellent	Excellent	Thanks for the webinar
25	ashishsingh60279@gmail.com	ASHISH SINGH	Student	Excellent	Excellent	Excellent	Excellent	This session motivated me
26	shikhaverma@ria.du.ac.in	Monika Verma	Family member of any of the above participant	Excellent	Excellent	Excellent	Excellent	Very informative
27	nikita4120@ria.du.ac.in	NIKITA PATHANIA	Student	Excellent	Excellent	Excellent	Excellent	Want the similar session again
28	pandatgwip8884@gmail.com	TUSHAR SHARMA	Student	Excellent	Excellent	Excellent	Excellent	कफ़ों सुदर तरिक से यह हुआ ❁ अफ़लाइन और बेहतर हो सकता था यह ।
29	saritamp16@gmail.com	SARITA MISHRA	Family member of any of the above participant	Excellent	Excellent	Excellent	Excellent	
30	satyendra61@gmail.com	SATYENDRA KUMAR	Family member of any of the above participant	Excellent	Excellent	Excellent	Excellent	

