

Ram Lal Anand College
Nirvana
Yoga and Meditation Committee

Event Report
(session 2024-25)
Yoganjali
12th-21st Nov 2024; 1st-10th Feb 2025

NAME OF THE EVENT: Yoganjali

NATURE OF THE EVENT: Rhythmic yoga workshop

DATE AND DURATION: 12th-21st November (Tuesday, Thursday and Friday); 1st-10th February

VENUE: Seminar Hall; Amphitheatre (1st floor)

NUMBER OF PARTICIPATING STUDENTS:

BRIEF SUMMARY OF THE EVENT:

Nirvana, the Yoga and Meditation Committee of Ram Lal Anand College organized a Rhythmic Yoga Workshop for the students, that combined traditional yoga with rhythmic movements. It focused on syncing breath, posture, and music to create a holistic experience for physical and mental well-being.

The workshop aimed to introduce participants to a dynamic form of yoga that integrates movement with rhythm. It helped improve flexibility, balance, and strength while promoting relaxation and mindfulness. The event also encouraged community engagement through shared participation.

Originally planned for November 12th-28th, the workshop was interrupted due to pollution-related university closures. A one-week holiday was declared, followed by exams and increased winter cold, leading to the event being held only until the 21st. It later resumed from February 1st-10th, allowing participants to continue their practice. In February, 9 students were shortlisted for NAAC Rhythmic Yoga Performance.

Yoganjali was guided by Mr. Vikrant Rana, an expert instructor. The session started with a short introduction to rhythmic yoga, followed by gentle stretching and breathing exercises to warm up. Participants then practiced yoga postures in harmony with instrumental music, improving fluidity and coordination.

The workshop received positive feedback, with many appreciating the fusion of yoga and music. Attendees felt it helped reduce stress and improve focus. Many expressed interest in attending more sessions in the future.

Yoganjali successfully highlighted the benefits of combining music with yoga. Given the enthusiastic response, Nirvana plans to organize similar sessions regularly, incorporating different musical styles and advanced techniques to cater to all levels.



RAM LAL ANAND COLLEGE
(University of Delhi)



NIRVANA

Yoga and Meditation Society

Presents

YOGANJALI

Rhythmic Yogasana Workshop



Inviting all RLAC Students and Staff Members

For Rhythmic Yoga Classes
from 12th to 28th November, 2024
Every Tuesday, Thursday, Saturday

Certificates & Refreshments to all participants

 **4:00 PM - 6:00 PM**

 **Seminar Room**

FOR QUERIES:

Digvijay Ayush (President) - 9006520528

Priyanshi Sahu (Vice President) - 9868972279

Priya (Vice President) - 8059515104

Scan to Register



Ms. Shikha Verma
Convenor

Prof. Seema Gupta
Advisor

Prof. Rakesh Kumar Gupta
Principal



Yoganjali practice sessions during November 12th-21st.



Yoganjali practice sessions during February 1st-10th.

YOGIANTALI (CORE TEAM)

Name	Dept	Yr	M/F	12/11	13/11	14/11	15/11	16/11	Total	Costumes	
1. Dignijay Agarkar	History (H)	3 rd	M	P	P	P	P	P	5	Shirvan	
2. Riya	M.Ph.D (H)	3 rd	F	P	P	P	P	P	4	Shirvan	
3. Riyanishi Sahu	M.Ph.D (H)	3 rd	F	P	P	P	P	P	5	Riyanshi	
4. Raghu Sharma	History (H)	2 nd	F	-	P	P	P	P	4	Shirvan	
5. Yogesh Sharma	CS (H)	1 st	M	P	P	P	P	P	5	Shirvan	
6. Arpit K. Manjhi	CS (H)	1 st	M	P	P	P	P	P	5	Shirvan	
7. Mohit Lakhera	CS (H)	1 st	M	P	P	-	-	-	2	Shirvan	
8. Akarsh Maniya	BA (Prog)	2 nd	M	-	P	P	P	P	4	Shirvan	
9. Yumna Samin	Pol. Sci. (H)	2 nd	F	P	-	-	P	P	3	Shirvan	
10. Sonali Yadav	Pol. Sci. (H)	2 nd	F	P	P	P	P	P	5	Shirvan	
11. Sarveshwar Keshwar	Elect (H)	3 rd	M	P	-	-	P	P	4	Shirvan	
12. Anit K. Verma	Com (H)	3 rd	M	-	-	-	-	-	1	Shirvan	
13. Anshika Palawan	Com (H)	2 nd	F	-	-	P	-	-	1	Shirvan	
14. Anuradha Baudhe	BA (Prog)	2 nd	F	P	P	P	P	P	5	Shirvan	
15. Ritosh Singh	Pol. Sci (H)	2 nd	M	P	P	P	P	P	5	Shirvan	
16. Anshika Keli	Geo (H)	1 st	F	P	P	P	P	P	5	Shirvan	
17. Malavika P	Geo (H)	1 st	F	-	-	-	P	-	0	Shirvan	
18. Shubhi Singh	Geo (H)	1 st	M	-	P	P	P	P	4	Shirvan	
19. Shirvan	Maths (H)	2 nd	M	-	-	P	P	-	2	Shirvan	
20. Ruchita Bata	M.Ph.D (H)	1 st	F	-	P	P	P	P	4	Shirvan	
21. Nitish K.		1 st	M	-	-	-	-	-	0	Shirvan	
22. Shirvan Riya	B Com (H)	1 st	F	-	-	P	P	P	3	Shirvan	
					12	13	16	17	16		

YOGIANTALI (Continuation)

NAMES	Course	Yr	M/F	01/02	02/02	3/2	4/2	6/2	7/2	8/2	10/2	Total	
1) Dignijay Agarkar	BA(H) History	3 rd	M	P	P	P	P	P	P	P	P	10	
2) Riyanishi Sahu	B.Sc(H) Microbiology	"	F	P	P	P	P	P	P	P	P	9	
3) Riya	"	"	F	P	P	P	P	P	P	P	P	10	
4) Shubhi Singh	B.Sc(H) Geology	1 st	F	P	P	P	P	-	P	A	P	7	
5) Anuradha Baudhe	BA (P)	2 nd	M	P	P	P	P	P	P	P	P	10	
6) Sonali Yadav	B.A (H) Pol. Sci	"	F	A	A	-	-	-	-	-	-	-	
7) Ruchita Singh Bata	B.Sc (H) Microbiology	1 st	F	A	A	-	-	-	-	-	-	-	
8) Shirvan Riya	B Com (H)	"	F	A	A	-	-	-	-	-	-	-	
9) Arpit K. Manjhi	B.Sc (H) CS	"	M	P	P	P	P	P	P	P	P	10	
10) Mohit Lakhera	"	"	M	P	P	-	P	P	P	P	P	9	
11) Sarveshwar Keshwar	BA(H) History	3 rd	M	P	P	P	P	P	P	P	P	10	
12) Raghu Sharma	"	2 nd	F	A	A	-	-	-	-	-	-	-	
13) Anshika	B.Sc (H) Geology	1 st	F	P	P	P	P	P	P	-	P	8	
Coupons													
					9	9	8	9	9	8	7	9	
					9	18	9	9	9	8	15	10	87