

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

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**Ms. Shikha Verma
Convenor**

**Prof. Seema Gupta
Advisor**

**Prof. Rakesh Kumar Gupta
Principal**

Yoga and Meditation Society
Oriental Program - 23 Jan 2023

Sign

Dipritya

Bhuvan

Kavita

Choroli

Prakhar

Pritya

Pritya

Muskam

| S.No | Name | Course and year | Any suggestions |
|------|------------------|----------------------|--|
| 1 | Dignity Ajush | BA History (H) - 1st | 8:30 onwards - flexibility |
| 2 | Sushma J. Shetty | BA Program - 1st. | |
| 3 | Pritya Ajush | 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 TANWAR | B. Com (Prog) - II | |
| 9 | Pritya Ajush | BSc (U) CS | |
| 10 | Mayuri Wankhade | BSC (H) CS 1st | Timing 8:30 - 9:00 |
| 11 | Muskam Yadav | BSc (SU) (F) | Timing: 8:30 - 9:00 |
| 12 | | | |
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