

## NIRVANA – “YOGA AND MEDITATION SOCIETY”

### Annual REPORT

#### Session 2023-24

NIRVANA, the Yoga and Meditation Society of Ram Lal Anand College, University of Delhi, serves as a hub for yoga enthusiasts among students, teaching staff, non-teaching staff, and residents from nearby localities.

### INTER INSTITUTE YOGASANA CHAMPIONSHIP 2023:

NAME of THE EVENT: Inter institute yogasana competition

OCASSION: 9th international day of yoga

ORGANISER: AIIMS

VENUE: Centre of integrative research and medicine CIMR, Delhi

DATE: 15th June, 2023

No of Participants:- 2 participants

In a bid to showcase the college's talent, Sugandha Sinha and Digvijay Ayush were selected to represent Ram Lal Anand College at the prestigious Yogasana competition held at AIIMS. Competing in separate male and female categories, they demonstrated remarkable skill and dedication. Two participants, one from male and female category, were chosen by the yoga and meditation committee of Ram Lal Anand College to participate in the Yogasana competition and represent Ram Lal Anand College at AIIMS. It was held between 9 am to 4 pm on 15<sup>th</sup> of June, 2023.

Competition for the Male and female category were separate and they were not allowed to see the performances of their competitors. Every participant was supposed to perform and hold 3 optional and 4 compulsory asanas for a certain time limit.

Finally, the competition ended with the victory of IGIPSS in the female category and Patanjali University in the male category.

The competition ended perfectly and nicely it was more of a learning experience. Our college didn't win but both the participants gave their best shot in the competition represented.



## **INTERNATIONAL DAY OF YOGA:**

**NAME OF THE EVENT:** 9<sup>th</sup> International Yoga Day

**NATURE OF THE EVENT:** Yoga Day Celebration

**DATE AND DURATION:** 21st June, 2023

**VENUE:** College Front Lawn

**NUMBER OF PARTICIPATING STUDENTS:** 113 participants

### **BRIEF SUMMARY OF THE EVENT:**

The Yoga and Meditation Society of Ram Lal Anand College celebrated the 9<sup>th</sup> International Yoga Day 2023 with great enthusiasm and fervor. The celebration aimed to raise awareness about the numerous benefits of yoga and its significance in promoting physical, mental, and spiritual well-being. This year's event was special as it was open to all students, staff, as well as for the residents of Anand Niketan, fostering a sense of community and unity in embracing the ancient practice of yoga.

### **Event Highlights:**

- 1) **Inclusive Participation:** The International Yoga Day celebration at Ram Lal Anand College was open to all, extending a warm invitation to students, faculty, non-teaching staff, and the residents of Anand Niketan. The inclusive approach ensured that everyone, irrespective of age or yoga experience, could join in the celebration.
- 2) **Yoga Asanas and Pranayama:** Certified yoga instructor Mr. Shishir Pokhriyal along with the trainer led the participants through a series of yoga asanas (postures) and pranayama (breathing exercises) during the event. The sessions were thoughtfully designed to cater to different levels of experience, making it accessible to beginners and seasoned practitioners alike.
- 3) **Meditation and Mindfulness:** Emphasis was placed on meditation and mindfulness techniques, promoting mental relaxation and inner peace. Participants learned how to incorporate mindfulness practices into their daily lives for overall well-being.

- 4) **Community Bonding:** The event provided a platform for students, faculty, and residents of Anand Niketan to come together and bond as a community, fostering a spirit of camaraderie and unity.

The International Yoga Day 2023 celebration at Ram Lal Anand College left a lasting impact on all participants. The event witnessed an overwhelming response, with a large turnout of students, staff, and Anand Niketan residents coming together to celebrate and embrace the practice of yoga. Many participants reported feeling rejuvenated, relaxed, and motivated to continue incorporating yoga into their daily routines.

Feedback from the participants was overwhelmingly positive. They expressed gratitude for the opportunity to be part of such a well-organized and inclusive celebration of International Yoga Day. The event's focus on promoting physical and mental well-being resonated with the attendees, and they appreciated the college's effort to create a sense of community among diverse participants. The event was a grand success, fostering a spirit of inclusivity, unity, and wellness among the college community and Anand Niketan residents. By embracing the practice of yoga together, the event contributed to building a healthier and more harmonious community. The event's positive



## 9वें अंतर्राष्ट्रीय योग दिवस के अवसर पर

### योग और ध्यान समिति

# रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय  
द्वारा आयोजित

## दस दिवसीय योग शिविर

12 से 21 जून 2023

सुबह 8 से 9 बजे



"हर घर ध्यान"  
पहल



योग आचार्य  
श्री शिशिर पोखरियाल

संपर्क करें:  
सुगंधा सिन्हा छात्र अध्याक्ष :- 8434304604

**शिखा वर्मा**  
संयोजक

**प्रो. सीमा गुप्ता**  
सलाहकार

**प्रो. राकेश कुमार गुप्ता**  
प्राचार्य

impact is expected to inspire continued participation in yoga and mindfulness practices, promoting a balanced and holistic lifestyle among all those who attended the celebration.



**Yoga and Meditation Committee**  
**Yoga Camp 2023**  
**Attendance Sheet for Staff**

Date:-

S.No	Full Name	M/F	Department	Signature
<u>15<sup>th</sup> June</u>				
1.	Seema Gupta	F	Statistics	
2	Ashu Kumar <del>Gupta</del>	M	comp. Sc.	Ashu
3	Dr. Anubha	F	BMS	Anubha
4.	Deepthi Gupta	F	BMS.	Deepthi
5	Shukha Verma	F	Comp. Sc.	Shukha
6	Sakshi Shasana	F	Comp. Sc.	Sakshi
7	Deva Singh	M.	Comp. Sc.	Deva
8	Bipin Kumar	M.		Bipin
9	Seema Gupta	F	Statistics	Seema
10				
<u>16<sup>th</sup> June</u>				
1	Seema Gupta	F	Statistics	Seema
2	Shukha Verma	F	Comp. Sc.	Shukha
3	Nupur Saboo	F	Commerce	Nupur
4	Anubha	F	BMS.	Anubha
5	Anu Kumar Gautam	M	Comp. Sc.	Anu
6	Deva Singh	M	-do-	Deva
7	Bipin Kumar	M		Bipin
<u>17<sup>th</sup> June</u>				
1	Seema Gupta	F	Statistics	Seema
2	Anubha	F	BMS	Anubha
3.	Dr. Deepthi Gupta	F	BMS	Deepthi

**Yoga and Meditation Committee**

**Yoga Camp 2023**

**Attendance Sheet for Staff**

Date:- 12 June 2023

S.No	Full Name	M/F	Department	Signature
1	Shikha Verma	F	Computer Science	
2	Seema Gupta	F	Statistical	
3	Nupur Saboo	F	Commerce	
4	Nidhi Chandra	F	Microbiology	
5	Vishal Goswami	M	physical education	
6	Nidhi S Chandra	F		
13 June 2023				
1	Dr. Nupur Saboo	F	Commerce	
2	Amit	M	Assistant	
3	Niraj Kanyalaw	M	Office assistant	
4	Deva Singh	M	Computer lab	
5	Seema Gupta	F	Statistician	
6	Dr. Vishal Goswami	M	Physical education	
7	Bipin NT	M	Office att	
8	Nidhi Chandra	F	Microbiology	
9	Shikha Verma	F	Computer Science	
14 June 2023				
1	Bipin Kumar	M	Office Assistant	
2	Shikha Verma	F	Computer Science	
3	Nidhi Chandra	F	Microbiology	
4	Nupur Saboo	F	Commerce	
5				





Yoga and Meditation Society

Yoga Camp 2023 (12-21st June 2023)

Attendance sheet for students

Date:- 20 June 2023				
S.No	Full Name	M/F	Course/Department and Year	Signature
1	Amit Kumar Verma	M	B. Com (H)	Amit
2	Ajay Kumar Shukla	M	H. (H)	Ajay
3	Rohit Nandeda	M	B. Com (H)	Rohit
4	Somit Salni	M	B. Com (H)	Somit
5	Vinod Patel	M	B. Com (P)	Vinod
6	Sankham Kragi	M	B. Com (P)	Sankham
7	Vinay Singh	M	B. Sc Home Science	Vinay
8	Lateenakshi Taripalhi	F	BJMC I <sup>st</sup> year	Lateenakshi VAC
9	Khushi	F	BJMC I <sup>st</sup> year	Khushi VAC
10	Shweta	F	BJMC I <sup>st</sup> yr	Shweta VAC
10	Vikas Yadav	M	BJMC I <sup>st</sup> yr	Vikas VAC
12	Anurag	M	BJMC I <sup>st</sup> yr	Anurag
13	Abhishek Srivastava	M	B. Com (H) 1 <sup>st</sup> yr	Abhishek
14	Ankur Kumar	M	BSC (H) Micro 1 <sup>st</sup> year	Ankur VAC
15	Srinivasan Srinivasan	M	" "	Srinivasan VAC
16	Rishav Rawat	M	" " " "	Rishav
17	Prisha	F	" " " "	Prisha VAC
18	Prishika Saha	F	" " " "	Prishika VAC
19	Rungaraj Mohan	F	" " " "	Rungaraj VAC
20	Nikhil Gupta	M	Hindi (H)	Nikhil
21	Ashish Kumar	M	Hindi (H)	Ashish
22	Tushar Sharma	M	Hindi (H)	Tushar
23	Sahil Dubey	M	Hindi (H) I <sup>st</sup>	Sahil
24	Sugandha	M	History (H) III	Sugandha Singh



1<sup>st</sup>  
**Yoga and Meditation Committee**  
**Yoga Camp 2023**  
**Attendance Sheet for Students**

Date:- 17/06/23

S.No	Full Name	M/F	Course/Department & year	Signature
18	Khushi ✓	F	BJMC 1 <sup>st</sup> year	Khushi (V)
19	Shivansh ✓	M	Microbiology 1 <sup>st</sup> year	Shivansh (V)
20	Ankush ✓	M	microbiology 1 <sup>st</sup> year	Ankush (V)
21	Nikhil gupta ✓	M	Hindi Home	Nikhil
22	Sahil Dubey	M	Hindi (H) 1 <sup>st</sup> year	Sahil
23	Sugandha Sinha	F	History (H) III	Sugandha Sinha
24	Keno	F	History (H)	Keno
25	Taisho Gupta	F	History (H)	Taisho Gupta
26	Khushi	F	Political	Khushi
27	Saumya	F	BMS	Saumya
28	Vinay Singh	M	Geology	Vinay
<u>19 June 2023</u>				
1 ✓	Meenakshi Tripathi	f	BJMC I <sup>st</sup> year	Meenakshi (V)
2 ✓	Vikub Yadav	M	" "	Vikub (V)
3 ✓	Shruti Mishra	F	BJMC I <sup>st</sup> yr	Shruti Mishra (V)
4 ✓	Khushi	F	BJMC I <sup>st</sup> yr	Khushi (V)
5 ✓	Ashish Srivastav	M	B.Com (H) I <sup>st</sup> year	Ashish (V)
6 ✓	Nishit Nandan	M	B.Com (H) I <sup>st</sup> year	Nishit (V)
7 ✓	Rajanshi Sahu	F	B.Sc (H) Microbio 1 <sup>st</sup> year	Rajanshi (V)
8 ✓	Priya	F	" "	Priya (V)
9 ✓	Priya	M	" "	Priya (V)
10 ✓	Shivansh	M	B.Sc (H) Microbio 1 <sup>st</sup> year	Shivansh (V)



**Yoga and Meditation Committee**

**Yoga Camp 2023**

**Attendance Sheet for Students**

Date:-16/06/23

S.No	Full Name	M/F	Course/Department & year	Signature
1	✓ Samit Saini	M	B.com (H), 1st year	Samit
2	✓ Naveen Kumar	M	B.com (P) "	Naveen
3	✓ Anshu Suvaitav	M	B.com (H), 1st year	Anshu
4	✓ Ashish Kumar	m	Ident (H)	Ashish
5	✓ Vineet pal	M	B.com (P)	Vineet
6	✓ Anurag Shukla	m	B.A. U. (H)	Anurag
7	✓ Sahil Dubey	M	BA (H) Hindi Ist	Sahil
8	✓ Pranjana	F	B.Sc Microbio	Pranjana
9	✓ Nishika	F	BA Eng	Nishika
10	✓ Digvijay	M	History (H)	Digvijay
11	✓ Tarun Kumar	M	Hindi (H) Ist	Tarun
12	✓ Sidharth Verma	M	Hindi (H) Ist	Sidharth
13	✓ Aman	M	Hindi (H) Ist	Aman
14	✓ Vikas Yadav	M	BJMC	Vikas
15	✓ Amit Kumar Verma	M	B.Com (H)	Amit
16	✓ SAKSHAM NEGI	M	B.COM (P)	Saksham
17	✓ Aditya Majhi	M	B.A (H) pol sci	Aditya
18	✓ Khushi	F	BJMC 1st yr.	Khushi
19	✓ Meenakshi Taripatki	F	BJMC 1st yr.	Meenakshi
20	✓ Shanti Mishra	F	BJMC 1st year	Shanti
21	✓ Rinke	F	B.Sc (H) Statistics	Rinke
22	✓ Priya	F	B.Sc (H) Microbiology	Priya
23	✓ Prityanshi Sahu	F	B.Sc (H) Microbiology	Prityanshi
24	✓ Rohit Jandev	M	B.COM (H)	Rohit
25	✓ Anurag	M	BJMC	Anurag
26	✓ Prishav Raut	M	B.Sc (H) Microbiology	Prishav
27	✓ Sugandha Sinha	F	BA (History) Hons	Sugandha Sinha


**Yoga and Meditation Committee**

**Yoga Camp 2023**

**Attendance Sheet for Students**

Date:- 15/06/23

S.No	Full Name	M/F	Course/Department & year	Signature
1	Rohit Nandev	M	B.COM. (H) 1 <sup>st</sup> year	Rohit
2	Tarun Kumar	M	BA (H) Hindi I year	Tarun
3	Sidharth Varma	M	BA (H) Hindi I year	Sidharth
4	Sahil Dubey	M	BA (H) Hindi I year	Sahil
5	Devika Adhena	M	Bsc (H) Statistcs	Devika
6	Ashish Kumar	M	Hindi (H)	Ashish
7	Namruchi Tripathi	F	BJMC I <sup>st</sup> year	Namruchi
8	Devanshi Sankar	F	Hindi (H)	Devanshi
9	Vineet Pal	M	B.Com (P)	Vineet
10	Anit Kumar Varma	M	B. Com (H)	Anit
11	Poojyashree Sahu	F	BSc (H) Microbio 1 <sup>st</sup> year	Poojyashree
12	Anush Kumar	M	Bsc (H) Microbio 1 <sup>st</sup> year	Anush
13	Poojyashree Mahan	F	" 1 <sup>st</sup> year	Poojyashree
14	Priya	F	" 1 <sup>st</sup> year	Priya
15	Khushi	F	BJMC 1 <sup>st</sup> year	Khushi
16	Vikas Yadav	M	BJMC 1 <sup>st</sup> year	Vikas
17	Shivansh Garam	M	Microbiology I <sup>st</sup> year	Shivansh
18	Muzant Kumar	M	BJMC 1 <sup>st</sup> year	Muzant
19	Anshu	M	"	Anshu
20	Poojyashree	F	Bsc Microbio	Poojyashree
21	Sarveshwar Kumbhar	M	BA (H) History	Sarveshwar
22	Smit Saini	M	B.Com (Hons.)	Smit
23	Nikhil Gupta	M	Hindi (H)	Nikhil
24	Aditya	M	History (H)	Aditya
25	Nitesh	M	History (H)	Nitesh
26				

Total Participant - (25) 



**Yoga and Meditation Committee**

**Yoga Camp 2023**

**Attendance Sheet for Students**

Date:-14 June 2023

S.No	Full Name	M/F	Course/Department & year	Signature
1 ✓	Rishav Kaural	M	BS (M) Microbiology 1 <sup>st</sup>	Rishav
2 ✓	Princasshi Sahni	F	BS (M) Microbiology 1 <sup>st</sup>	Princasshi
3 ✓	Sumit Saini	M	B.Com (H) - 1 <sup>st</sup>	Sumit
4 ✓	Smriti Dadel	F	English (H) - 1 <sup>st</sup>	Smriti ✓
5 ✓	Vineet Pal	M	B.Com (P) - 1 <sup>st</sup>	Vineet
6 ✓	Nikhil Gupta	M	Hindi (H) 1 <sup>st</sup> year	Nikhil
7 ✓	Priyanka Sharma	F	Microbio 1 <sup>st</sup> year	Priyanka
8 ✓	Tarun Kumar	M	BA (H) Hindi	Tarun
9 ✓	Sidharth Verma	M	BA (H) Hindi	Sidharth
10 ✓	Sahil Dubey	M	BA (H) Hindi 1 <sup>st</sup> year	Sahil
11 ✓	Sugandha Sinha	F	BA History Hons	Sugandha Sinha
12 ✓	Eshika	F	BA (H) Hindi 3 <sup>rd</sup> year	Eshika
13 ✓	Digvijay	M	BA (H) History 1 <sup>st</sup> year	Digvijay
14 ✓	Meenakshi Tarifatti	F	BJMC [1 <sup>st</sup> year]	Meenakshi
15 ✓	Amit Kumar Verma	M	B.Com (H)	Amit
16 ✓	Priyanshi Mishra	F	Microbiology	Priyanshi ✓
17 ✓	ANSH GAUR	M	B.Com (H)	Ansh
18 ✓	Anshu Kumar	M	Microbiology	Anshu
19 ✓	Rinki	F	B.Sa (H) Statistics	Rinki
20 ✓	Saanshwan Kushwaha	M	BA (H) History	Saanshwan
21 ✓	Priya	F	Microbiology 1 <sup>st</sup> yr	Priya
22 ✓	Yashvir Pr. Chaudhary	M	B.Com (H)	Yashvir
23 ✓	Salvatore Pandey	M	"	Salvatore
24 ✓	Harshit Goyal	M	BJMC	Harshit
25 ✓	A. Vikas Yadav	M	"	Vikas ✓
26 ✓	Mayank Kumar	M	BJMC	Mayank ✓





**Yoga and Meditation Committee**

**Yoga Camp 2023**

**Attendance Sheet for Students**

Date:- 13/06/23

S.No	Full Name	M/F	Course/Department & year	Signature	
1	ANKUSH KUMAR	M	MICROBIOLOGY - 1st year		✓
2	Khushi	F	BJMC - 1st year	Khushi	✓
3	Shruti	F	BJMC - 1st year	Shruti Mishra	✓
4	Shri Vansh Saxena	M	Microbiology 1st year		✓
5	Rishav Rawat	M	Microbiology 1st year		
6	Kinji	F	B.Sc(H) Stat. 1st year	Kinji	
7	Pransha	M	" "	Pransha	
8	Nitesh	M	" "	Nitesh	
9	Vansh	M	B.Com(P) 1st year	Vansh	
10	Vineet	M	B.Com(P) "	Vineet	
11	Ashutosh Mishra	M	B.A(H) Pol Science	Ashutosh	
12	Rohit	M	B.Com(H)	Rohit	
13	Amit Kr. Verma	M	B.Com(H)	Amit	✓
14	Meenakshi Tanipathi	F	BJMC 1st year	Meenakshi	✓
15	Vikas Yadav	M	" 1st year	Vikas	✓
16	Anurag	M	BJMC 1st year	Anurag	
17	Mayank	M	" "	Mayank	
18	Hitesh	M	" "	Hitesh	
19	Rushpendra	M	" "	Rushpendra	
20	Ravishankar	M	B.A History Honors	Ravishankar	✓
21	Bhumi	F	Microbiology Honors	Bhumi	
22	Punpreet	F	" "	Punpreet	✓
23	Rikita	F	English Honours (1st year)	Rikita	
24	Smriti	F	" "	Smriti	
25	Meenakshi	F	" "	Meenakshi	
26	BHU DEV	M	Pol Sc (Hon)	BHU DEV	





**Yoga and Meditation Committee**  
**Yoga Camp 2023**  
**Attendance Sheet for Other Participants**

Date:-

S.No	Full Name	M/F	Designation	Contact	Signature
	<u>13<sup>th</sup> June</u>				
	Shristi Mishra	F	Student	8770528045	
	<u>14<sup>th</sup> June</u>				
	Devender Sood	M	athens Amrit	9910906714	<i>[Signature]</i>
	Ajay More	M			
	<u>15 June</u>				
	Devender sood	M		9910906714	<i>[Signature]</i>
	Akshaya	F	Student	-	<i>[Signature]</i>
	<u>16 June</u>				
	Devender Sood	M		9910906714	<i>[Signature]</i>
	Ajay More	M		8178750341	<i>[Signature]</i>
	<u>17 June</u>				
	VALENTIN	M	STUDENT	8793869265	<i>[Signature]</i>
	Devender Sood	M	outward	9910906714	
	Ajay More	M	ward	8178750341	
	<u>19 June</u>				
	Devender Sood	M			<i>[Signature]</i>
	Ajay More	M			<i>[Signature]</i>
	Nibha	F			<i>[Signature]</i>

**Yoga and Meditation Committee**  
**Yoga Camp 2023**  
**Attendance Sheet for Students**

Date:- 12/06/2023

S.No	Full Name	M/F	Course/Department & year	Signature	
1	Govindhara Kundwala	M	BA History Hon 1 <sup>st</sup> yr		✓
2	Vikas Yadav	M	BTMC 1 <sup>st</sup> year		✓
3	Anusaj	M	BTMC 1 <sup>st</sup> year		
4	Ashwini	F	BTMC 1 <sup>st</sup> year		✓
5	Smriti Mishra	F	BTMC 1 <sup>st</sup> year		✓
6	Shivansh Savana	M	Microbiology 1 <sup>st</sup> year		✓
7	Hitesh Goyal	M	BTMC 1 <sup>st</sup> year		
8	Prigyanthi Saha	F	Microbiology 1 <sup>st</sup> year		✓
9	Ankur Kumar	M	Microbiology 2 <sup>nd</sup> year		✓
10	Kunal Kati	F	English (Hons) 1 <sup>st</sup> year		✓
11	Pooja	F	B.Sc (H) Microbiology 1 <sup>st</sup> yr		✓
12	Nikhil gupta	M	Hindi (H) 1 <sup>st</sup> yr		
13	Sahil Dubey	M	Hindi (H) 1 <sup>st</sup> year		
14	Punyees Mohan	F	Microbiology 1 <sup>st</sup> year		✓
15	Dignijay	M	Hist. (H) 1 <sup>st</sup> yr		✓
16	Sugandha	F	Hist (H) 2 <sup>nd</sup> yr		Sugandha Sinha.
17	Tarun Kumar	M	Hindi (H) Hon 1 <sup>st</sup> year		Tarun Kumar
18	Bhu Dev	M	Political S(H) 1 <sup>st</sup> year		Bhu dev
			Total participants as on 12 June		
			18		



## **2 weeks Yoga Training Programme**

**NAME OF THE EVENT:** 2 Weeks Yoga training programme

**NATURE OF THE EVENT:** Offline

**DATE AND DURATION:** 1<sup>st</sup> to 14<sup>th</sup> June 2023

**VENUE:** Front Lawn

**NUMBER OF PARTICIPATING STUDENTS:** 5-7 participants

### **BRIEF SUMMARY OF THE EVENT:**

The Yoga and Meditation Society of Ram Lal Anand College, with a vision to excel in various fields of competition, organized a specialized Yoga Training Programme for students preparing for inter-institute competitions. This intensive training aimed to equip participants with the physical strength, mental focus, and emotional balance necessary to perform at their best during these competitions. The programme not only focused on honing yoga skills but also instilled the values of discipline, determination, and teamwork in the participants. With a strong emphasis on holistic development, the training prepared the students to represent the college with confidence and competence.

This unique initiative was conducted under the guidance of Deepak Saini, an experienced and renowned yoga teacher. The programme aimed to equip students with the physical, mental, and emotional strength needed to excel in various inter-institute competitions. Deepak Saini's expertise and compassionate teaching style played a crucial role in fostering holistic development among the participants, preparing them to perform at their best in competitive scenarios.

The objective of the event was:-

- 1) To provide specialized yoga training for participants to improve their physical flexibility, strength, and endurance.
- 2) To enhance mental focus and concentration to excel in competitive scenarios.
- 3) To cultivate emotional resilience and stress management techniques for peak performance.
- 4) To create a supportive and motivating environment for participants to train collaboratively.
- 5) To build confidence and a sense of sportsmanship among the students.

Event Highlights:



- 1) Customized Training Regimens- Experienced yoga instructor Mr. Deepak Saini designed individualized training plans for each participant, focusing on their specific strengths and areas for improvement. Participants received personalized attention to ensure maximum progress and development.
- 2) Advanced Yoga Techniques- The programme included advanced yoga techniques and asanas to challenge participants and push their limits. Various yoga styles, including Power Yoga and Bikram Yoga, were introduced to add diversity to their practice.
- 3) Breath Control and Focus- The training emphasized Pranayama (breath control) techniques to enhance mental focus and concentration. Participants learned to regulate their breath to calm nerves and maintain composure during competitions.
- 4) Competition Simulation- To replicate the competitive environment, simulated practice sessions were conducted, enabling participants to get accustomed to the pressure of inter-institute competitions. This helped in building confidence and mental preparedness.
- 5) Team Building and Support- The training programme fostered a sense of camaraderie among participants. Group activities and team-building exercises encouraged mutual support and motivated each other to perform at their best.

The Yoga Training Programme at Ram Lal Anand College for students preparing for inter-institute competitions proved to be a pivotal step in preparing them for success. By integrating advanced yoga techniques, mental conditioning, and team-building activities, the programme equipped participants with a well-rounded skill set essential for competitive excellence. As the students take on the challenges of inter-institute competitions, they do so with the physical prowess, mental fortitude, and sportsmanship instilled during the training. The college's commitment to nurturing holistic development among its students was evident through this comprehensive and empowering programme.



# रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय  
योग और ध्यान समिति  
आयोजित करता है



## योग प्रशिक्षण कार्यक्रम

"हर घर ध्यान"

1 जून 2023 से 14 जून 2023 तक

पहल

योग करे  
और  
निरोगी रहे



यह योग प्रशिक्षण कार्यक्रम रामलाल आनंद कॉलेज के सभी विद्यार्थियों, शिक्षण, गैर-शिक्षण कर्मचारियों के लिए खुला है।

### निःशुल्क

किसी भी प्रश्न के लिए संपर्क करें:  
सुगंधा सिन्हा :- 8434304604  
दिव्यिजय आयुष :- 9006520528

योग आचार्य

श्री दीपक

स्थान

कॉलेज का मैदान

समय

सुबह 8 से 9 बजे तक

शिखा वर्मा  
संयोजक

प्रो. सीमा गुप्ता  
सलाहकार

प्रो. राकेश कुमार गुप्ता  
प्राचार्य





### **GENERAL TALK - Neurological & General Health Issues:**

**NAME OF THE EVENT:** Guest Lecture on Neurological & General Health Issues

**NATURE OF THE EVENT:** Lecture/Talk

**DATE AND DURATION:** 5th July, 2023

**VENUE:** Seminar Room

**NUMBER OF PARTICIPATING STUDENTS:** 68 participants

The yoga and meditation Society of Ram Lal Anand College organized a guest lecture on Neurological & General Health Issues on 5<sup>th</sup> July, 2023 in college seminar room. Dr. Priyanka Sehrawat, Neurologist, (MD and DM from AIIMS, Delhi) was guest of the event.

Mr. Animesh, student, welcomed the guest on the behalf of the yoga and meditation society. .... students attended the lecture great enthusiasm. Dr. Priyanka Sehrawat started the session with the importance of vitamins and how can we know which vitamin deficiency we have in our body. She explained the benefits of fruits, nuts, green veggies and dairy products. She also described symptoms of various disease and neurological disorders. Dr. Priyanka gave awareness about depression and importance of mental health to the students. A question answer session was conducted with the students and faculty. Dr. Priyanka explained and resolved the queries raised by the students and faculty. The students were advised for following the healthy lifestyle to be disease free. She also described the various ways to reduce anxiety and control the stress.

The event was concluded with a vote of thanks presented by Prof. Seema Gupta, advisor, yoga and meditation society. It was an very interactive lectures and students expressed their interest.

Attendance (05/07/2023)

Neurological & Geriatric Health Issues.

S.R.	Name	COURSE	Year	Sign.
1	Swati Tiwari	Hindi Honr.	1st year	Swati
2	Sakshi Kumari	Hindi Honr.	1st year	Sakshi
3	Tarun Kumar	Hindi Honr.	1st year	Tarun Kumar
4	Siddhanta Verma	Hindi Honr.	1st year	Siddhanta
5	Nikhil Gupta	"	1st year	Nikhil Gupta
6	Kumar Ujjwal	"	"	Ujjwal
7	Sahil Dubey	"	"	Sahil
8	Sussex Kumar	B.Com (Program)	1st year	Sussex Kumar
9	Varsh	B.Com (Program)	1st year	Varsh
10	Ram Kumar Pandey	Hindi (H)	3rd year	Ram Kumar
11	Hemant Kumar	"	1st year	Hemant
12	Aditya Kumar	"	"	Aditya Kumar
13	Aaradhya Kumar	"	1st year	Aaradhya
14	Meenakshi Timpaktu	BJMC 1st year	1st year	Meenakshi VAC
15	Arya	BA Hindi (H)	1st year	Arya
16	Mia Jaisim	BA Hindi (H)	1st year	Mia Jaisim
17	Hemant Kumar Gupta	BA Hindi (H)	1st year	Hemant Kumar
18	Ashwini Srivastava	B.Com (H)	1st year	Ashwini
19	Vikas Yadav	BJMC	1st year	Vikas
20	Muskan Tiwari	B.Sc (H) CS	1st year	Muskan
21	Hemant Kr. Singh	B.Sc (H) CS	1st year	Hemant
22	Ankit Chauran	B.Sc (H) CS	1st year	Ankit
23	Avinash Madkotte	B.Sc (H) CS	1st year	Avinash
24	Ashish Kumar	B.Sc (H) CS	1st year	Ashish Kumar
25	Pritya	B.Sc (H) Microbiology	1st year	Pritya
26	Pritya	B.Sc (H) Microbiology	1st year	Pritya
27	Yash Kumar	B.Sc (H) Statistics	1st year	Yash
28	Naveen Shankar	"	1st year	Naveen
29	Anjali Kumar	"	1st year	Anjali

SR	Name	COURSE	Year	
30.	Tsetan Loyatso	B.Sc (H) Statistics	1 <sup>st</sup> year	<i>[Signature]</i>
31.	Ankit Anand	(B.A (Hons) Hindi	1 <sup>st</sup> year	<i>[Signature]</i>
32.	Bhramika Mishra	B.Sc (Hons) Microbiology	1 <sup>st</sup> year	<i>[Signature]</i>
33.	Kritika Kanchan	"	1 <sup>st</sup> year	<i>[Signature]</i>
34.	Anushka Verma	"	1 <sup>st</sup> year	<i>[Signature]</i>
35.	SAKSHAM NEGI	B.COM (P)	1 <sup>st</sup> year	<i>[Signature]</i>
36.	KESHAV	B.COM (P)	1 <sup>st</sup> year	<i>[Signature]</i>
37.	VINEET PAL	B.COM (P)	1 <sup>st</sup> year	<i>[Signature]</i>
38.	Sumit Kumar (3015)	B.COM (P)	1 <sup>st</sup> year	<i>[Signature]</i>
39.	Sumit Saini (3515)	B.COM (H)	1 <sup>st</sup> year	<i>[Signature]</i>
40.	Dr. SWAGATA KARMAR	Faculty	BUS	<i>[Signature]</i>
41.	Rohit Namdev	B.COM (H)	1 <sup>st</sup> year	<i>[Signature]</i>
42.	Shivansh Saxena	B.Sc (Hons) Microbiology	1 <sup>st</sup> year	<i>[Signature]</i>
43.	Ankush Kumar	B.Sc (Hons) Microbiology	1 <sup>st</sup> year	<i>[Signature]</i>
44.	Pungam Mohan	B.Sc (Hons) Microbiology	1 <sup>st</sup> year	<i>[Signature]</i>
45.	Shruti Mishra	BJMC	1 <sup>st</sup> year	<i>[Signature]</i>
46.	Kushi	BJMC	1 <sup>st</sup> year	<i>[Signature]</i>
47.	Dr. Sumita	Microbiology	Faculty	<i>[Signature]</i>
48.	Dr. Anudha	BMS	Faculty	<i>[Signature]</i>
49.	Shukha Verma	Comp sc	Faculty	<i>[Signature]</i>
50.	Prof. Seema Gupta	Statistics	Faculty	<i>[Signature]</i>
51.	Shivanshi Tyagi	B.Sc (Hons) CS	1 <sup>st</sup> year	<i>[Signature]</i>
52.	Raushan Kumar	Hindi (H)	1 <sup>st</sup> year	<i>[Signature]</i>
53.	Rohit Kumar	B.Sc (H) CS	1 <sup>st</sup> year	<i>[Signature]</i>
54.	Rishabh Awast	B.Sc (H) Microbiology	1 <sup>st</sup> year	<i>[Signature]</i>
55.	Ankit	BA Hindi (H)	1 <sup>st</sup> year	<i>[Signature]</i>
56.	Raj Kumar	" "	1 <sup>st</sup> year	<i>[Signature]</i>
57.	Rohitha Kumar	" "	"	<i>[Signature]</i>

Sr.	Name	Course	Year	Sign
58.	Dignidya Agurua	Mit. (14) 2nd sem	1st	
59.	Animesh Verma	Computer Science (Hons)	5th year	
60.	Rishu Raj	BMS	1st yr	
61.	Ranveer	BA.P	2nd year	
62.	Ranveer	BMS	2nd year	
63.	Rishika	Pol.	2nd year	

Student Participation-(63)

Faculty Members

1. Prof. Seema Gupta. (Statistics)
2. Ms. Shikha Verma. (Computer Science)
3. Dr. Sunita Hooda. (Microbiology)
4. Dr. Anubha. (BMS)
5. Dr. Swagata. (EVS)

Shikha Verma  
(Convener)





**RAM LAL ANAND COLLEGE**  
University of Delhi



**YOGA AND MEDITATION SOCIETY**

**ORGANISES**

**GUEST LECTURE ON**

**NEUROLOGICAL & GENERAL  
HEALTH ISSUES**



**WEDNESDAY**  
**5TH JULY**



**TIME**  
**11:00 AM**



**VENUE**  
**SEMINAR ROOM**



**SPEAKER**

**DR. PRIYANKA SEHRAWAT**  
MD MEDICINE AND DM NEUROLOGY (AIIMS DELHI)  
PREMIER NEUROMED CLINIC, GURGAON

Ms. Shikha Verma  
Convener

Dr. Anubha  
Co-ordinator

Prof. Seema Gupta  
Advisor

Prof. Rakesh kumar Gupta  
Principal

## HOLISTIC HARMONY

Name of the event- Holistic Harmony

Nature of the event- Physical mode

Date- 03<sup>rd</sup> October to 8<sup>th</sup> December, 2023

Venue- Front Lawn

Number of participants- 20-25 per day

Yoga and Meditation Society of Ram Lal Anand College proudly organized "Holistic Harmony," a transformative two-month Yoga Workshop held from 3<sup>rd</sup> October to 8<sup>th</sup> December 2023. This initiative aimed to foster physical and mental well-being by providing participants with a comprehensive exploration of yogic principles and practices. Diverse Sessions: "Holistic Harmony" offered a diverse range of sessions, including variety of asanas and Pranayama, catering to participants with varying levels of experience. Mr. Shishir Pokhriyal renowned yoga instructor with a profound understanding of yogic principles led the sessions, ensuring participants received expert guidance in their practice.

Physical and Mental Wellness Focus: The workshop emphasized the holistic benefits of yoga, promoting physical fitness, stress management, and mental clarity.

"Holistic Harmony" witnessed enthusiastic participation from students, faculty, and staff of Ram Lal Anand College. Regular attendance and active engagement were notable features, reflecting a strong interest in adopting yoga as a holistic lifestyle practice.

Participant feedback was overwhelmingly positive, with attendees expressing gratitude for the enriching experience and the positive impact on their overall well-being. Testimonials highlighted the effectiveness of the workshop in relieving stress, improving flexibility, and enhancing mindfulness.

The "Holistic Harmony" Yoga Workshop at Ram Lal Anand College successfully met its objectives, promoting holistic well-being through the transformative power of yoga. The positive response from participants underscores the growing awareness and appreciation for the benefits of yoga in our college community. Our sincere thanks to all participants, instructors, and organizers who contributed to the success of this uplifting event.



RAM LAL ANAND COLLEGE  
UNIVERSITY OF DELHI



**NIRVANA**  
**YOGA AND MEDITATION SOCIETY**  
presents  
**Holistic Harmony**  
**Two Months Yoga Workshop**

**3<sup>rd</sup> October, 2023 onwards**  **Monday to Friday, 8am-9am**

**Register now:**



**Free workshop** for  
all the students &  
staff of RLA and  
residents of Satya  
Niketan



**Venue:**  
**Front Lawn**



**Mr. Shishir Pokhriyal**  
(Yoga Trainer)

**For more information contact:**

**Sugandha: 8434304604**

**Prakarshica: 8586846385**

**Ms. Shikha Verma**  
(Convener)

**Prof. Seema Gupta**  
(Advisor)

**Prof. Rakesh Kumar Gupta**  
(Principal)



## **ART OF LIVING: Introductory Session**

Name of the event- Introductory session

Nature of the event- Physical mode

Date- 03rd October 2023-06th October 2023

Venue- College Classrooms

Departments involved: - All the 14 Departments of the college

No of Participants:- First year students of all the courses

The Yoga and Meditation Society in associations with the Art of Living conducted an introductory session on meditation for the first year students at Ram Lal Anand College between 03rd October 2023 and 06th October 2023. The session aimed to introduce the principles and practices of meditation to enhance mental well-being, stress management, and overall life skills for students.

### Session Overview:

- Duration: The introductory session spanned approximately one hour for every department.
- Facilitator: The session was led by 3-4 certified instructors from the Art of Living foundation with extensive experience in teaching meditation and mindfulness.

### Agenda:

- Welcome and Introduction: Participants were welcomed to the session, and a brief introduction to the Art of Living organization and its mission was provided.
- Introduction to Meditation: The facilitator introduced the concept of meditation, emphasizing its benefits for stress reduction, increased focus, and enhanced emotional well-being.
- Breathing Techniques: Participants were guided through simple yet powerful breathing exercises to experience the immediate calming effects of focused breath awareness.
- Guided Meditation: A guided meditation session allowed students to practice mindfulness and experience a deeper state of relaxation.

- **Interactive Discussions:** The facilitator engaged participants in discussions about their experiences with meditation, addressing any questions or concerns they might have had.
- **Introduction to the Art of Living Programs:** Information about the various programs offered by the Art of Living foundation, including in-depth meditation courses, stress management workshops, and leadership programs, was provided.
- **Participant Feedback: Positive Experiences:** Many participants expressed a sense of calm and relaxation after practicing the meditation techniques.
- **Interest in Further Programs:** Several students showed interest in enrolling in more in-depth courses offered by the Art of Living foundation.

The introductory session on meditation by the Art of Living was well-received by the students, providing them with practical tools for stress management and mental well-being. The facilitator's expertise, coupled with interactive sessions, created a positive and enriching experience for all participants.

Due to the positive response, discussions are underway to organize more sessions and potentially integrate ongoing meditation programs into the college's wellness initiatives.

In conclusion, the "Art of Living" introductory session on meditation served as a valuable opportunity for students to explore and experience the benefits of mindfulness, contributing to their overall well-being.



Yoga and Meditation Committee			
AOL Introductory Session (3rd to 6th Oct 23)			
Date:- 04th <del>September</del> <sup>October</sup> 2023			Time 9-10 am
Department Political Science (H)			Venue 03
S.No	Full Name	M/F	Signature
1	Sakshi Shaoma	F	Sakshi
2	Shrestha Mittal	F	Shrestha
3	DIPANSHU SINGH	M	D Singh
4	ANUSH KUMAR	M	Anush
5	Anam Kumar	M	Anam Kumar
6	ARYAN SINGH	M	Aryan
7	Satyam	M	Satyam
8	Rishabh	M	Rishabh
9	Shashank Shikhar	M	Shashank
10	Anika Singh	F	Anika
11	Khusi Kaur	F	Khusi Kaur
12	Rishceeta	F	Rishceeta
13	Sushma	F	Sushma
14	Siddharth	M	Siddharth
15	Tushar maurya	M	Tushar
16	Snailja Yadav	M	snailja
17	Litika Ansal Priya	F	Litika
18	Mam Mohan Singh	M	Mam Mohan
19	Safal	M	Safal
20	Rhythm Groel	M	Rhythm
21	Bikander Bibi	F	Bikander Bibi
22	Ritika	F	Ritika
23	Sonali Yadav	F	Sonali
24	Yuvraj Chauhan	M	Yuvraj
25	Ayushman Jasshi	M	Ayushman
26	Ankur prajapati	M	Ankur
27	Rohan Kumar	M	Rohan
28	Islan Raghunanshi	M	Islan



**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 04 - October - 2023		Time	
Department Natch		Venue 16	
S.No	Full Name	M/F	Signature
1	Nayant Kumar	M	
2	Rajesh Dairvadi	M	
3	Sudhansu	M	
4	Ashmit	M	
5	Ankur Singh	M	
6	Adit	M	
7	Vishal	M	
8	Aranta Khatwale	M	
9	Bhuphal Kumar	M	
10	Himanshu Solanki	M	
11	Abhishek Singh	M	
12	Ashwini Sharma	M	
13	Mahak Agasthoni	F	
14	Tanvi Vaibhav	F	
15	Shivani Thija	F	
16	Harsit Kapoor	M	
17	Vaansh Kumar	M	
18	Ansh ( )	M	
19	Arpit Singh	M	
20	Prasoon Mishra	M	
21	Prachin	M	
22	Kastik Satgathi	M	
23	Deepanshu Singh Negi	M	
24	Chirag Sharma	M	
25	Santosh P. Shukla	M	
26	Jatin Daware	M	



**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 04/10/23		Time 10-11am	
Department Commerce & English		Venue 12	
S.No	Full Name	M/F	Signature
1.	Arjun Mallik (B.com CP I)	Male	<u>Arjun</u>
2.	Purnima (BA English Honours)	Female	<u>Purnima</u>
3.	Nandita (BA Eng Hons.)	Female	<u>Nandita</u>
4.	Mimansha (BA English Honours)	Female	<u>Mimansha</u>
5.	Kadriko (B.Com (P109))	Female	<u>Kadriko</u>
6.	Sajal (B.Com (P109))	Male	<u>Sajal</u>
7.	AKshaya (B.Com (P109))	Female	<u>AKshaya</u>
8.	Lakshya Yadav (B.Com II)	Male	<u>Lakshya</u>
9.	Rensat Yadav (B.Com II)	Male	<u>Rensat</u>
10.	Deepanshu Nigam (B.Com II)	Male	<u>Deepanshu</u>
11.	Panabhu (B.Com II)	Male	<u>Panabhu</u>
12.	Rohin (B.Com II)	Male	<u>Rohin</u>
13.	Rajesh Chhabra (B.Com II)	Male	<u>Rajesh</u>
14.	Ashutosh Agarwal (B.Com II)	Male	<u>Ashutosh</u>
15.	Jyoti Nautiya (BA Eng Hons.)	Female	<u>Jyoti</u>
16.	Prachi (BA Eng Hons.)	Female	<u>Prachi</u>
17.	Khushi (B.com P)	F	<u>Khushi</u>
18.	Mehak (B.com P)	F	<u>Mehak</u>
19.	Ishant (B.com P)	Male	<u>Ishant</u>
20.	Nikhil (B.com P)	M	<u>Nikhil</u>
21.	Sankit (B.com P)	M	<u>Sankit</u>
22.	Sanjiv (B.com P)	M	<u>Sanjiv</u>
23.	Vish (B.com P)	M	<u>Vish</u>
24.	Krunal (B.com P)	M	<u>Krunal</u>
25.	Aishwariya (B.com P)	F	<u>Aishwariya</u>
26.	Deepika (Eng Hons)	F	<u>Deepika</u>
27.	Ananya (Eng Hons)		<u>Ananya</u>
28.	Zorin (Eng Hons)		<u>Zorin</u>



20) Anshu Kumar B.Com(P) Male Anshu Kumar

31) Tausif Azam B.Com(P) Male Tausif

**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 04/10/23 Time 10-12 am

Department *Commerce & Maths English* Venue 12

S.No	Full Name	M/F	Signature
1	R. Yash	male	<i>[Signature]</i>
2	Tanish Nema (B.Com) Pro	male	<i>[Signature]</i>
3	Lalit (B.Com) Pro	male	<i>[Signature]</i>
4	Ankit Kumar (B.Com) Pro	Male	<i>[Signature]</i>
5	Vishal Saini (B.Com) Pro	Male	<i>[Signature]</i>
6	Angan B.Com Pro	male	Angan
(7)	Hirav B.Com Pro	male	Hirav
(8)	Abhinav B.Com Pro	male	<i>[Signature]</i>
(9)	Ronak Goyal B.Com Prog.	male	Ronak
10	Deepak B.Com Prog	male	Deep
11	Aman B.Com Prog	Male	<i>[Signature]</i>
12	Muhammad B.Com Prog	Male	<i>[Signature]</i>
(13)	Vicky B.Com Prog	Male	Vicky
14	Ani Rai B.Lop Prog	Male	Ani
15	Hvi Singh B.Com Prog	Male	Hvi
16	Samra	Female	<i>[Signature]</i>
17	Aarushi		<i>[Signature]</i>
18	Shivika		<i>[Signature]</i>
19	Kirvin		<i>[Signature]</i>
20	Khushi		<i>[Signature]</i>
21	Hohaf		<i>[Signature]</i>
22	Sara		<i>[Signature]</i>
23	Kishu		<i>[Signature]</i>
24	Tushar	M	Tushar
25	Ankit	M	Ankit
26	Dhruvi	M	Dhruvi
27	Vaani	M	Vaani
28	Mayur	M	<i>[Signature]</i>
29	Mehul	M	<i>[Signature]</i>

	Eng (H)	Female	Al-saniya
29. Al-saniya	"	F	
30. Hama	"	M	
31. Pabil	"	M	
32. Rahul	"	F	
33. Ziya	"	F	
34. Aili	"	M	<u>Hussain</u>
35. Hussain	"	M	<u>Ali</u>
36. Ansh	"	M	
37. Pigeon	"	M	
38. Peetik	"	M	
39. Harag	"	F	<u>Nishi</u>
40. Nahi	"		<u>Farida</u>
41. Pasidhi	"	A	





**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 06/10/23		Time	
Department CS		Venue PC-12	
S.No	Full Name	M/F	Signature
1	Hemant Yadav (BSc III CS)	M	Hemant
2	Apurva Singh (BSc III CS)	F	Apurva
3	Raj Singh (BSc III CS)	M	Raj
4	Harsh Srivastava (BSc III CS)	M	Harsh Srivastava
5	Mohamed Abdulaziz Hamam	M	Mohamed
6	Swarnali Singh Bisht	M	Swarnali
7	NEKHI K. BAI	M	NEKHI
8	Prerna	F	Prerna
9	Riya	F	Riya
10	Parvitha	F	Parvitha
11	Akshita	F	Akshita
12	Sakshi Kumar	F	Sakshi
13	Jainali K. Yethur	F	Jainali
14	Alisha Kujur	F	Alisha
15	Yash	M	Yash
16	Naman	M	Naman
17	Mohammed Hasan Buxaidi	M	Mohammed
18	Pras Sakamun Saleh Zolunah	M	Pras
19	Sahil Raj	M	Sahil
20	Kavindra Singh Mehla	M	Kavindra
21	Rashmi kumari	F	Rashmi
22	Vijay Khandalwal	M	Vijay
23	Vidhanu	M	Vidhanu
24	Stuti Sharma	F	Stuti
25	Rohit Kumar	M	Rohit
26	Shruti Yadav	F	Shruti

### Yoga and Meditation Committee

#### AOL Introductory Session (3rd to 6th Oct 23)

Date:- 05/10/23 Time 9-10 am

Department Microbiology Venue 14

S.No	Full Name	M/F	Signature
1	Ujjwal Kant Singh	M	Ujjwal
2	KUMAR ANKUSH	M	Ankush
3	Kartikay Bhatt	M	Kartikay
4	Satyam Kumar Swati	M	Satyam
5	Aman Kumar	M	Aman
6	Priyanshu Sothar	M	Priyanshu
7	Vasika Rai	F	Vasika
8	Riya	F	Riya
9	Murshidah Ahmed	F	Murshidah
10	Shweta	F	Shweta
11	Fahad Jahan	F	Fahad
12	Tannu Jainwal	F	Tannu
13	Aarushi Agrawal	F	Aarushi
14	Shweta Puri	F	Shweta
15	Mst Rifa Ather Ruby	F	Ruby
16	Disha Tushar Mendhe	F	Disha
17	Waseem Khan Karim	AA	Waseem
18	Milind Kumar Jha	M	Milind
19	Naina	F	Naina
20	Yuvika Saini	F	Yuvika Saini
21	Nitya Rastogi	F	Nitya
22	Aarushi Vashistha	F	Aarushi

05/10/23

**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 05/10/23

Time 9-10 am

Department GEOLOGY

Venue 14

S.No	Full Name	M/F	Signature
+	<del>Mham Kumar Jha</del> (Microbiology)		
1.	Sujal Jha	M	Sujal Jha
2.	Yuvraj Kanjia	M	YU.
3.	Subham Majhi	M	Shubham
4.	Rahul Rohan	M	Rohankhan.
5.	Aditya Singh	M	Aditya
6.	Aditya Srivastava	M	Aditya
7.	Fiza	F	Fiza
8.	Harsh P.	M	HP
9.	Utkarsh	M	Utk.
10.	Mohit	M	Mohit
11.	Amliwala	F	Amli
12.	Woshikhan Keishing	M	Woshikhan
13.	Praneel Tsipathi	M	Praneel
14.	Kaithiditya	M	Kaithi
15.	Kohinoor	F	Kohinoor
16.	Urjashi	F	Urjashi
17.	Atka	F	Atka
18.	Shreya	F	Shreya
19.	Vinay	M	Vinay
20.	Chandan	M	Chandan
21.	Shreeta	F	Shreeta
22.	Nishi	F	Nishi
23.	Kashish	F	Kashish

29. Divyankumar	Male	<del>Divyankumar</del>
30. Jayashree	Male	Jayashree
31. Lokeshgoudar	Male	Lokesh
32. Anish Kumar	male	Anish
33. Abhijeet	male	Abhijeet
34. Sunil	Male	Sunil
35. Raju	Male	Raju
36. Nishant	male	Nishant

**Yoga and Meditation Committee**

**AOL Introductory Session (3rd to 6th Oct 23)**

Date:- 05/10/23		Time 10-11am	
Department Hindi		Venue PL-5	
S.No	Full Name	M/F	Signature
1.	Taniya	F	Taniya
2.	Asha Kumari	F	Asha Kumari
3.	Sanjana	F	Sanjana
4.	Shrestha	F	Shrestha
5.	Shubho	F	Shubho
6.	Kaustubh Singh	M	Kaustubh Singh
7.	Abhishek Paswan	M	Abhishek Paswan
8.	Anshu	M	Anshu
9.	Ananddeep	Male	Ananddeep
10.	MONA TSMALI ANWARI	Male	MONA TSMALI ANWARI
11.	MD Armaan	male	MD Armaan
12.	Mehdi	male	Mehdi
13.	Mateen	male	Mateen
14.	Anurag	Male	Anurag
15.	Aniket	Male	Aniket
16.	Priyanshu Pandey	Male	Priyanshu Pandey
17.	Vanshika Pathak	Female	Vanshika Pathak
18.	Anshu Kumar Mishra	male	Anshu Kumar Mishra
19.	Aniket	Male	Aniket
20.	Aditya	male	Aditya
21.	Surya	male	Surya
22.	Rajni Seth	male	Rajni Seth
23.	Kabir Singh	Male	Kabir Singh
24.	Vishal Singh Raihan	Male	Vishal Singh Raihan
25.	Jehangir Alam	Male	Jehangir Alam
26.	Vikash Kumar	Male	Vikash Kumar
27.	Rahul	Male	Rahul
28.	Paryankha Shrestha	Female	Paryankha Shrestha



### **DISTRICT YOGASANA COMPETITION 2023:**

The society's participation in the District Yogasana Competition proved to be a resounding success, with several members clinching medals across different categories. This achievement not only showcased the college's talent but also served as a testament to the society's commitment to promoting excellence in yoga practice.

### **YES+ PROGRAM**

Name of the event- Yes+ Program

Nature of the event- Physical mode

Date- 30th October 2023-03rd November 2023

Venue- Seminar Hall

Time- 02:30PM-05:30PM

No of Participants: - 7

A transformative five-day workshop conducted in collaboration with the Art of Living Organization offered students a unique opportunity to delve into the art of finding happiness and spreading kindness. Through engaging activities and discussions, participants gained insights into fostering positive mental health and well-being, laying the foundation for a fulfilling life journey. The Art of Living Organization conducted a transformative five-day workshop exclusively for 1st-year students at Ram Lal Anand College. The workshop, which required participants to pay for attendance, witnessed exceptional enthusiasm, with a high turnout of students eager to delve into the art of finding happiness and spreading love and kindness in society.

#### **Event Highlights:**

**Focus on Happiness and Kindness:** The workshop centered on cultivating a positive mindset, finding reasons for happiness in life, and promoting acts of kindness in the community.

**Maximum Student Participation:** A notable feature of the event was the remarkable participation of 1st-year students who actively engaged in the workshop, demonstrating a keen interest in mental well-being.

**Variety of Activities:** The Art of Living Organization incorporated a diverse range of activities to address mental hygiene. These included kindness gestures, Surya Namaskara (Sun Salutations), Sudarshan Kriya, and meditation sessions, providing students with a holistic experience.

**Motivational Sessions:** Inspirational talks and interactive sessions were conducted to motivate students to deal effectively with negative energy and develop a positive outlook towards life.

**Key Activities:**

**Kindness Gesture:** Students actively participated in activities promoting kindness, creating a positive and compassionate environment.

**Surya Namaskara:** Physical well-being was emphasized through the practice of Surya Namaskara, promoting both fitness and mental clarity.

**Sudarshan Kriya:** The organization introduced Sudarshan Kriya, a powerful rhythmic breathing technique, to enhance mental and emotional well-being.

**Meditation Sessions:** Guided meditation sessions were conducted, providing students with tools to manage stress and improve concentration.

**Motto and Purpose:**

The overarching motto of the workshop was to address mental hygiene and equip students with practical techniques to deal with negative energy. By emphasizing happiness, kindness, and holistic well-being, the Art of Living Organization aimed to empower students to lead fulfilling lives.

**Conclusion:**

The Art of Living workshop for 1st-year students at [College/University Name] proved to be a resounding success, fostering a positive and nurturing environment. The engagement and participation of students reflected a collective commitment to mental well-being and personal growth. We extend our gratitude to the Art of Living Organization for imparting valuable insights and skills that will undoubtedly contribute to the holistic development of our students.



# RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI



Ram Lal Anand College  
University of Delhi



## Inhale Exhale Energy Stress

### YOUTH EMPOWERMENT & SKILLS WORKSHOP (YES!+)

Concentration | Clarity | Confidence | Stress Elimination  
*Learn Yoga, Meditation & Sudarshan Kriya*

Yoga and Meditation Society

Scan to Register



Duration: - 30th Oct- 03rd Nov, 2023

Time: - 3:00 pm to 6:00 pm

Venue: - Seminar Room



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

Includes free monthly in-campus reconnect sessions and lifelong access to free weekly programs & activities at over 2,000 centers of Art of Living in India.

The Art of Living is a global, volunteer-run & non-profit organization working in diverse areas of development like Health, Culture, Education, Environment, Sustainable Agriculture, Peace-building, Disaster Relief & others. To know more, please visit [www.artofliving.org](http://www.artofliving.org)

## 21ST DELHI STATE YOGASANA COMPETITION 2023:

Qualified participants from the society showcased their skills at the prestigious Delhi State Yogasana Championship, where Sugandha Sinha and Digvijay ayush secured position in top 6 ,upholding the college's legacy of excellence in yoga.

## **ARADHANA:**

Nirvana, the Yoga and Meditation Society of Ram Lal Anand College conducted a one-month artistic yogasana workshop titled "Aradhana" from February 3rd to March 3rd, 2024. Held on Saturdays and Sundays (10:00 AM - 12:00 PM).

Each two-hour session began with a foundation of intermediate asanas, gradually progressing towards advanced postures throughout the month. This structure allowed participants to build confidence and skill before exploring more challenging artistic expressions. The workshop incorporated formations and elements of rhythmic yoga, with each session offering a unique theme.

All sessions concluded with a relaxation period, ensuring a sense of well-being and integration after the practice. Coupons and fruits were provided to all participants post session.

Feedback from participants was positive, highlighting a newfound appreciation for artistic expression within yoga.



RAM LAL ANAND COLLEGE  
UNIVERSITY OF DELHI

# NIRVANA

YOGA AND MEDITATION SOCIETY

IS ORGANISING

# ARADHANA

ONE MONTH ARTISTIC YOGASANA WORKSHOP  
(03RD FEBRUARY - 03RD MARCH 2024)

(FOR ALL RLAC STUDENTS)

CERTIFICATES WILL BE PROVIDED



TIME: 10:00AM - 12:00PM  
DAY: SATURDAY AND SUNDAY  
VENUE: FRONT LAWN

FOR ENQUIRY:  
SUGANDHA SINHA: 8434304604  
DIGVIJAY AYUSH: 9006520528  
SAHIL DUBEY: 8375049632



SCAN TO REGISTER

MS. SHIKHA VERMA  
CONVENOR

PROF. SEEMA GUPTA  
ADVISOR

PROF. RAKESH KUMAR GUPTA  
PRINCIPAL



In summary, the NIRVANA Yoga and Meditation Society continues to play a pivotal role in promoting the holistic well-being of the college community through a diverse array of events and initiatives. By fostering a culture of yoga and mindfulness, the society strives to empower individuals to lead healthier, more fulfilling lives both on and off the mat.





10 Feb 2024  
Saturday

ARADHANA				
ONE MONTH ARTISTIC YOGASNANA WORKSHOP				
SR. NO.	NAME	DEPARTMENT	SEMESTER	SIGN.
1.	Shreesh Mathpal	History	2 <sup>nd</sup>	
2.	Sahil Dubey	Hindi	4 <sup>th</sup>	Sahil
3.	Digvijay Ayush	History	1 <sup>st</sup>	
4.	Sugandha	History	3 <sup>rd</sup>	Sugandha Sinha
5.	Raghvi	History	1 <sup>st</sup>	
6.	Amit	Com.	2 <sup>nd</sup>	
7.	Sumit Saini	Com.	2 <sup>nd</sup>	Sumit
8.	Priya	Micro.	2 <sup>nd</sup>	
9.	Priyanshi	Micro.	2 <sup>nd</sup>	
10.	Farina	Hindi	3 <sup>rd</sup>	Farina
11.	Ria	BMS	2 <sup>nd</sup>	
12.	Neha	BMS	2 <sup>nd</sup> 1 <sup>st</sup>	
13.	Vinay	BMS	2 <sup>nd</sup>	
<del>14.</del>	<del>Priyanshi Saini</del>			
14.	Deepak Singh			













