

Online Bilingual Speech Competition & Lecture on Yoga & Happiness: June 21, 2020

On 21st June 2020 on the occasion of International Yoga Day, Centre for Holistic Development (CHD), National Service Scheme (NSS), Dept. of Physical Education and IQAC of Shyam Lal College, University of Delhi had organized an Online Bilingual Speech Competition. The objective of the competition was to inculcate the spirit of Holistic Development from the perspective of yoga.

The competition was a great success as we received participation from all around the country. The competition would not have been possible without the formidable efforts of Prof. Rabi Narayan Kar (Principal) and vehement guidance of Dr. Seema Dabas (Convenor, CHD), Dr. Jasvir Singh (Convenor, NSS), Sh. V. S. Jaggi (Teacher-in-charge, Dept. of Physical Education) and Dr. Kusha Tiwari (Convenor IQAC). We felt extremely delighted to have Dr. Vivekananda Nartam (Dept. of Pol Science) and Dr. Prabhat Sharma (Dept. of Hindi) as our esteemed judges. The competition started at 8:00 a.m. on ZOOM App. The winners were felicitated with E- certificates.

Total of 16 students participated in the competition.

SLC (University of Delhi)
Shyam Lal College
CHD, NSS, Dept. of Physical Education & IQAC
organise
Online Bilingual Speech Competition
on
Yoga: A Holistic Approach to Life
योग: जीवन के प्रति एक समग्र दृष्टिकोण
21st June 2020
8 AM Onwards
Platform: ZOOM App *E-Certificates will be provided to all the participants.
Sh. V.S. Jaggi Teacher-In-Charge Dept. of Physical Edu.
Dr. Seema Dabas Convenor, CHD
Dr. Kusha Tiwari Convenor, IQAC
Dr. Jasvir Singh Convenor, NSS
Prof. Rabi Narayan Kar Principal

SLC (University of Delhi)
Shyam Lal College
CHD, NSS, Dept. of Physical Education & IQAC
International Yoga Day 2020
An Interactive Session on
Yoga & Happiness
Keynote Speaker:
Prof. A. K. SINGH
Vice Chancellor,
Sri Sri University
Date: June 21, 2020 Time: 10:30 A.M. Platform: ZOOM App
with an
Online Bilingual Speech Competition @ 8:00 A.M.
Judges : Dr. Prabhat Sharma and Dr. Vivekanand Nartam
Prof. Rabi Narayan Kar Principal
Smt. Savita Gupta Chairperson

A Webinar was also organized on "Yoga and Happiness". The objective of the webinar was to raise awareness on the benefits of yoga, to have good health and strong mental hygiene, to possess self-discipline, emotional stability, awareness and consciousness. Also, to integrate moral values and to learn to handle oneself well in all life situations. The participants found the session interactive and very informative. We feel highly grateful to have Prof. A.K. Singh, Vice Chancellor, Sri Sri University as our Key Note Speaker for the session. The webinar started at 10:30 a.m. on ZOOM App and was concluded by 12:30 p.m. The session was successful and our respected Principal Sir, Prof. Rabi Narayan Kar honoured the session by his presence. A great thanks to team CHD for organising such a unique thought competition which enabled all of us to celebrate International Yoga Day even while being at our respective residences.

The webinar was attended by 194 students.

Results for the Online Bilingual Speech Competition are as follows:

Rank-I: Vibhavesh Mishra Rank-II: Monika Joshi Rank-III: Amrit Malhotra



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