

## National Online Yoga Competition and Lecture on Yoga and Vedanta, May 18, 2020

Department of Physical Education, SLC in collaboration with IQAC and CHD has successfully organised its first National level Online Yoga Competition on 18th May 2020. The Competition received participation across the nation. The National Online Yoga Competition started with an inaugural ceremony lecture by Swami Shyama Chaitanyaji, where he enlightened the audience with his wise words. Dr. Ruchika Ramakrishnan welcomed & thanked Swami Shyama Chaitanyaji for giving such a nice and knowledgeable information on Yogas & Vedas. To conduct the competition smoothly, separate groups were created for males and females and thus for the first round 4 teams of females and 3 teams of boys were created.

Every qualified participant had to perform two basic asanas given by respected judges and one optional advance asana which he/she can choose by his/her own. Round 1 started at 9 AM which got over around 9.40 AM and three best performers were chosen from each group for Round 2. Round 2 started from 9.50 AM and 6 best performers got selected for the Final round. Final round started at 10.30 am and got over by 11.10 AM which was followed by a validity session where our one of the respected judges Mr. Lalit Madaan announced the names of Final Winners. He also said that all the participants performed good and deserve a big round of applause. Our Principal sir, Prof. Rabi Narayan Kar also quoted a big statement that this event is going to be the first ever organised national level online yoga competition in the history of Delhi University. He appreciated the efforts of organisers for organising such a great national level yoga competition. Dr. Seema Dabas (Convenor CHD) promised to organise such great events in future also for the holistic development of students & others. Dr. Kusha Tiwari (Coordinator IQAC) thanked our principal sir for putting forward such a great idea and said that she always feels glad to be part of such great initiatives taken by SLC. Sh. V.S Jaggi (Convenor - Judges Committee) sincerely thanked our panel of judges who really did a great job for finding the best amongst the many, and like always Team CHD, behind the screen, also made huge efforts for making this national event a huge success.



SLC (University of Delhi)

Shyam Lal College



Centre for Holistic Development (CHD) & IQAC

# National Online Yoga Competition 2020

*Inaugural Ceremony Lecture on*

## 'Yoga and Vedanta'

18<sup>th</sup> May 2020



Speaker

Swami Shyama Chaitanyaji

8:15 AM Onwards

**Sh. V.S. Jaggi**  
Convenor, Judges Committee

**Dr. Seema Dabas**  
Convenor, CHD

**Dr. Kusha Tiwari**  
Convenor, IQAC

**Prof. Rabi Narayan Kar**  
Principal, SLC

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Platform: Google Meet

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SLC (University of Delhi)  
Shyam Lal College



Centre for Holistic Development (CHD)  
in collaboration with IQAC

*The countdown for International Yoga Day has begun...*

# Online Yoga Competition

18<sup>th</sup> May 2020  
8:00 AM

Attractive Prizes



**Dr. Seema Dabas**  
Convenor, CHD

**Dr. Kusha Tiwari**  
Convenor, IQAC

**Prof. Rabi Narayan Kar**  
Principal, SLC

**Faculty Members:** Dr. Ruchika Ramakrishnan, Dr. Mast Ram Rao, Dr. Gayatri Chaturvedi, Dr. Prabhat Sharma and Dr. Vivekanand Nartam

**Student Members:** Gaurav Thapliyal (TL), Bharti Ahuja (TL), Namrata, Mayank, Shivam, Prince, Siddharth, Nishtha, Ritika, Tanisha, Mitakshi, Suraj, Himanshu, Sparsh, Gautam, Akansha, Archit, Kaveri

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