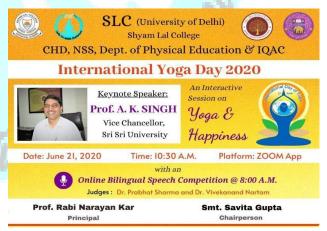
## ♣Online Bilingual Speech Competition & Lecture on Yoga & Happiness: June 21, 2020

On 21st June 2020 on the occasion of International Yoga Day, Centre for Holistic Development (CHD), National Service Scheme (NSS), Dept. of Physical Educationand 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.





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 andstrong mental hygiene, to possess self-discipline, emotional stability, awareness and consciousness. Also, to integrate moral values and to learn to handle oneselfwell 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 uniquethought 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





END OF REPORT