

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

Department of Physical Science, National Service Scheme (NSS), CHD and IQAC of Shyam Lal College, University of Delhi organized an Online Bilingual Speech Competition on 21st June 2020. 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.

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.



SLC (University of Delhi)
Shyam Lal College



CHD, NSS, Dept. of Physical Education & IQAC

organise

Online Bilingual Speech Competition
on

21st June 2020

Yoga: A Holistic Approach to Life
योगा: जीवन के प्रति एक समय दृष्टिकोण

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
Convener, CHD

Dr. Kusha Tiwari
Convener, IQAC

Dr. Jasvir Singh
Convener, NSS

Prof. Rabi Narayan Kar
Principal



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SLC (University of Delhi)
Shyam Lal College



CHD, NSS, Dept. of Physical Education & IQAC

International Yoga Day 2020



Keynote Speaker:
Prof. A. K. SINGH
Vice Chancellor,
Sri Sri University

An Interactive
Session on

**Yoga &
Happiness**



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



