

**Manav Rachna International Institute of Research and Studies**  
*(Deemed to be University)*

**Department of Students Welfare**  
**6<sup>th</sup> International Yoga Day Celebration**  
**15<sup>th</sup>~ 21<sup>st</sup> June, 2020**

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## **ACKNOWLEDGEMENT**

Department of Students Welfare, MRIIRS would like to extend its heartfelt gratitude towards Shivananda Yog Sansthsan, and Yogacharaya Manoj Kumar for their kind consent to be a part of International Yoga Day celebration. We would also like to extend our thanks to University Grants Commission for an opportunity to celebrate International Yoga Day from 15<sup>th</sup>- 21<sup>st</sup> June, 2020. It was a great opportunity to hold such an astonishing and marvellous event.

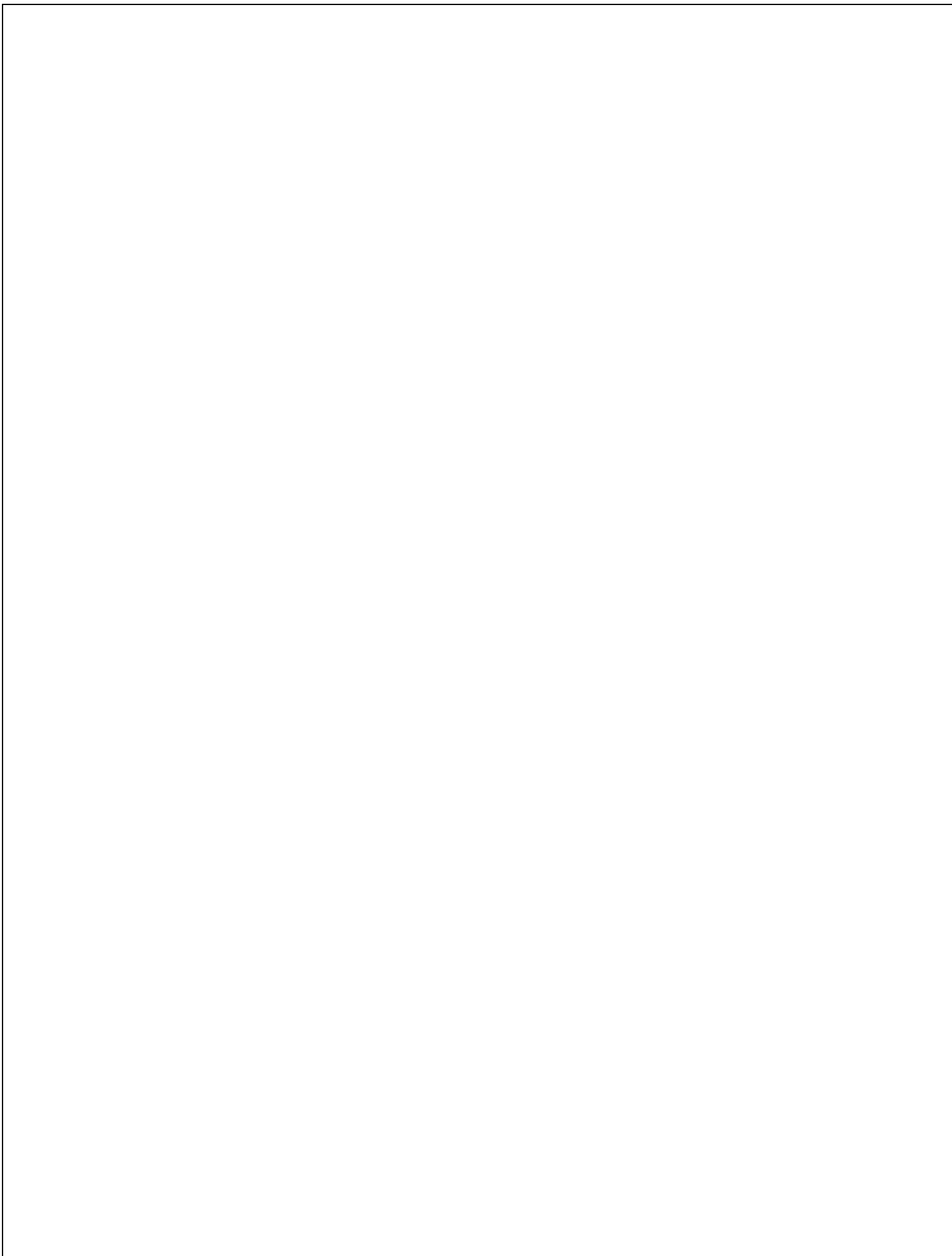
We would also like to thank his holiness Param Pujya Swami Chitteshwaranand Ji Maharaj, Yogacharya Surya Prakash, Yogamaster Nitin, and Yogini Kancy from Shivananda Yog Sansthan and Yogacharaya Manoj Kumar from Spain for sparing their precious time on this occasion and also for the encouraging words they spoke on the subject with the audience.

We extend our grateful thanks to Dr.Sanjay Srivastava, Vice Chancellor, MRIIRS for his total support guidance and encouragement. Without his blessings the event would not have been such a great success..

Lastly, we would also like to thank our participants and the Manav Rachna family for their love, support and active participation during these pandemic time.

*Dr. Gurjeet Kaur Chawla*  
*Associate Dean Students Welfare*

*Dr. M. K. Soni*  
*Pro – Vice Chancellor*







### I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient practice of India with multiple physical and mental health benefits. The Covid 19 crisis and the consequent restrictions on movement of people and slowing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement, and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY this year also (as in previous years), this will be done in a non-congregative way, in the respective homes of participants. You and your family can join thousands of others by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020 at home. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender differences, with a training sessions. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

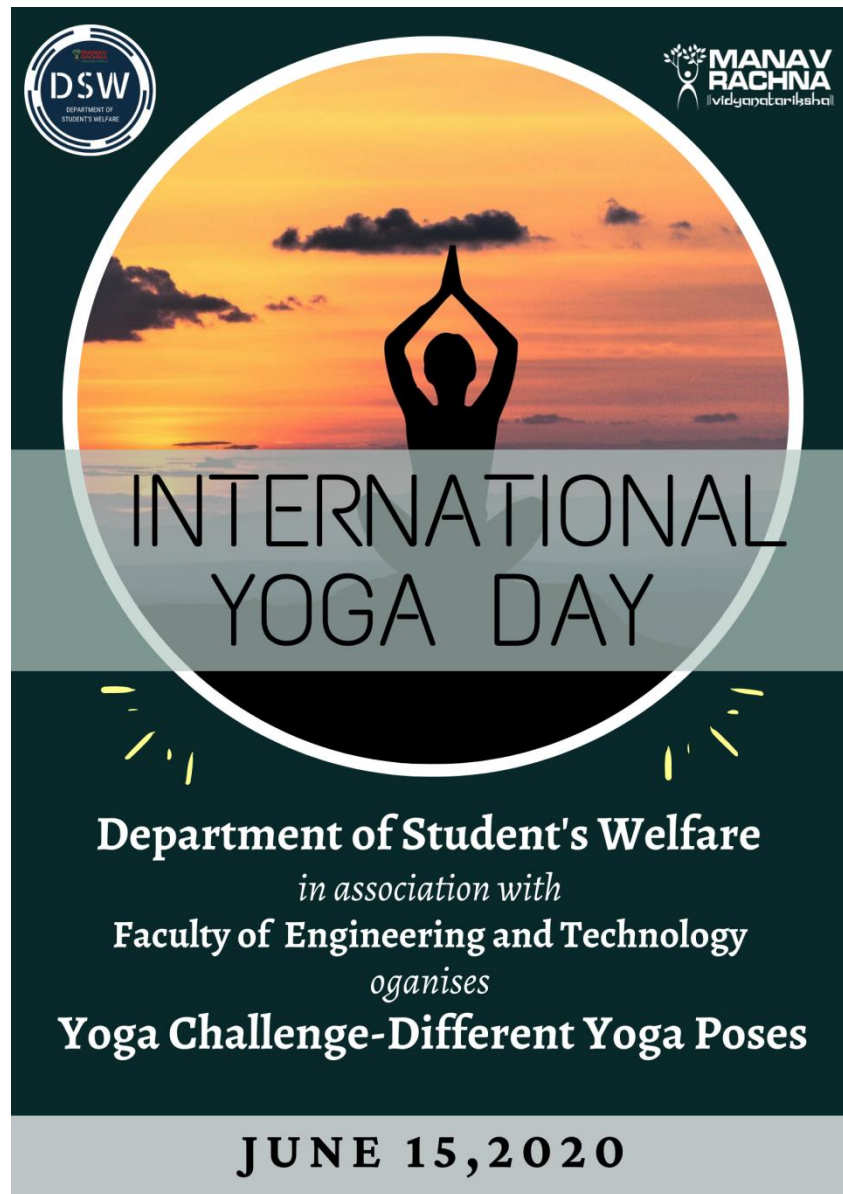
If you are already trained in CYP, please start teaching the same to your family members.

June 21<sup>st</sup> is just a few days away. Prepare yourself, and be there to do Yoga with the world.

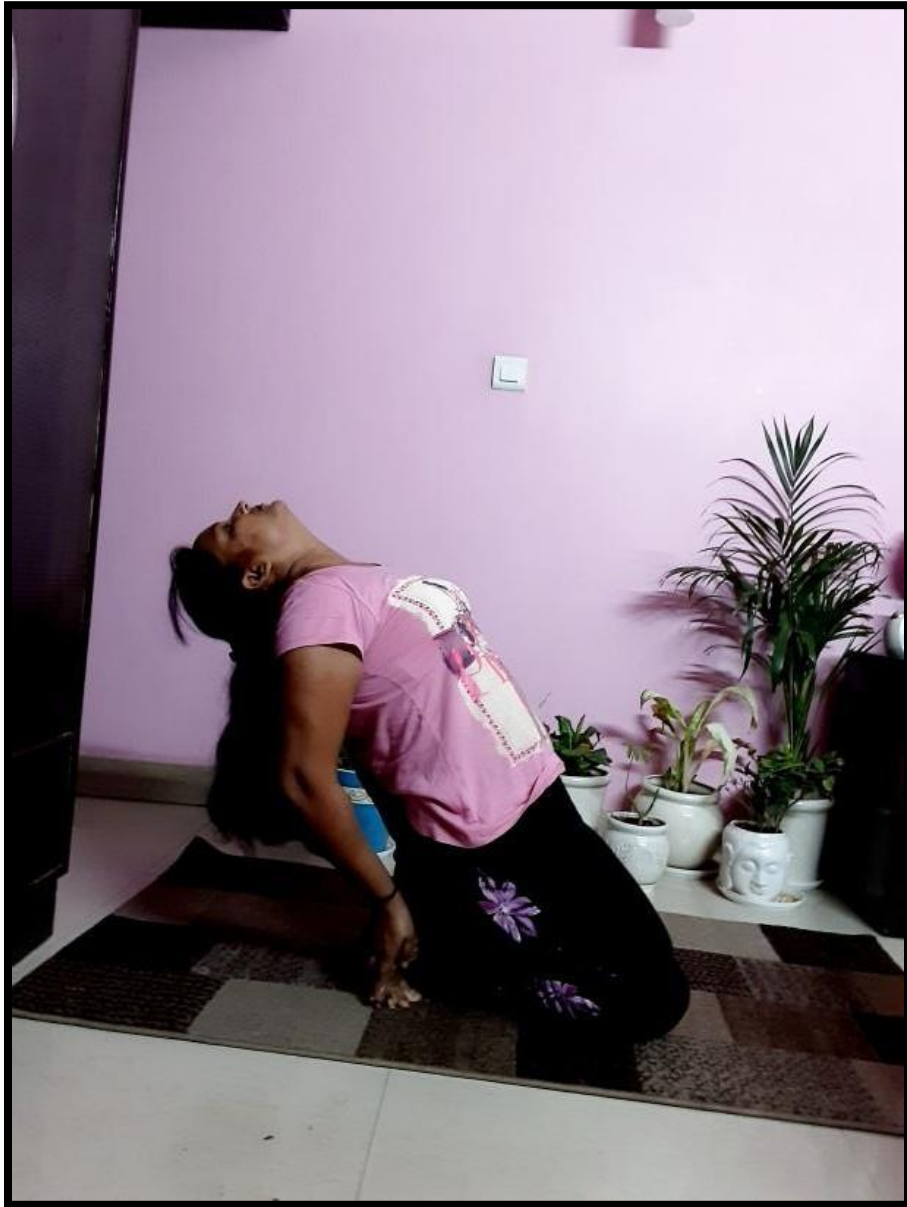
See you at 7.00 AM on 21<sup>st</sup> June 2020.

## **Activity 1: Yoga Challenge - Different Yoga Poses**

Faculty of Technology and Engineering in association with Department of Student's Welfare organised Yoga Challenge- Different Yoga Poses to mark the International Yoga Day on June 15, 2020. Various Faculty members and the Students actively participated.



- Department of Computer Science and Engineering



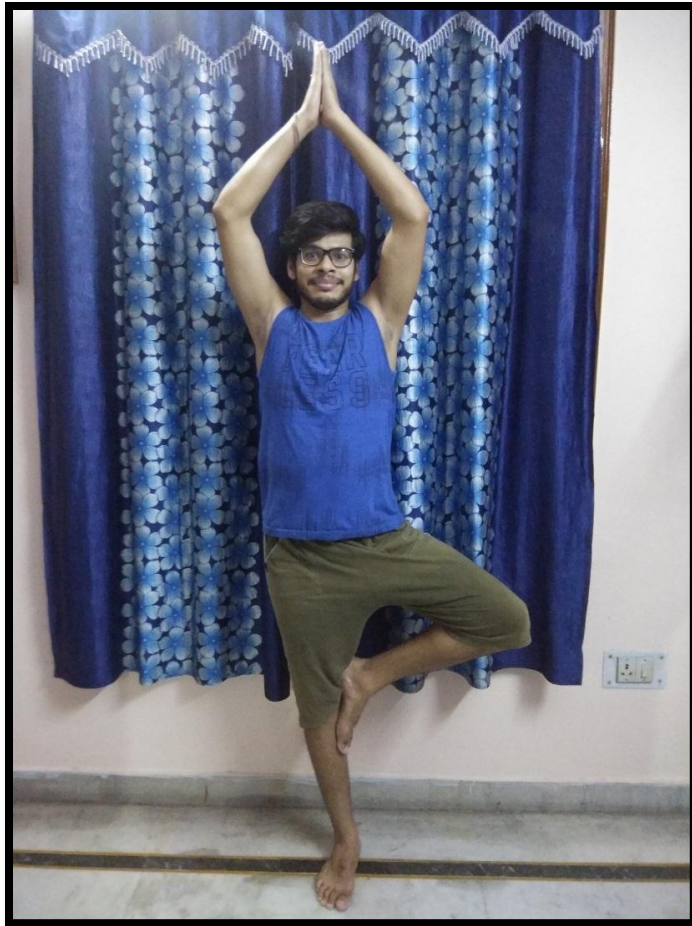
1.







2.





- Automobile Engineering

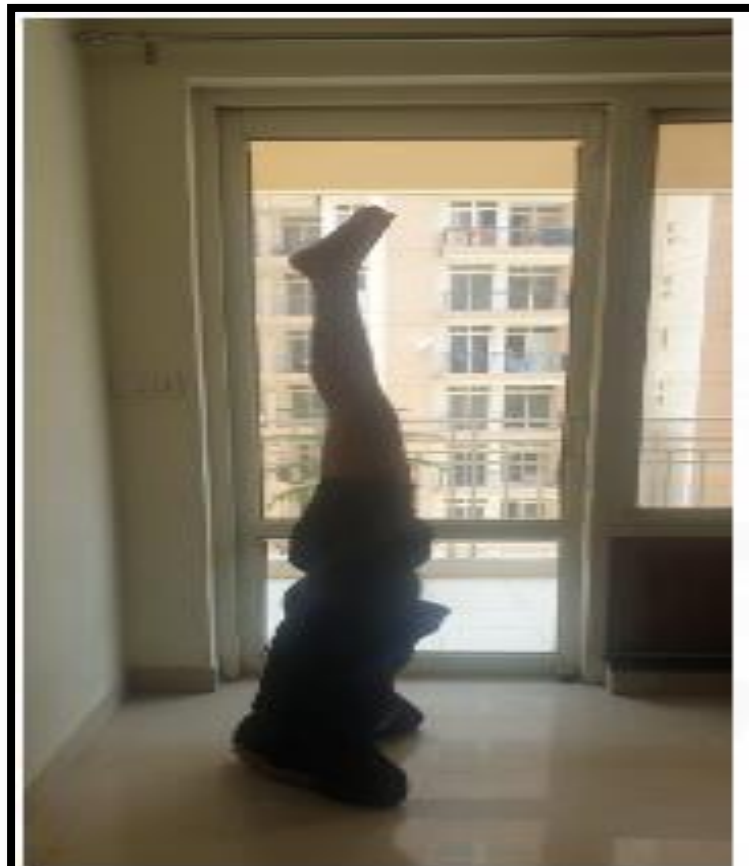


Kuldeep rautela 1/17/FET/BAU/011 vasisthasana





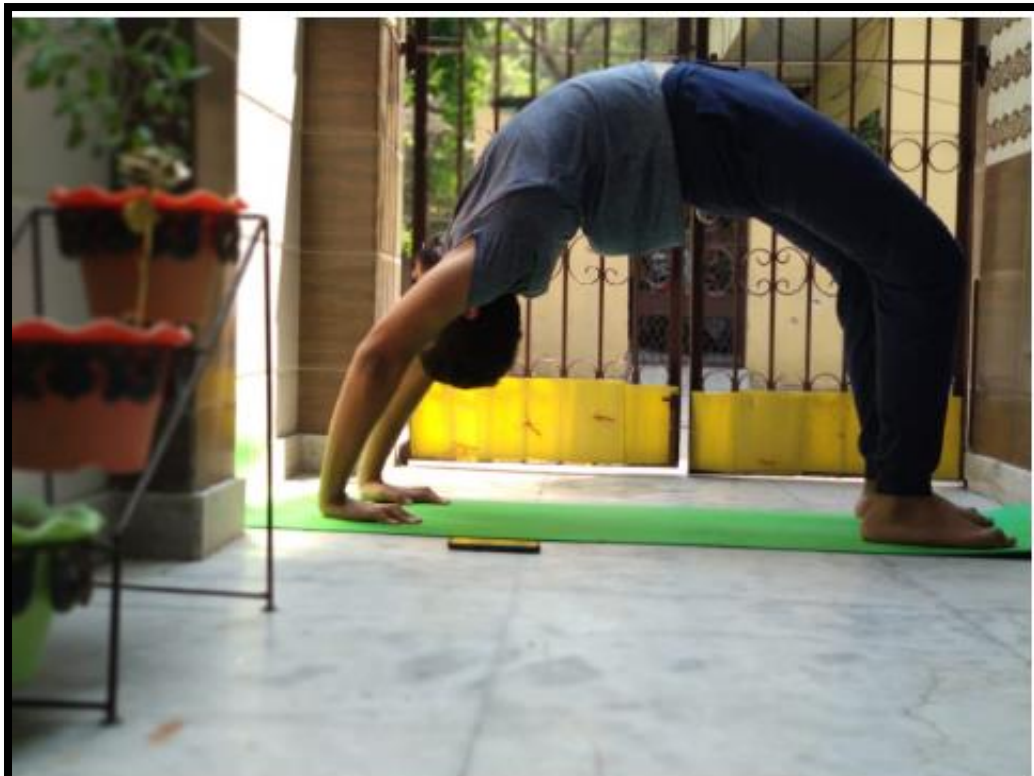
Shirshasana 1/17/fet/bau/009 yatin



SHRIS-AASAN

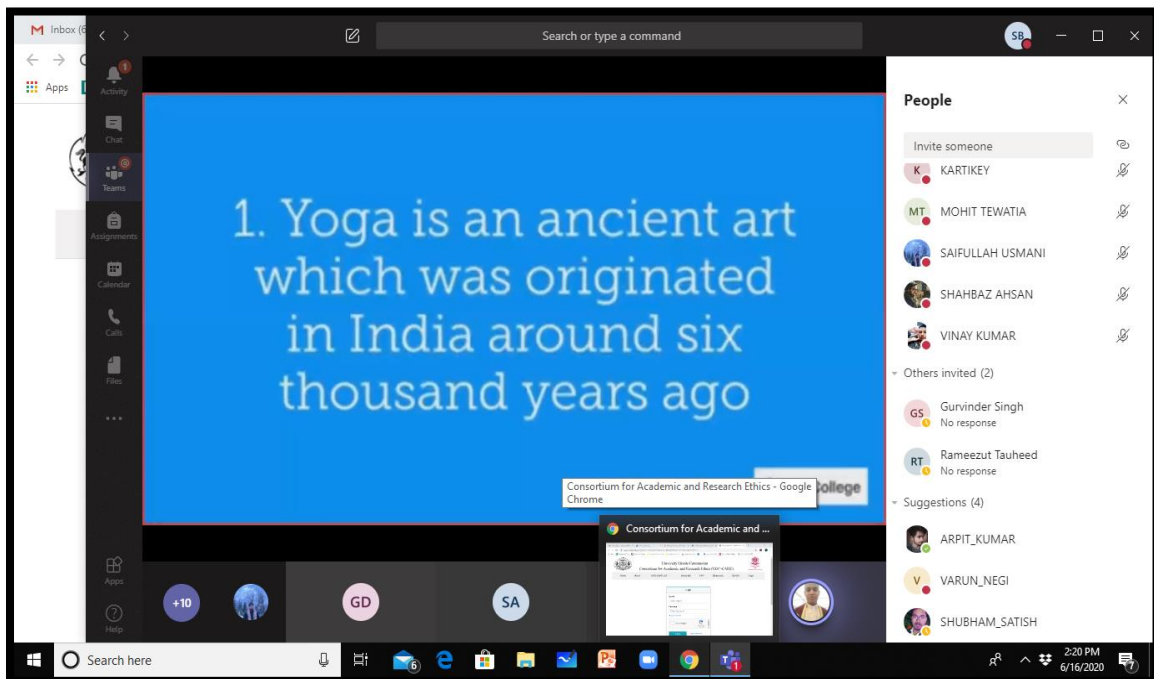
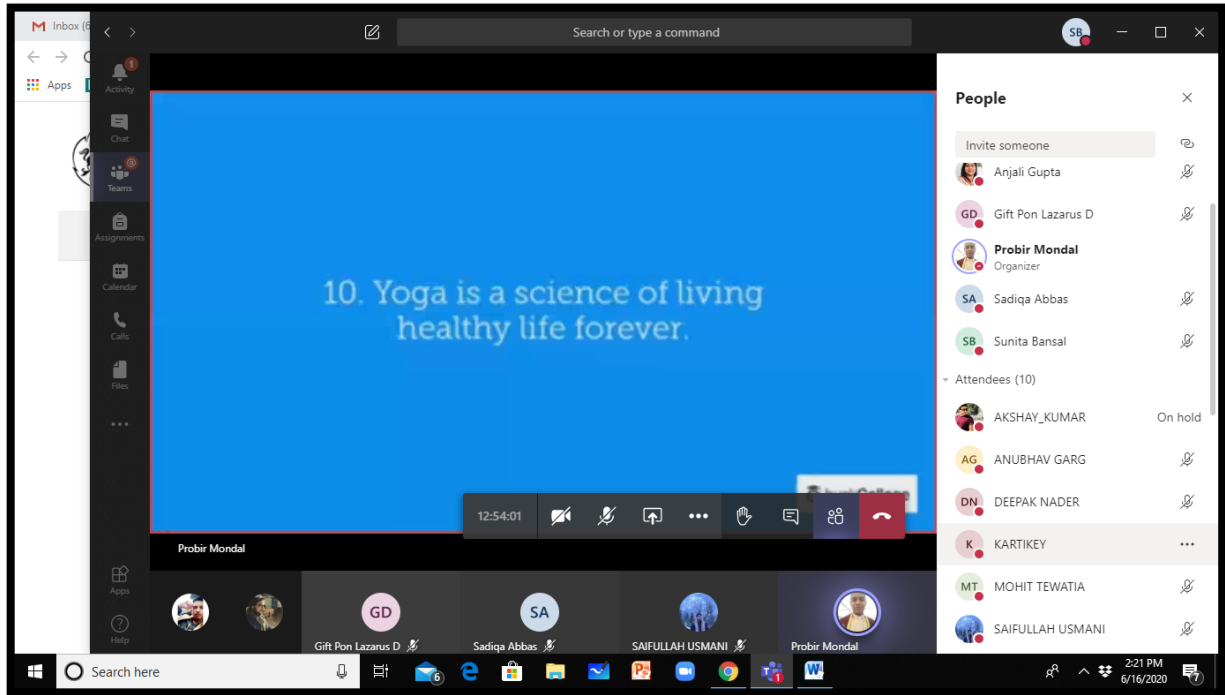


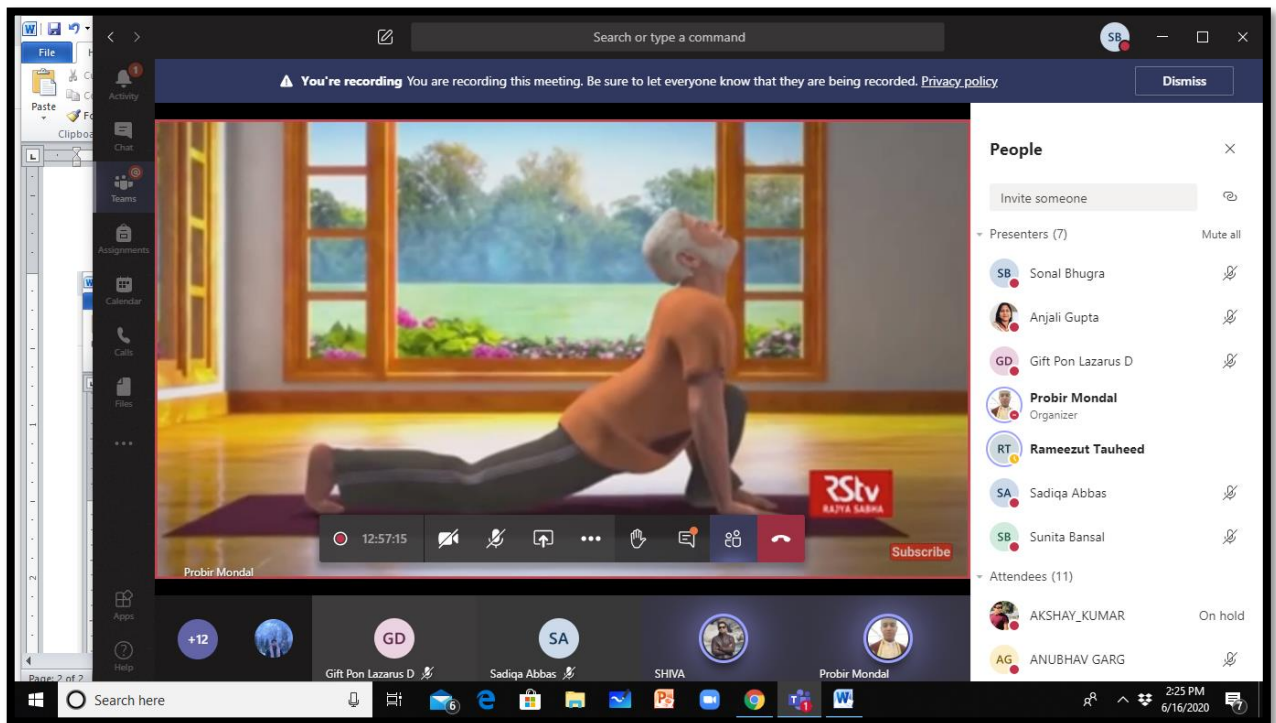
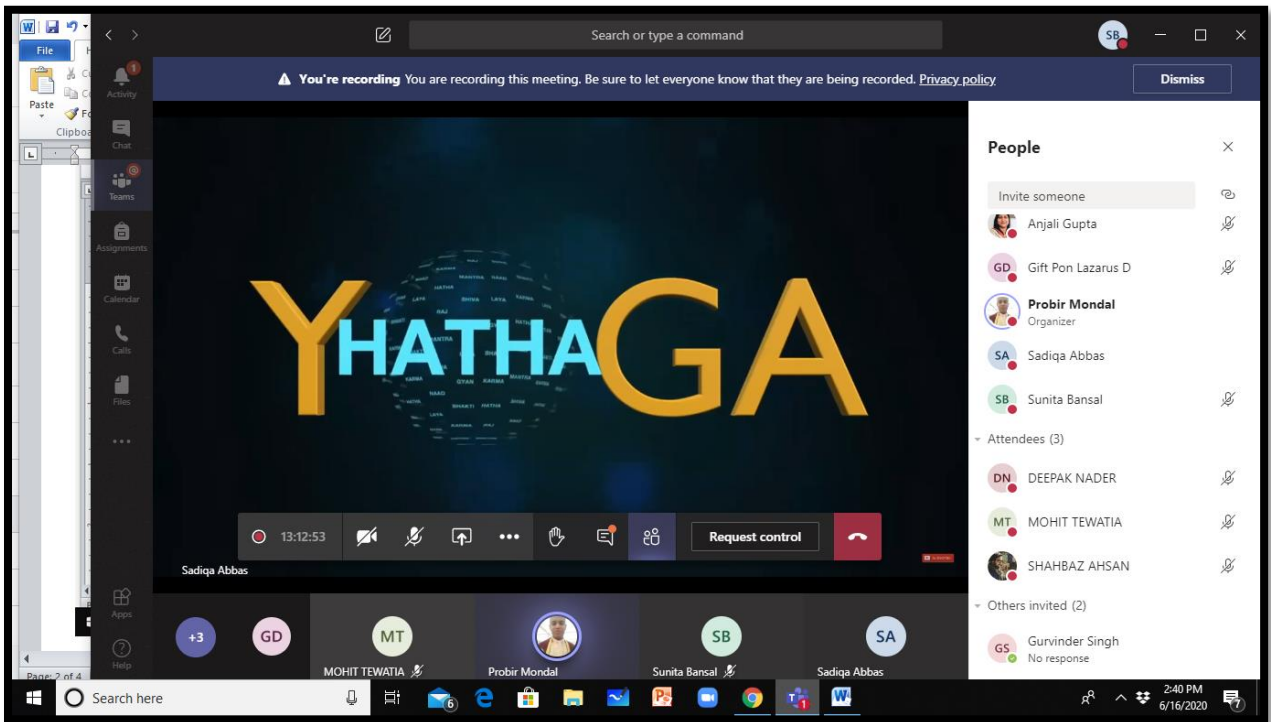
ANMOL SINGH (1/17/fet/bau/001) bhujangasana



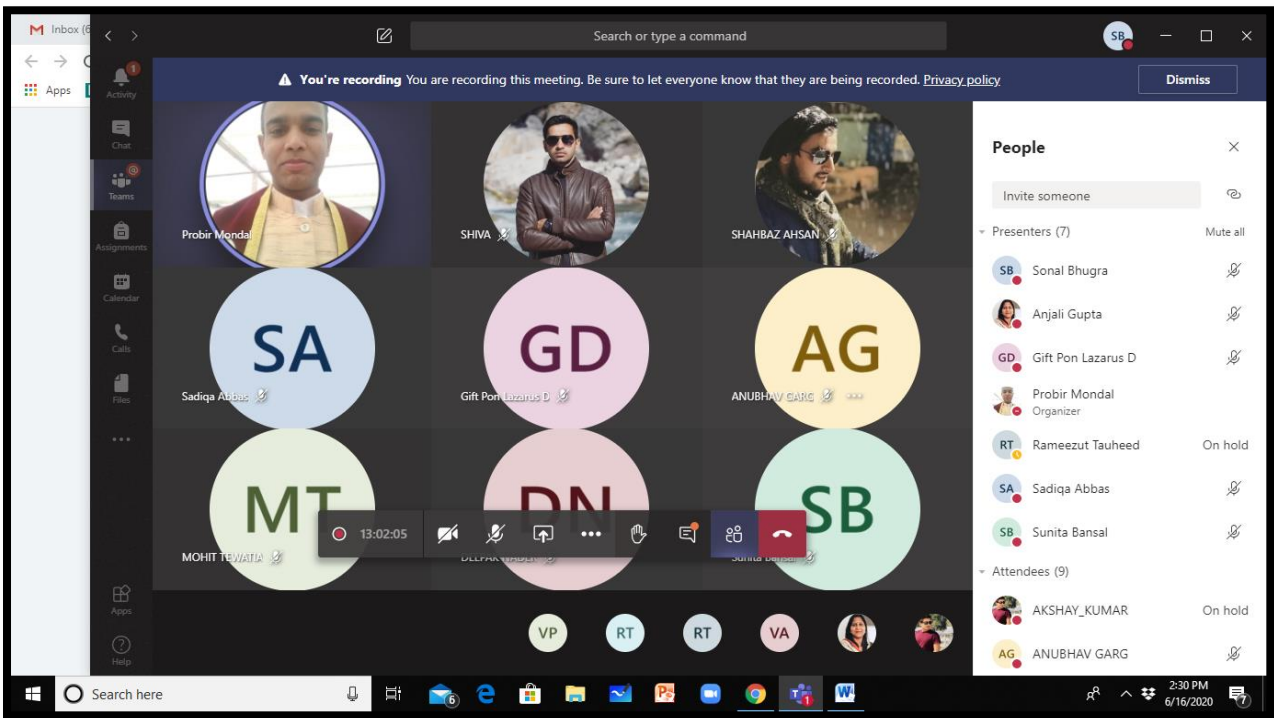
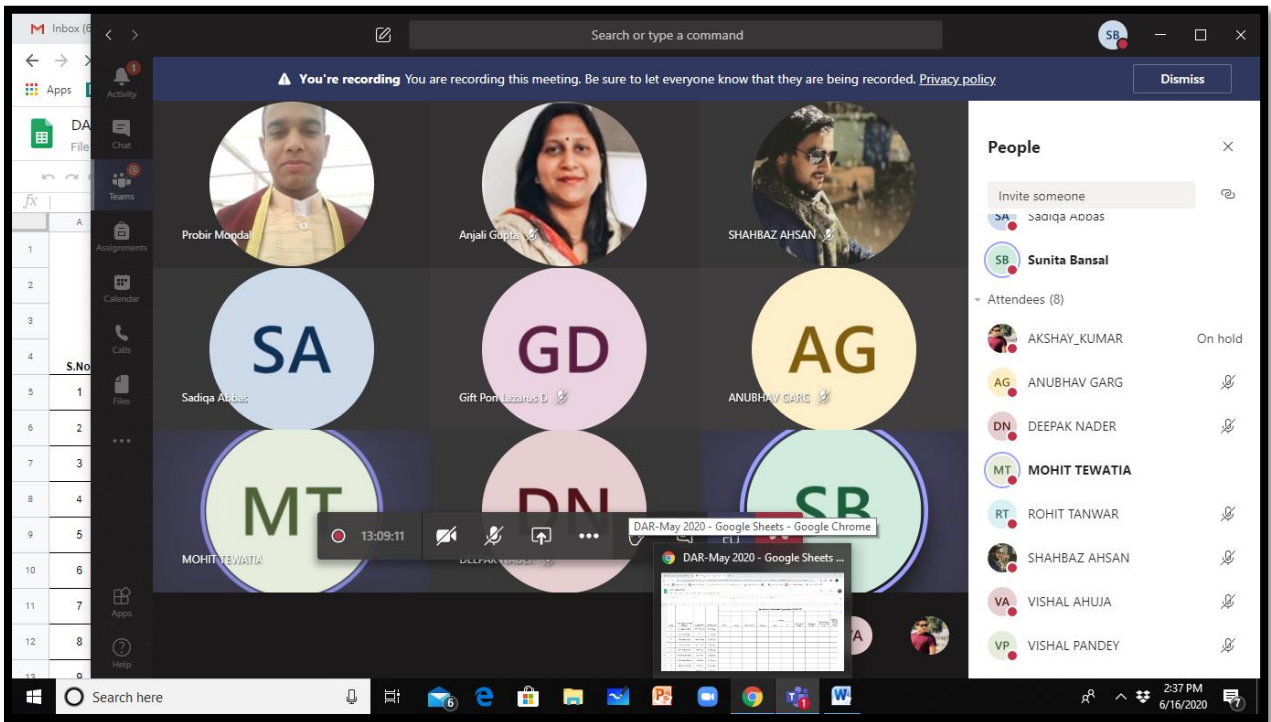
DHEERAJ KASHYAP. AUTOMOBILE ENGINEERING. 1/17/FET/BAU/007.

- Department of Civil Engineering

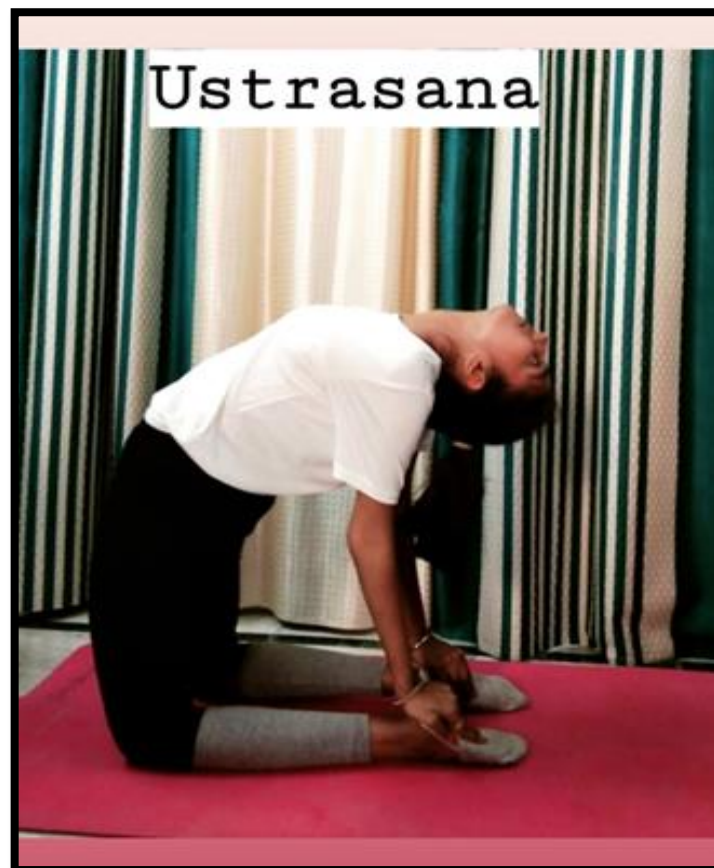








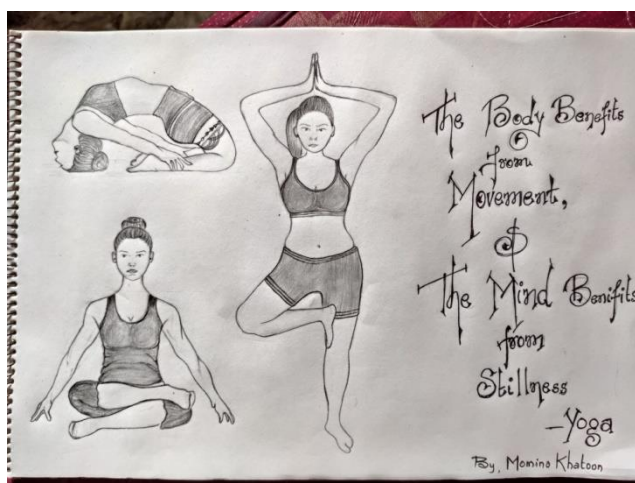
- Department of Electronics and Communication





- **Department of Biotechnology**

Department of Biotechnology, organized a competition on 15<sup>th</sup> June with respect to International Yoga day. The theme was 'Different 'Yoga Poses to enhance the immune system in Covid-19 Pandemic. Eight Students from 5<sup>th</sup> semester and Three students from 7<sup>th</sup> semester students and two students from MSc took participation in presented different yoga poses. First prize won by MSc 3<sup>rd</sup> semester Momina khatoon who draw many yoga poses with beautiful quotation. The second prize won by Pooja Sharma from MSc 3<sup>rd</sup> semester.



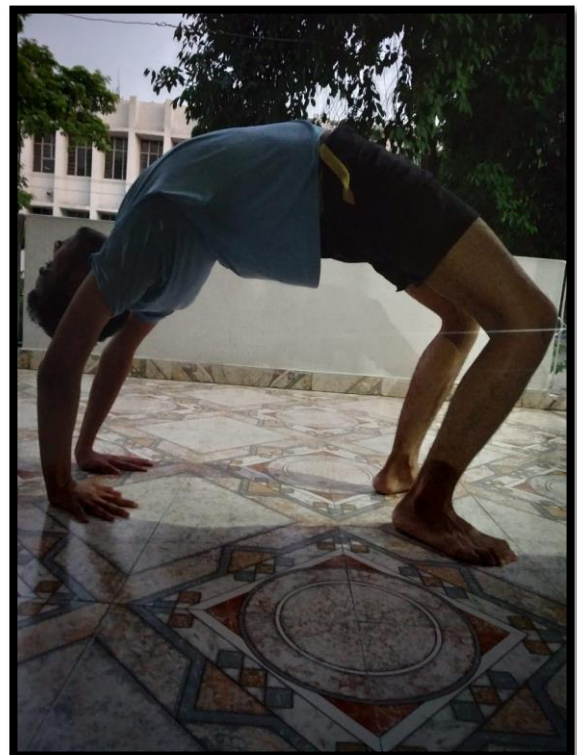
***Momina Khatoon 1<sup>st</sup> Prize***



***Pooja Sharma- 2<sup>nd</sup> Prize***




- Department of Data Sciences



## Activity 2: Short film on Yoga /Vlogging

Faculty of Humanities and Media Studies in association with Department of Student's Welfare organised Short film on Yoga /Vlogging.



**DSW**  
DEPARTMENT OF  
STUDENT'S WELFARE

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**INTERNATIONAL  
YOGA DAY**

**Department of Student's Welfare**  
*in association with*  
**Faculty of Humanities & Media Studies**  
*organises*  
**Short film on Yoga /Vlogging**

**JUNE 15, 2020**

- **Department of J&MC**

### **1. Celebrates International Yoga By Way Of Films**

Department of Journalism and Mass Communications, FMeH, MRIIRS celebrated the 6th International Yoga Day from 15th June to 21st June 2020 by organizing a mojo yoga film competition . It was a very enthralling experience as around 35 students and faculty members took part in it. In the end the best six yoga films were shortlisted, the links of which have shared below.

It was a very good exercise as it not only made students aware of the benefits of doing yoga but also made them realize the importance of good mental and physical health.

#### **Links to the yoga films:**

<https://www.facebook.com/365673800706409/posts/635599500380503/>

<https://www.facebook.com/365673800706409/posts/635595493714237/>

<https://www.facebook.com/365673800706409/posts/635582007048919/>

<https://www.facebook.com/365673800706409/posts/635140897093030/>

<https://www.facebook.com/365673800706409/posts/635137753760011/>

<https://www.facebook.com/365673800706409/posts/635131283760658/>

## **2. Webinar on "The Role of Yoga in Enhancing Immunity in times of COVID-19"**

A webinar on "The Role of Yoga in Enhancing Immunity in times of COVID-19" by eminent yoga practitioner **Dr Meena Ramanathan** was organised on 20<sup>th</sup> of June by the Department of Journalism and Mass Communication, FMeH, as part of the International Yoga Day celebrations.

Dr Ramanathan, who is the **Deputy Director of the Centre for Yoga Therapy Education and Research at Sri Balaji Vidyapith(SBV) Pondicherry**, conducted the webinar in a lecture-demonstration mode that completely enthralled the audience.

Dr Ramanathan said, "Being healthy should be our way of life. We should build our immunity and health in such a way that no viruses or negativity could harm us." Emphasising on the need to build our overall immunity, she said our immunity levels decide why some people develop this disease and others do not, why it is severe in some cases and not so in others. "And stress, fears and negative thoughts and emotions can weaken our immunity function. Microbes attack when our immunity function is low and our defences weaken," she said.

Recommending that everyone should adopt the practice of yoga, she said, "Practising Yoga and Pranayams will help boost our immunity and strengthen our respiratory system to fight the current COVID-19 situation and many other illnesses."

Dr Ramanathan who has completed her PhD in Yoga and is a recognized IAYT Certified Yoga Therapist by the International Association of Yoga Therapists, USA, demonstrated for the students and faculty members of FMeH, a few asanas and pranayams and urged them to make them a part of their routine.

The event was held under the guidance of Dr Maithili Ganjoo, Dean, FMeH and Mr Manoj Raut, HoD Media Studies, and was well moderated by Dr Abhishek Singh. The coordination and logistics was handled by Mr Gaurav Shukla. Ms Mitali Mohanty, Ms Ankita Bharti, Ms Somya Sharma and Mr Rahul Joshi too helped in the organization of the event.

IDY 2020 Webinar

Manav Rachna International Institute of Research & Studies

**Role of Yoga in Enhancing Immunity  
in Times of COVID 19**

*Dr Meena Ramanathan*

Deputy Director & Associate Professor,  
CYTER of Sri Balaji Vidyapeeth,  
Pondicherry



<https://www.thehealthsite.com/news/international-yoga-day-is-a-unique-occasion-that-brings-us-closer-modi-ag0616-410961/>

G

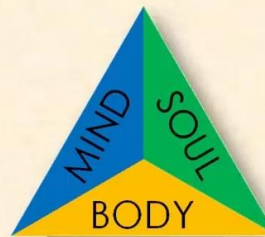


**What is Yoga**

- Gross – subtle - causal
- body - mind - soul
- Experiential Science

Essence of Yoga is self-discipline.

**Sukha Sthanam:**  
State of wholistic  
Wellness/ Well-  
being



G



- **Department of English**

As we all know covid 19 has surpassed the world of good deeds. Here, the people are chashing in their chips. Others are being panic stricken.

Amidst this pandemic situation, yoga plays the key role in rejuvenating the life and health. Our students often practice yoga in their homes. Some of them also prepared a small clip giving brief about the benefits of doing yoga.

Ms. Bhumika who is pursuing M.A. English (4th semester) performed 'Adho mukho sav asana' that stretches hamstrings, chest & lengthens the spine & provide additional blood flow to the head. It leaves us feeling energised.

Ms. Megha Chopra who is pursuing B.A. English Honours (5th semester) performed a 'Vrikshasana' that strengthens spine and improves body's balance.

Link of videos:

[https://drive.google.com/file/d/1vZ6A7PbDPVNO1MueLE1nXlC\\_N8EC2GbF/view?usp=sharing](https://drive.google.com/file/d/1vZ6A7PbDPVNO1MueLE1nXlC_N8EC2GbF/view?usp=sharing)

[https://drive.google.com/file/d/1NxZyK2saRDcF-jg\\_Bd3jeY7chH120lOg/view?usp=sharing](https://drive.google.com/file/d/1NxZyK2saRDcF-jg_Bd3jeY7chH120lOg/view?usp=sharing)

### **Activity 3: 3D Sketches of Yoga Poses**

Faculty of Architecture and Interior Designing in association with Department of Student's Welfare organised 3D Sketches of Yoga Poses



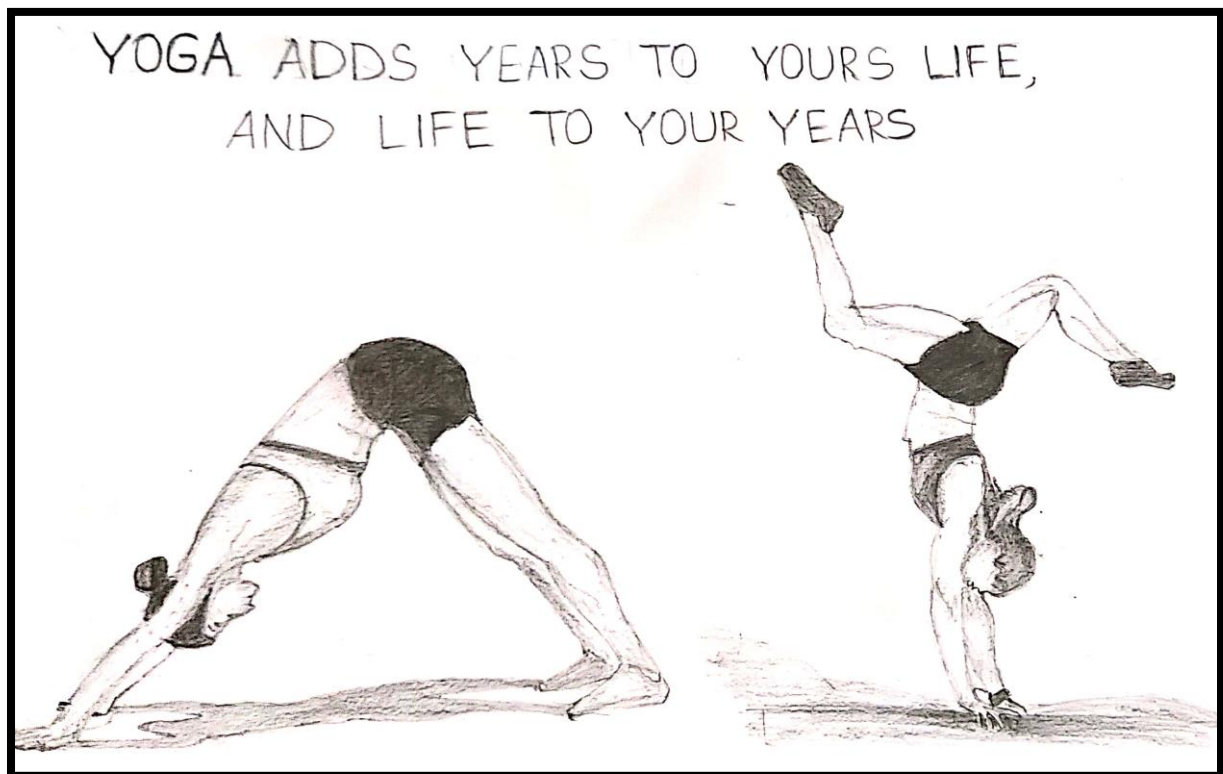
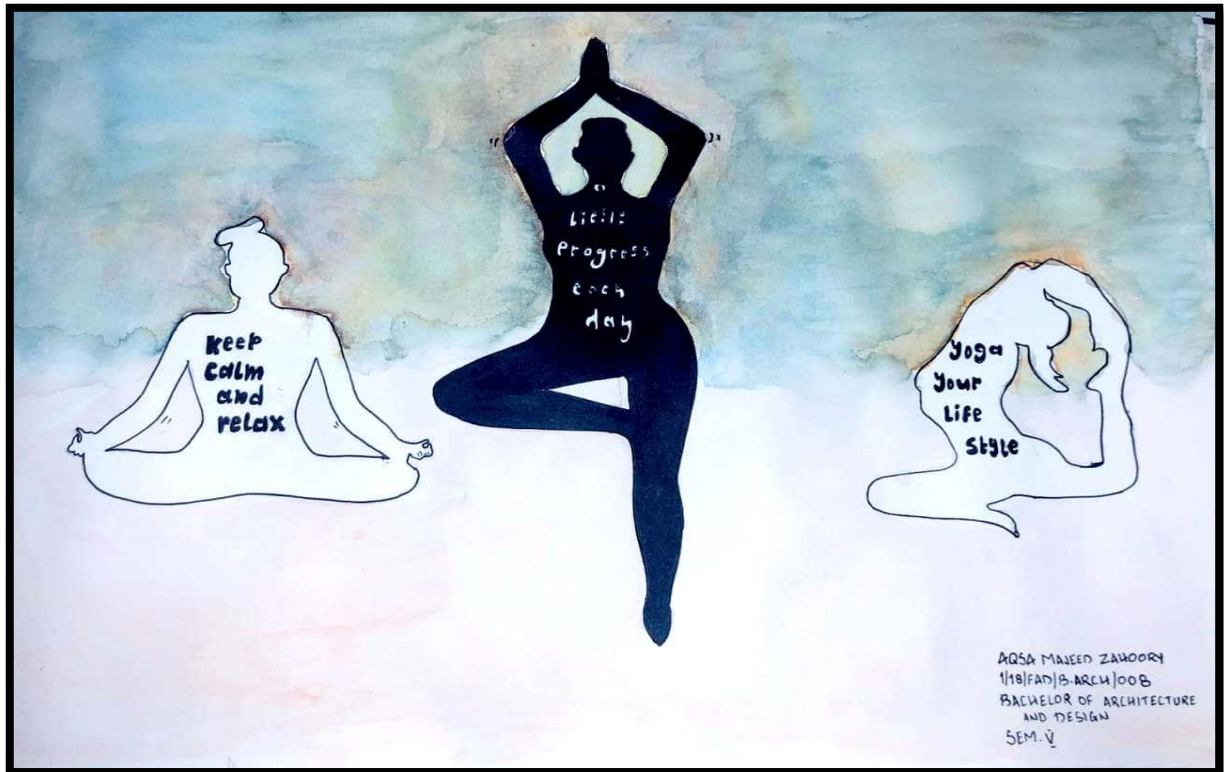


# INTERNATIONAL YOGA DAY

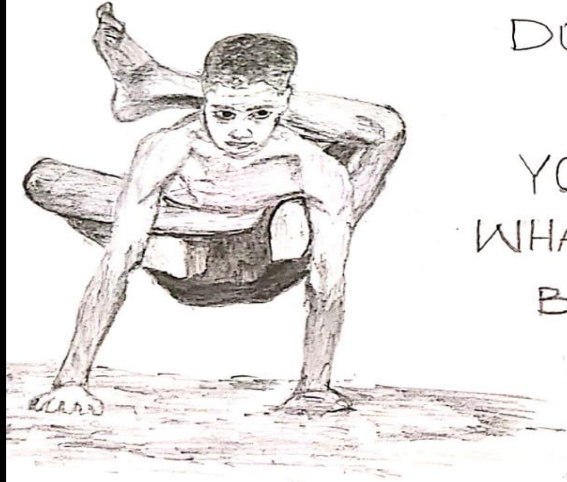
**Department of Student's Welfare**  
*in association with*  
**Faculty of Architecture & Design**  
*organises*  
**3D Sketches of Yoga Poses**

**JUNE 16, 2020**





# STAY FIT WITH YOGA



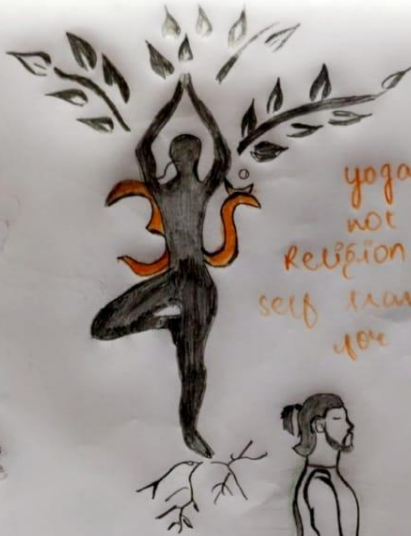
DON'T LET THE MECHANICAL  
THINGS OWN YOU

YOU CANNOT ALWAYS CONTROL  
WHAT GOES ON OUTSIDE  
BUT YOU CAN ALWAYS  
CONTROL WHAT GOES  
ON INSIDE

BLOOD  
SWEAT  
AND RESPECT



A comfort zone is a  
Beautiful Place,  
But Nothing grows  
there.



yoga itself does  
not have any  
religion, it is  
self transformation  
you will  
being

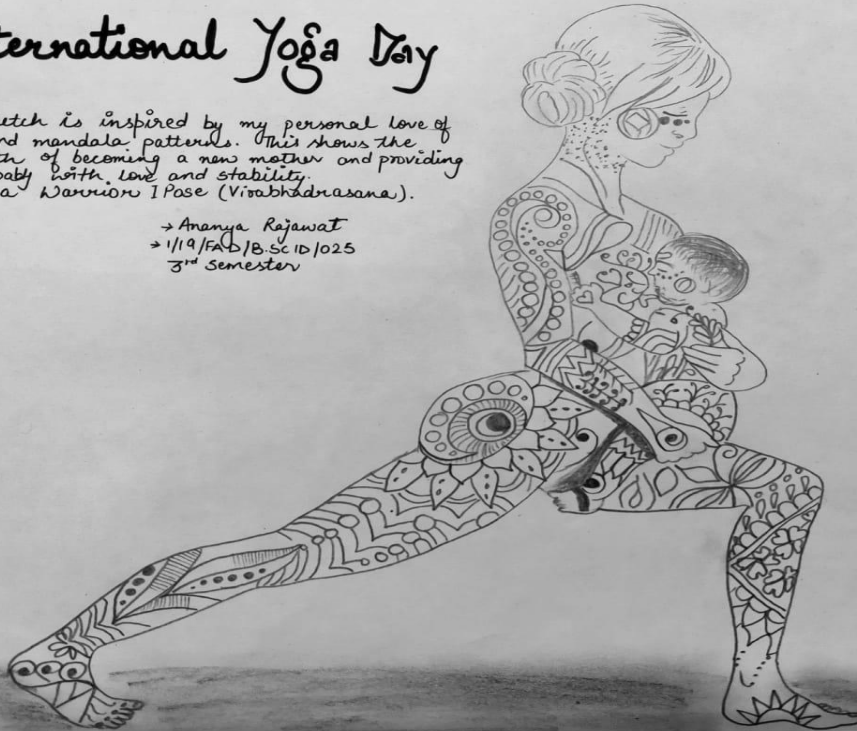


A little  
PROGRESS  
each day  
adds up  
to big  
RESULTS.

# International Yoga Day

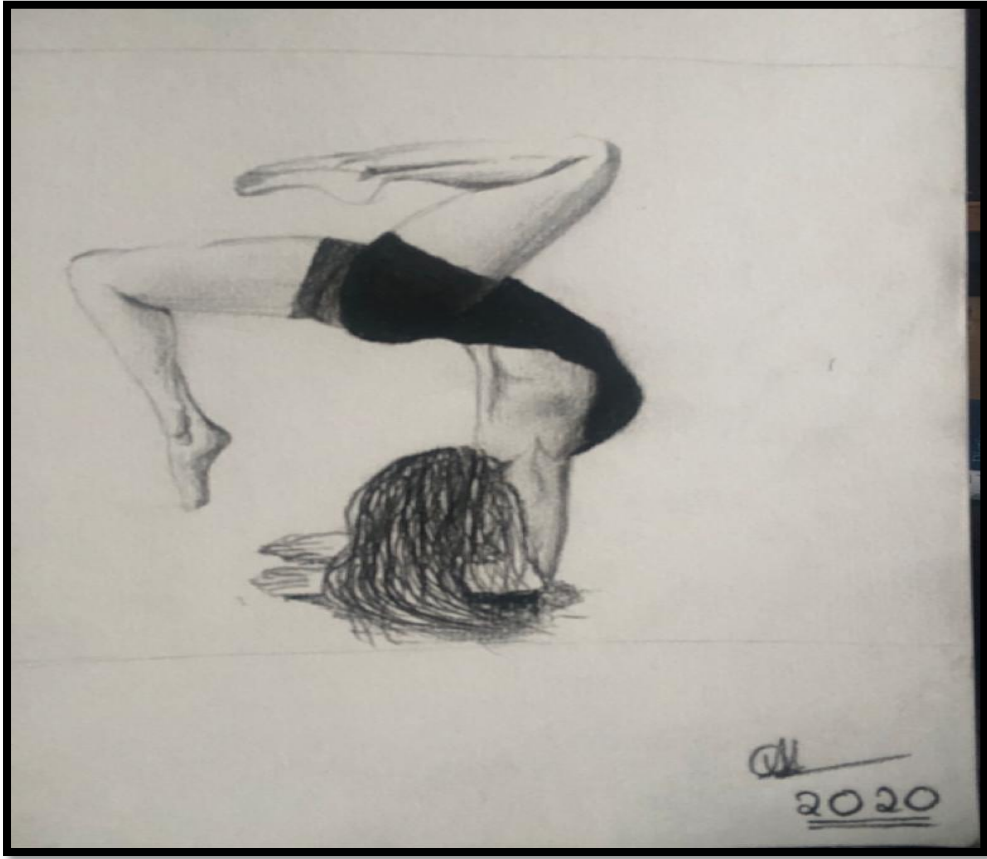
This sketch is inspired by my personal love of yoga and mandala patterns. This shows the strength of becoming a new mother and providing your baby with love and stability.  
It's a Warrior I Pose (Virabhadrasana).

→ Ananya Rajawat  
→ 1/19/FAD/B.Sc ID/025  
3<sup>rd</sup> semester



SEM - 5<sup>th</sup> SIMRAN  
1/19/PAD/BSC/10/022 BHATIA







## Activity 4: App development on Yoga

Faculty of Computer Applications in association with Department of Student's Welfare organised App development on Yoga.



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**INTERNATIONAL  
YOGA DAY**

**Department of Student's Welfare**  
*in association with*  
**Faculty of Computer Applications**  
*organises*  
**App Development on Yoga**

**JUNE 16, 2020**

The Department of Computer Applications organized a Website and Application Development contest to celebrate International Yoga Day on 16th June 2020.

Competition was organized where students have portrayed their thoughts using their programming skills. Students were found creative in the designing formats covering everything as types of yoga asanas to the benefits of mankind.


This contest gave them a chance to learn and present their thoughts in the best possible way.

The winners are Rahul Chauhan and Amandeep from BCA V, Shruti and Nikhil Dutt from BCA III, Robin Ahuja and Rishi from BScIT V, Rahul Chaudhary from B.Sc. IT III, and Bobby bagged 1st position followed by Bageesh from MCA V.

Dr. S.S Tyagi, Dean-FCA and Dr. Shaveta Bhatia, Head of Department congratulated all the students through MS Teams groups for their outstanding performance and motivated them to perform par excellence always.

## Activity 5: Blog writing on Yoga

Faculty of Commerce and Business Studies in association with Department of Student's Welfare organised Blog writing on Yoga



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# INTERNATIONAL YOGA DAY

Department of Student's Welfare  
*in association with*  
Faculty of Commerce & Business Studies  
*organises*  
Blog Writing on Yoga

**JUNE 17, 2020**



***Remember that work and life coexist. Wellness at work follows you home and vice-versa. The same goes for when you're not well, fuelled, or fulfilled. Work and life aren't opposing forces to balance; they go hand-in-hand and are intertwined as different elements of the same person: you.***

In today's stressful times it is extremely important to take care of our holistic health. To be able to keep yourself physically, mentally and emotionally healthy yoga comes across as an extremely useful form of exercise. To inculcate the benefits of this ancient science the students of FCBS wrote blogs to express themselves about this fast growing need. It was very overwhelming to see the response from students who wrote down their views on this fast spread of this form of exercise and to discuss the amazing and natural benefits of yoga. We hope to improve the mental and physical health of everyone by spreading this awareness.

This connection with nature and the inner self will be hugely beneficial for all and will result in good health for everyone in the long run.

<https://drive.google.com/open?id=1R6sl-q6a9o9KosHZQ4BHH8TIAZDrR-5>

[https://drive.google.com/open?id=1t2GBcuf2Giefe6N\\_IW0CCaD7SvLk127S](https://drive.google.com/open?id=1t2GBcuf2Giefe6N_IW0CCaD7SvLk127S)

<https://drive.google.com/open?id=1LLVyGrI9QUDxHD0jKoLedtvWAuBxHtX->

<https://drive.google.com/open?id=1rlNWLpPjzG8tJAxrMlxQKPsCt9FcmVh>


<https://drive.google.com/open?id=1-V78-IDeRnGiRg6Wne-2k6T6UzpcfTjK>

<https://drive.google.com/open?id=19qOBAWpPg-Y7BnKaVYCBOiLWbuS6Bt-n>

<https://drive.google.com/open?id=1yxuPfvIOXPWnGoC1rzntmpNVGwFcUyJ4>

## Activity 6: Idea Pitching for Yoga

Faculty of Management Studies in association with Department of Student's Welfare organised Idea Pitching for Yoga



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**INTERNATIONAL  
YOGA DAY**

**Department of Student's Welfare**  
*in association with*  
**Faculty of Management Studies**  
*organises*  
**Idea Pitching on Yoga**

**JUNE 18, 2020**

**Yoga** - the physical, mental and spiritual practices or disciplines which originated in An isn't India has been centuries old. The practice of yoga has been thought to date back to pre- vedic Indian traditions; possibly in the Indus Valley Civilization around 3000 BCE.

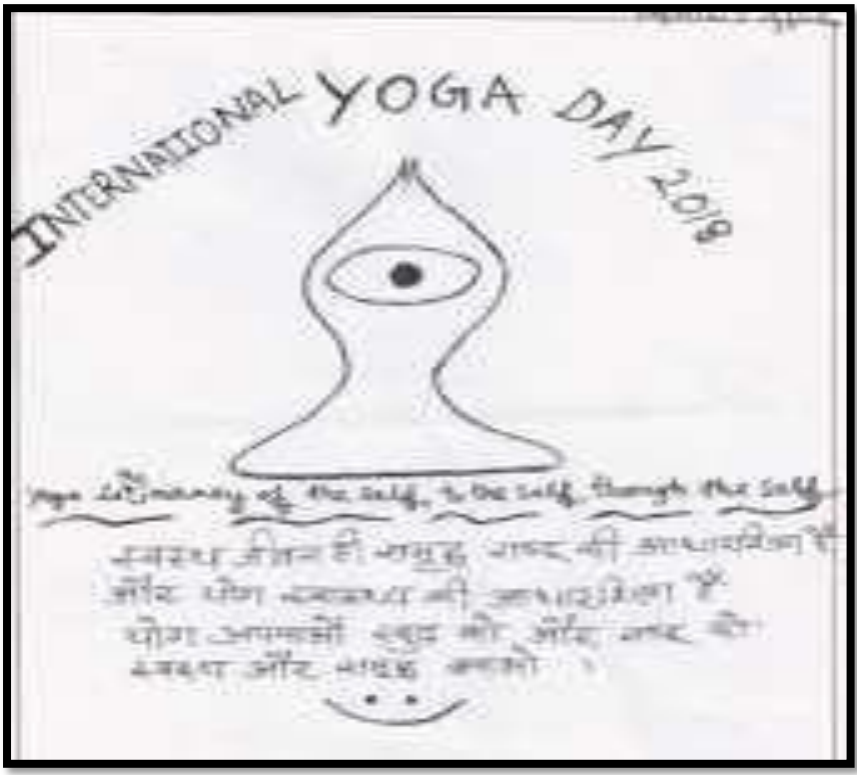
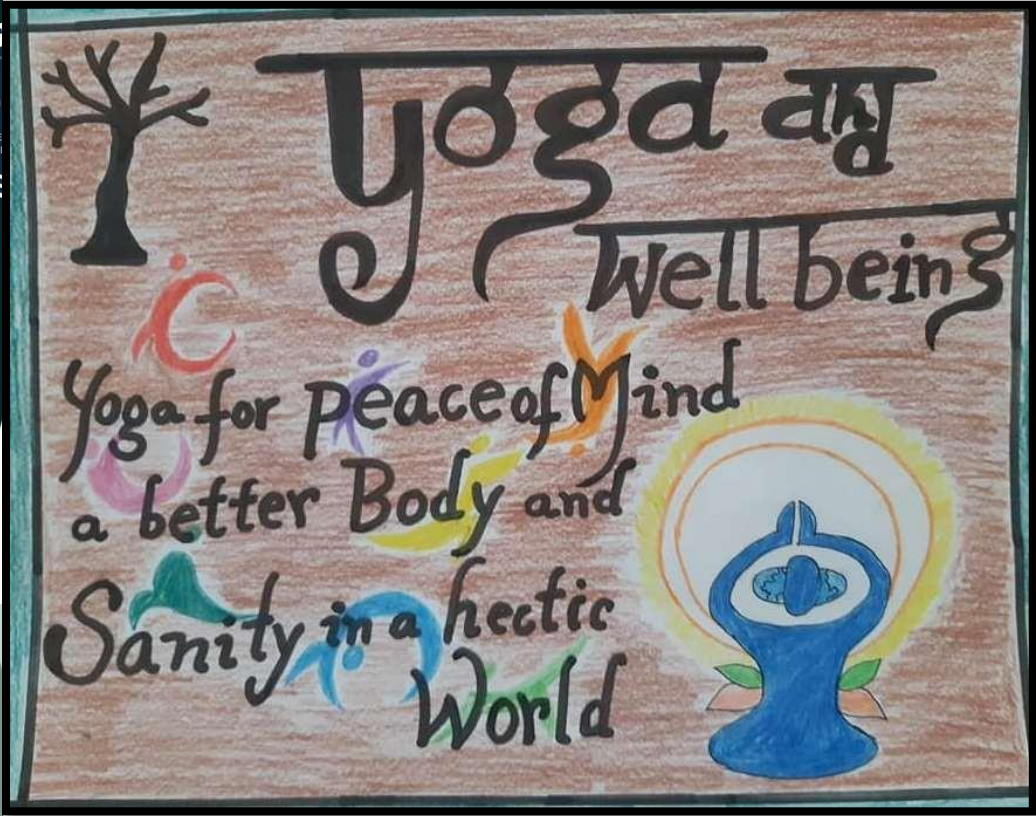
To celebrate this great ancient practice **Faculty of Management Studies** hosted an "**Idea Pitching for Yoga**" **competition** on Thursday 18th June 2020 on MS Teams Platform in the series of events being hosted by Manac Rachna to celebrate the "**International Yoga Day**". This event not only created awareness regarding Traditional Indian practices but also provided students a look at it with a modern twist of a business proposition and making money while promoting it.

Five teams of 2-3 students participated and presented their ideas in the form of a ppt on MS teams. The team of Mayank Jain and Nipun Gupta were the winners with their presentation of **Yoga Based app VOGA** which could teach, and train subscribers in various Yoga modes based on the subscription model. Their Idea was found to have the most potential by the judges and hence declared the winners.

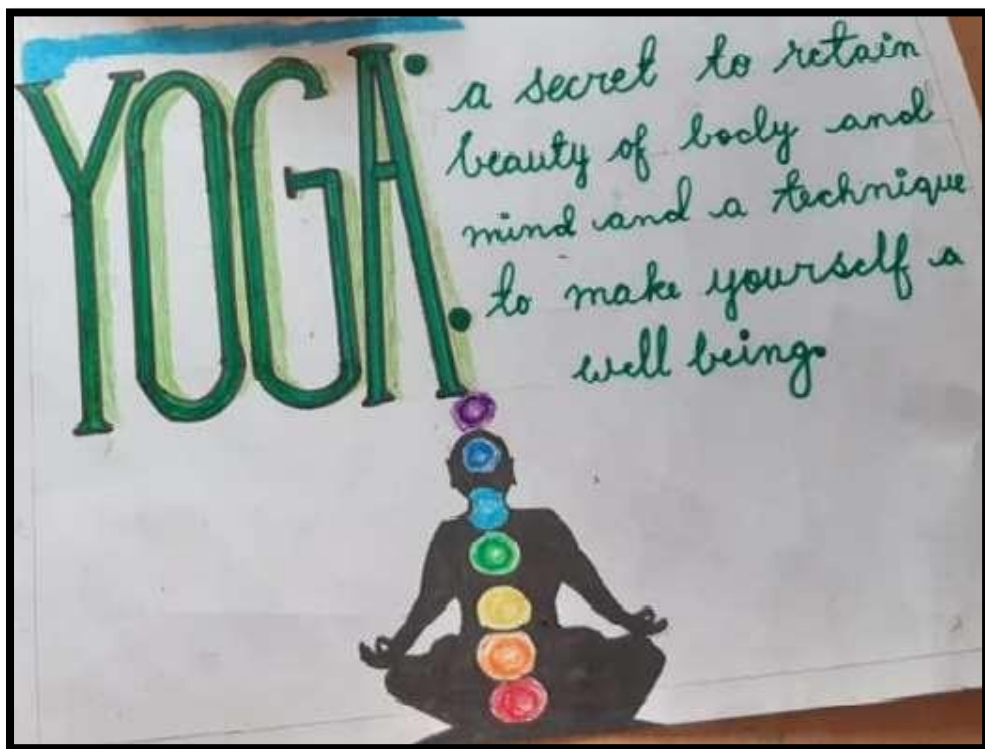
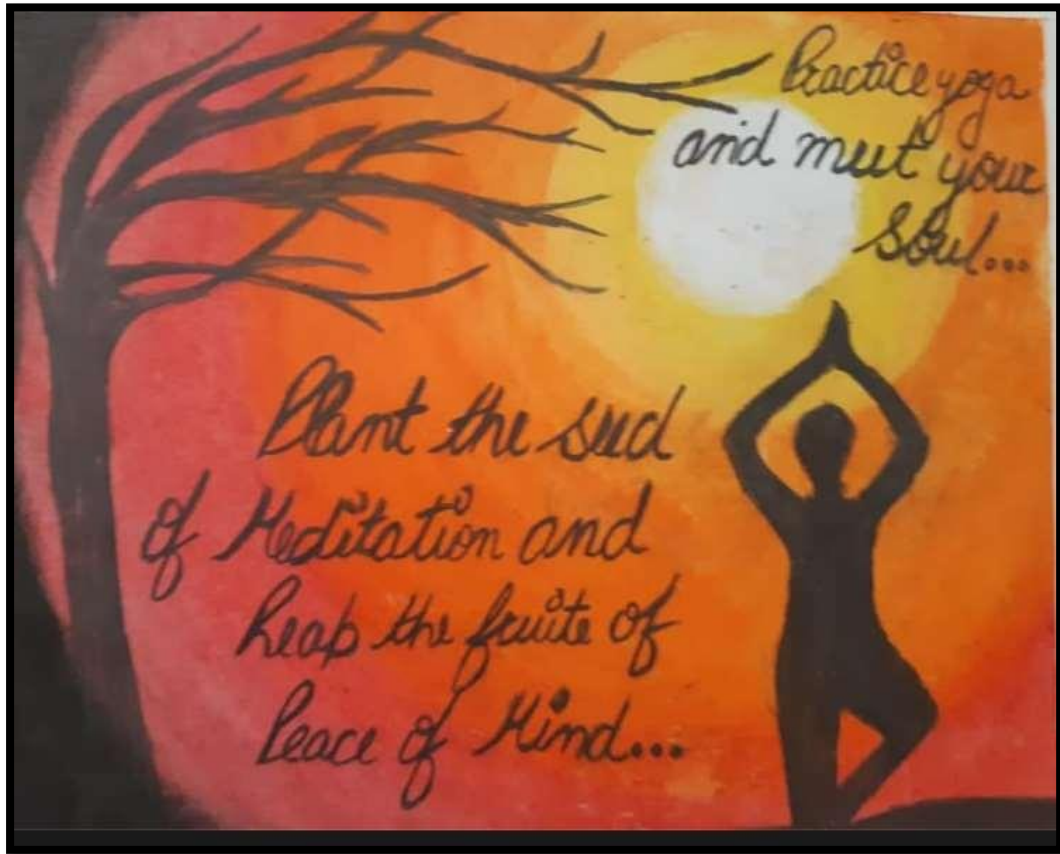
Other than 20 students participating the event was attended by all the faculty members and MBA students of FMS. It was a great learning experience in terms of presenting innovative business ideas and critical thinking of different aspects of the business models based on traditional Practises.

## **Activity 7: Slogan Writing on Yoga**

Faculty of Behavioural and Social Sciences in association with Department of Student's Welfare organised Slogan Writing on Yoga








## Activity 8: IEC material on Correct Posture / Nutrition during Yoga

Faculty of Allied Health Sciences in association with Department of Student's Welfare organised Slogan Writing on Yoga



**INTERNATIONAL  
YOGA DAY**

Department of Student's Welfare  
*in association with*  
Faculty of Allied Health Sciences  
*organises*  
IEC material on Correct Posture / Nutrition  
during Yoga

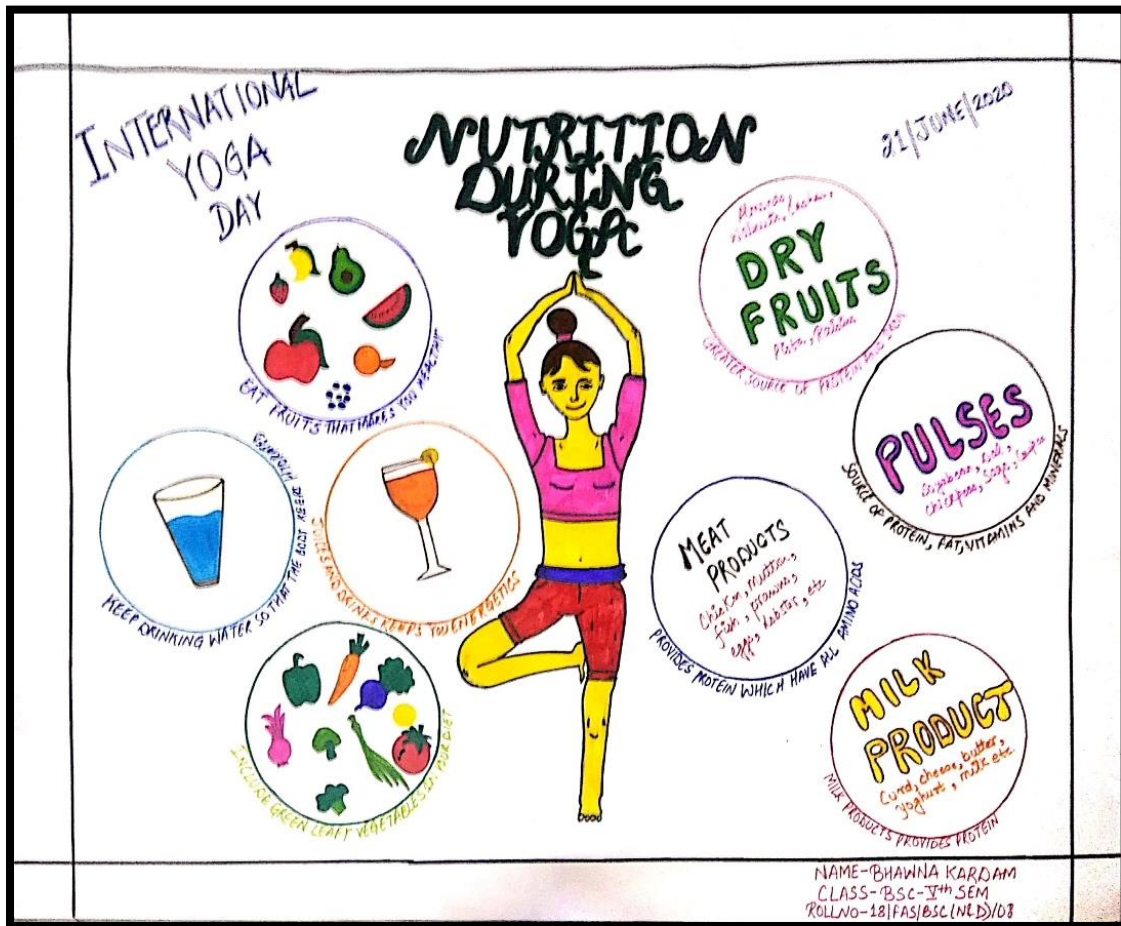
**JUNE 19, 2020**

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DEPARTMENT OF  
STUDENT'S WELFARE

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RACHNA**  
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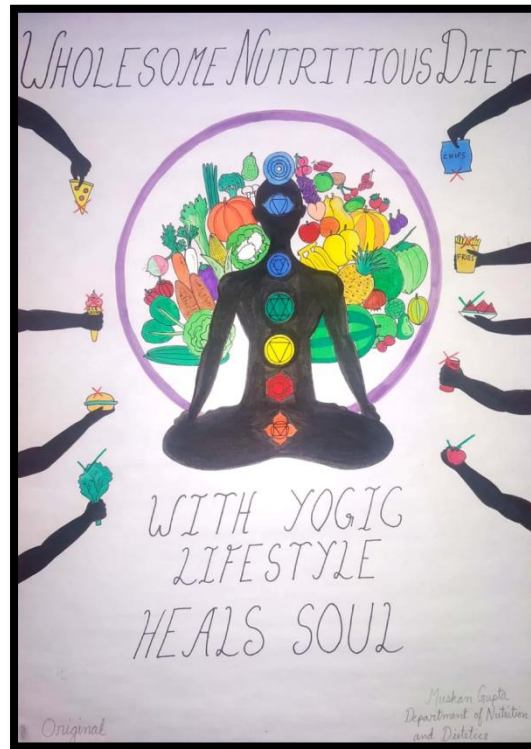
• **Department of Nutrition and Dietetics**

In today's time, Yoga has become a very important part of everyone's life. The art of practicing **yoga** helps in controlling an individual's mind, body and soul. To celebrate this occasion in this COVID time, the Department of Nutrition and Dietetics conducted an e- poster competition on 19 June 2020 on the theme "Correct Posture/Nutrition during Yoga". Around 17 students participated in the competition. The students submitted colorful and attractive posters. Dr. Kalpana Varshney, Assistant Professor, FET and Dr. Priyanka Sethi, Assistant Professor, Department of Physiotherapy, FAHS judged the event. The winners were announced, 2 students, Bhawna Kardam and Muskan Gupta, grabbed the first position. Rimsha Gupta and Jatin Sehrawat took the second and third position respectively.



**Bhawna Kardam- I position**

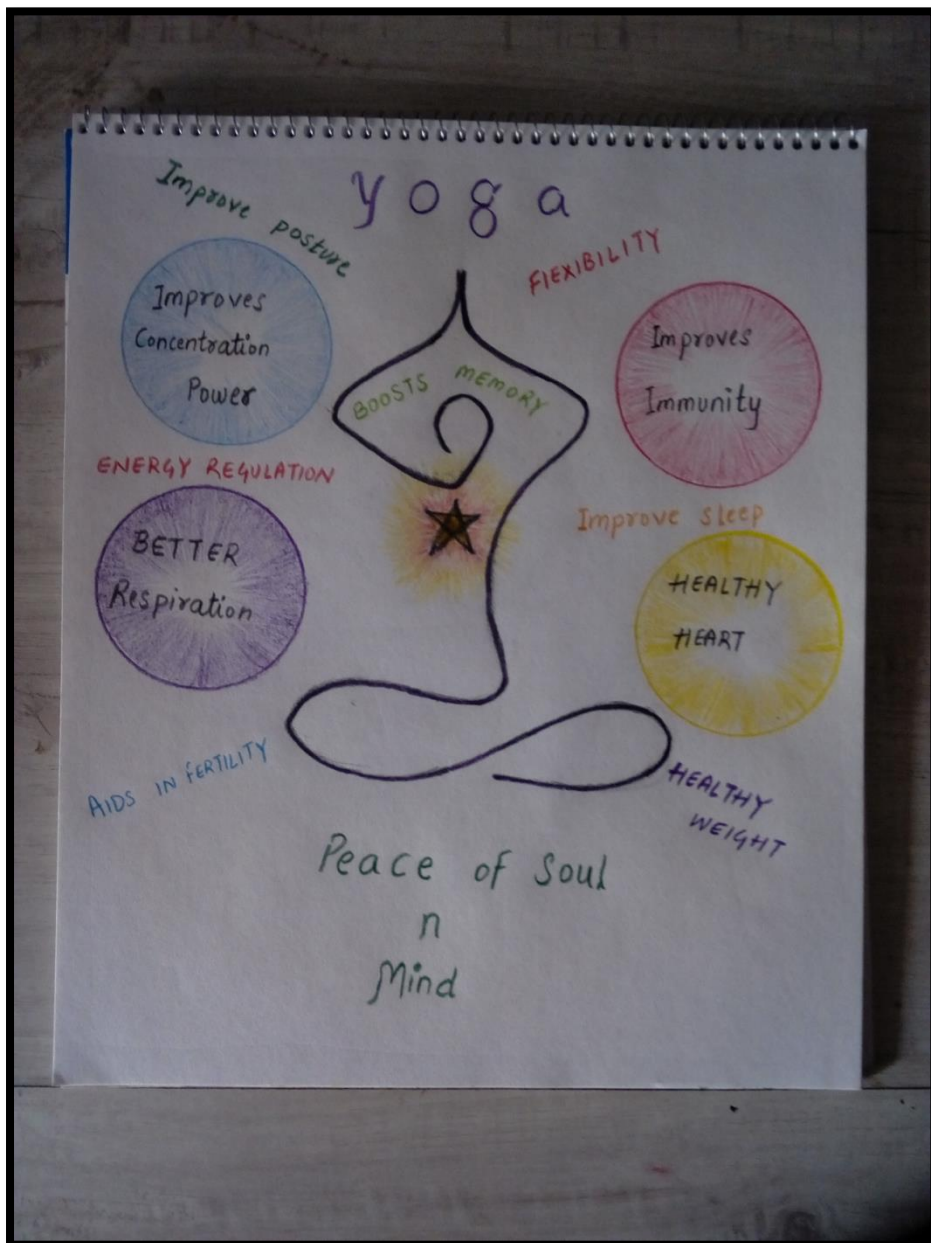




**Muskan Gupta : 1 position**



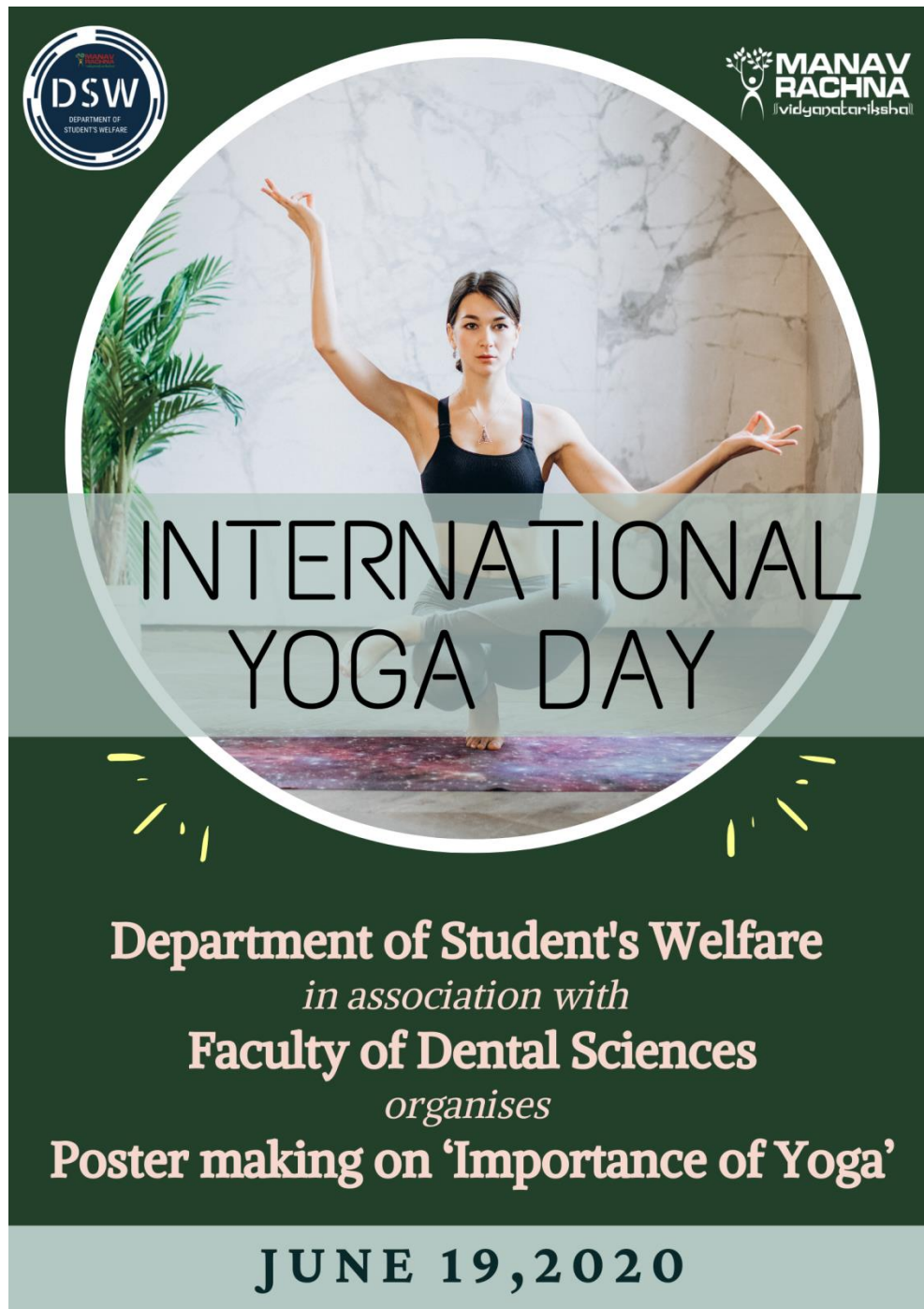
**Rimssha Gupta: 2<sup>nd</sup> Position**



*Jatin Sehrawat- 3<sup>rd</sup> Position*

## Activity 9: Poster making on 'Importance of Yoga'

Faculty of Dental Health Sciences in association with Department of Student's Welfare organised Poster making on 'Importance of Yoga'



Department of Student Welfare of Manav Rachna International Institute of Research and Studies (MRIIRS), organized a 2 day Yoga workshop (20<sup>th</sup> and 21<sup>st</sup> June, 2020) for all faculty and students of Manav Rachna, along with Shivananda Yog Sansthan, and saw an enthusiastic participation by faculty and students of Faculty of Dental Sciences (FDS), MRIIRS.

Yoga is a spiritual tradition that began in India about 5,000 years ago. Historically its practices have been adopted by religions such as Hinduism, Jainism, and Buddhism. However, the practice of yoga is compatible with any religion, as well as atheism.

The word *yoga* means *union* in Sanskrit. Many of the yoga traditions believe that the practices of yoga lead to union of a person with his or her true nature, or with God, or the universe.

Patanjali, author of the classic yoga text, the *Yoga Sutra*, defined yoga as the quieting of the fluctuations of the mind. From a yogic perspective, the mind, and its ceaseless internal monologue, is the source of suffering. The various yoga practices serve to calm the mind. From a wellspring of relaxed concentration-the hallmark of yoga-comes inner peace, heightened creativity, and awareness of our essential nature.

Yoga is more than poses or asanas. It is multidimensional and includes breathing practices(pranayama), meditation, moral precepts, selfless work (karm yoga), visualisation exercises and study of yoga philosophy.

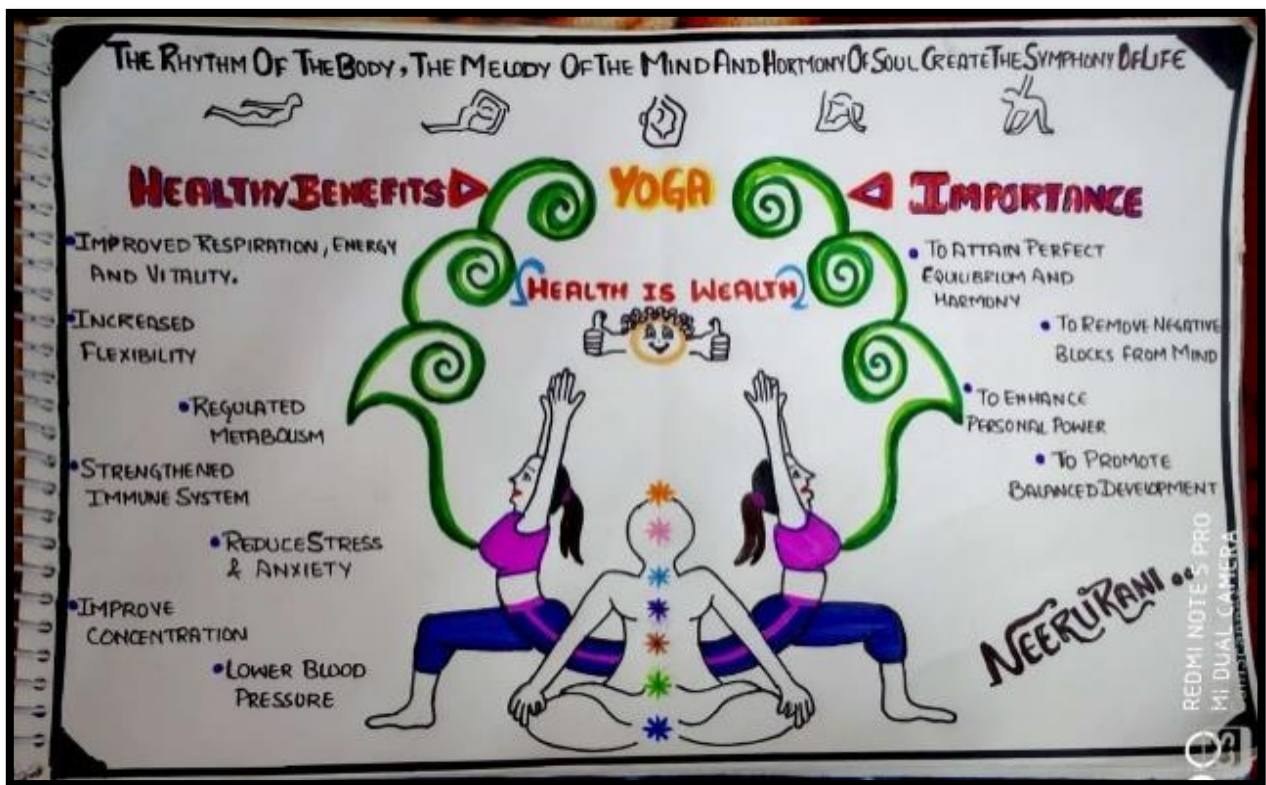
Yoga benefits both body and mind. When it come sto the body, it helps in weight loss, increases flexibility and strength, improves balance and coordination, betters the lung function, and heightens cardiovascular coordination.

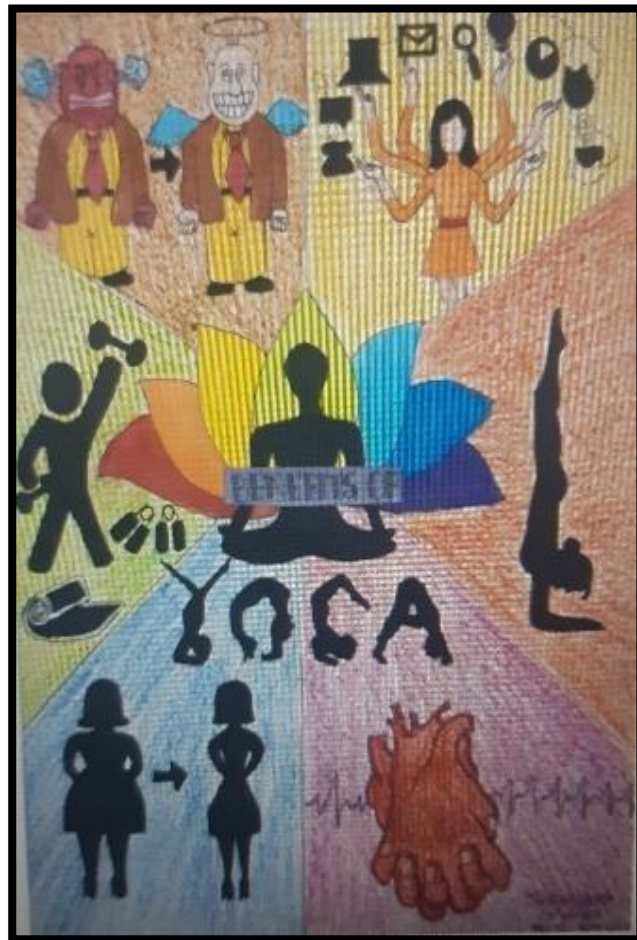
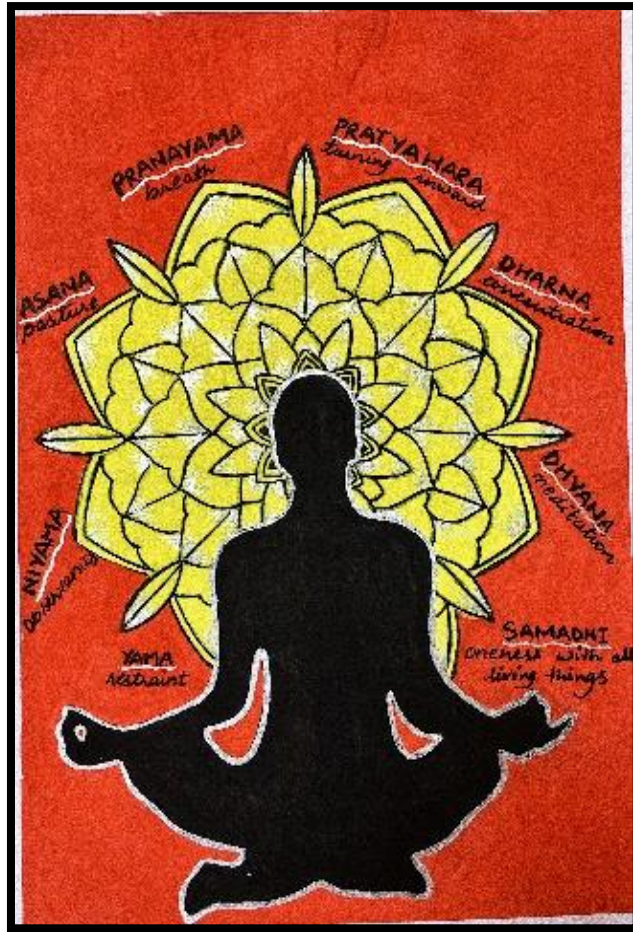
It calms and relaxes the mind, decreasing the stress hormones in the body, leading to better concentration and increased vitality. Basically yoga is a gold mine, and as Shilpa Shetty, the Bollywood actress and a strong proponent of Yoga, says “Yoga se hi Hoga!!”

It would be safe to say , that yoga is a very scientific and wholistic in its approach to the modern day woes. In these exceptionally stressful time, it is amazing, to say in the least,that something founded centuries back by our yogis and maharishis, is the perfect anecdote to keep us healthy in both body and mind. Also, what pride, that yoga originates from none other than our motherland, India, and is celebrated the world over.



Ahead of the session, students of Faculty of Dental Sciences(FDS), Manav Rachna, made colourful posters highlighting the importance and the benefits of yoga. It was surprising to see young minds keenly aware of the ancient tradition and practice of Yoga.







*Yoga Workshop on “Yoga at Home and Yoga with Family”  
in association with  
Shivananda Yog Sansthan*



Shivananda Yog Sansthan



Manav Rachna International Institute of Research and Studies  
(Deemed to be University under section 3 of UGC Act 1956)

Department of Student's Welfare  
*celebrates*

**INTERNATIONAL YOGA DAY**

*in association with*

**" Shivananda Yog Sansthan "**

*organizes*

Yoga Workshop on " Yoga@ home & Yoga with Family "

Date: 20.06.2020 || Time- 09:30 a.m.



Shivananda Yog Sansthan



# INTERNATIONAL YOGA DAY

JOIN US FOR YOGA WORKSHOP WITH  
MANAV RACHNA ON JUNE 20, 2020 | 9:30 AM



YOGMASTER NITIN RAO

YOGINI KANCY



YOGACHARAYA SURYA  
PRAKASH

CONTACT US:

8447715036, 9671358696

*Yoga teaches us to cure what need not be endured and endure what cannot be cured."*

*- B.K.S. Iyengar*

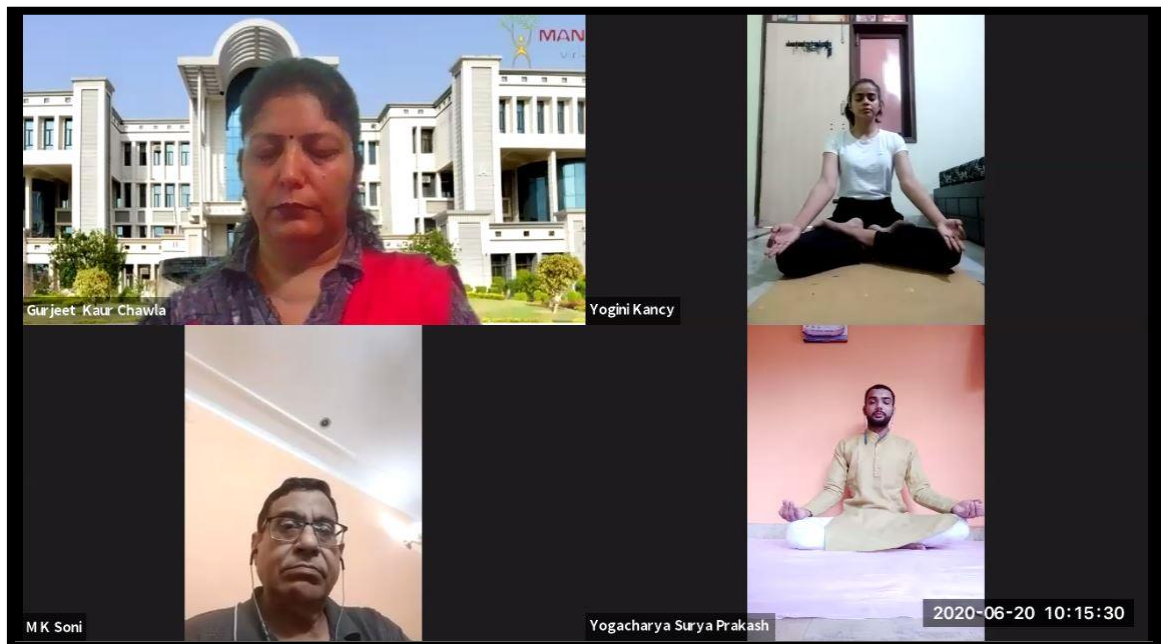
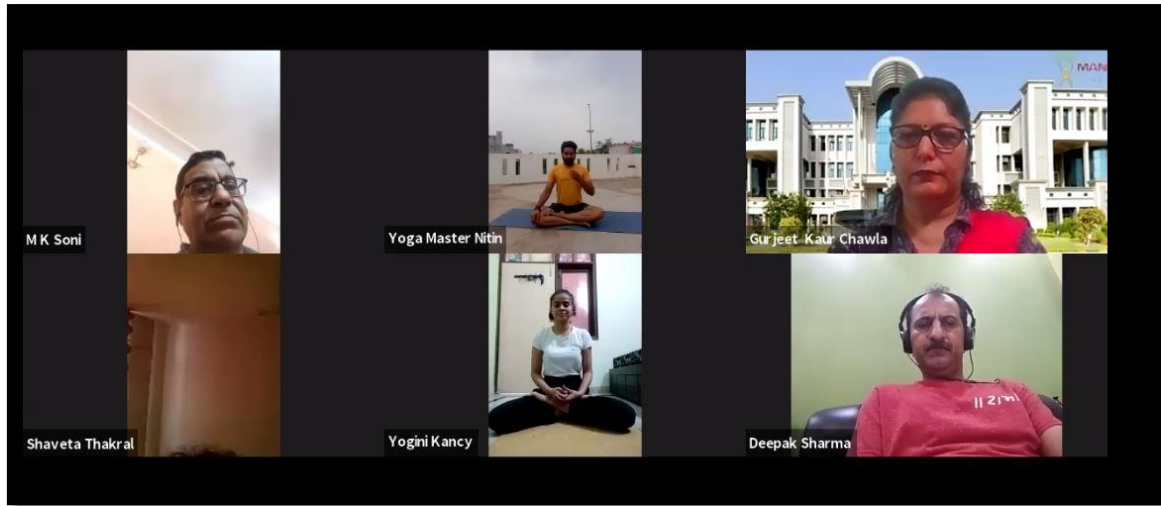
Department of Student's welfare, MRIIRS hosted Yoga Workshop in association with Shivananda Yog Sansthan on June 20, 2020, with the aim to gain balance and control in one's life. The workshop was focused on the immunity booster to combat COVID-19. The eminent yoga-gurus for the event were his holiness Paramp Pujya Swami Chitteshwaranand Ji Maharaj, Yogacharya Surya Prakash, Yogamaster Nitin, and Yogini Kancy. More than 500 plus people registered to be part of the workshop. The workshop was attended by students, faculty members, staff, and people from different organizations as well. A warm welcome was extended by Dr Pooja Khurana, Moderator for the day. The occasion was graced by the presence of Dr M.K. Soni- Pro-Vice-Chancellor, Dr Arundeeep Singh- Director Principal, MRDC, Dr Gurjeet Kaur Chawla- ADSW, Mr.Deepak Sharma- Deputy Registrar, and other senior functionaries of Manav Rachna.

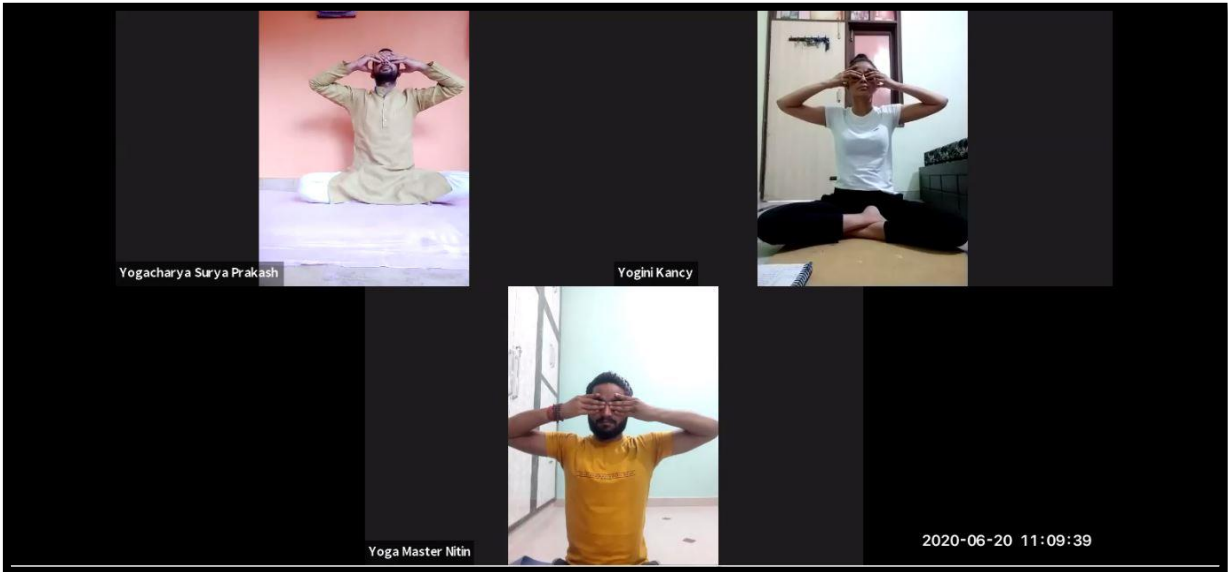
Honourable Pro-Vice-Chancellor, MRIIRS welcomed everyone and introduced the event. He shared his thoughts and views about the celebration of Yoga day around the globe, he also shared that Yoga is being practised in India since ages. He also mentioned the theme of this year's International Yoga Day, "YOGA @ Home and Yoga with Family". He also thanked the guru's for their valuable time and his words of wisdom inspired all participants.

Yogini Kancy started the workshop with centring and chanting which was followed by a warm-up exercise by Yogmaster Nitin where he discussed various exercises which can be done before yoga asanas.

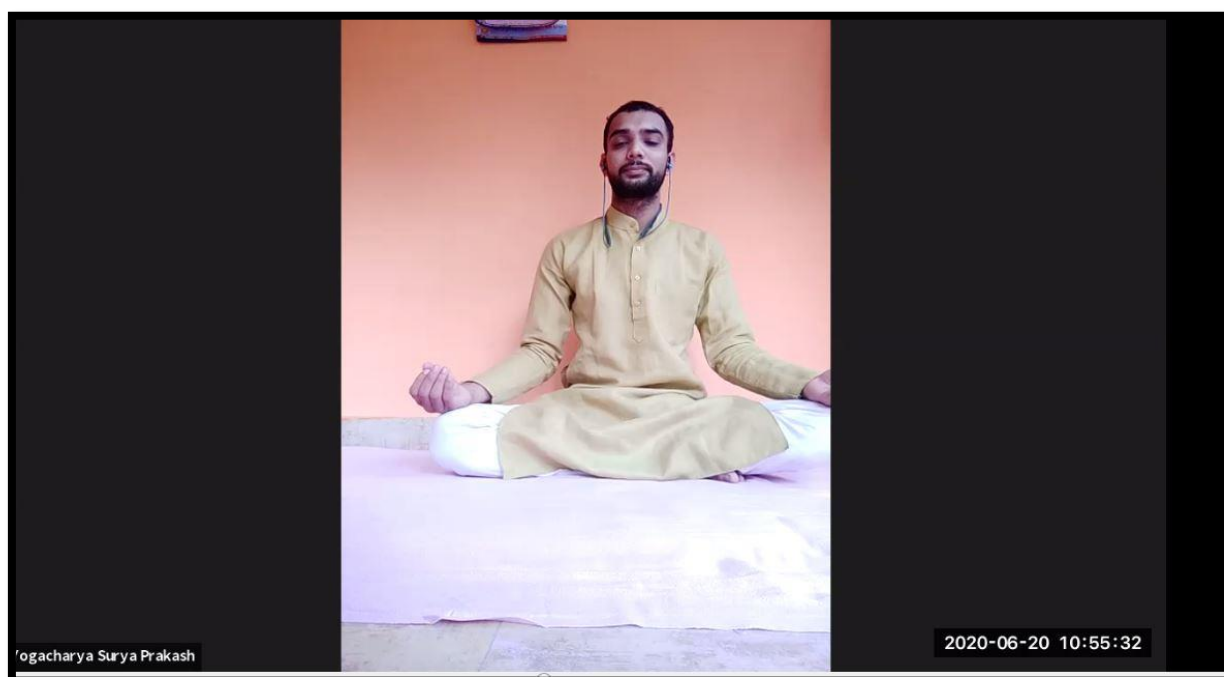
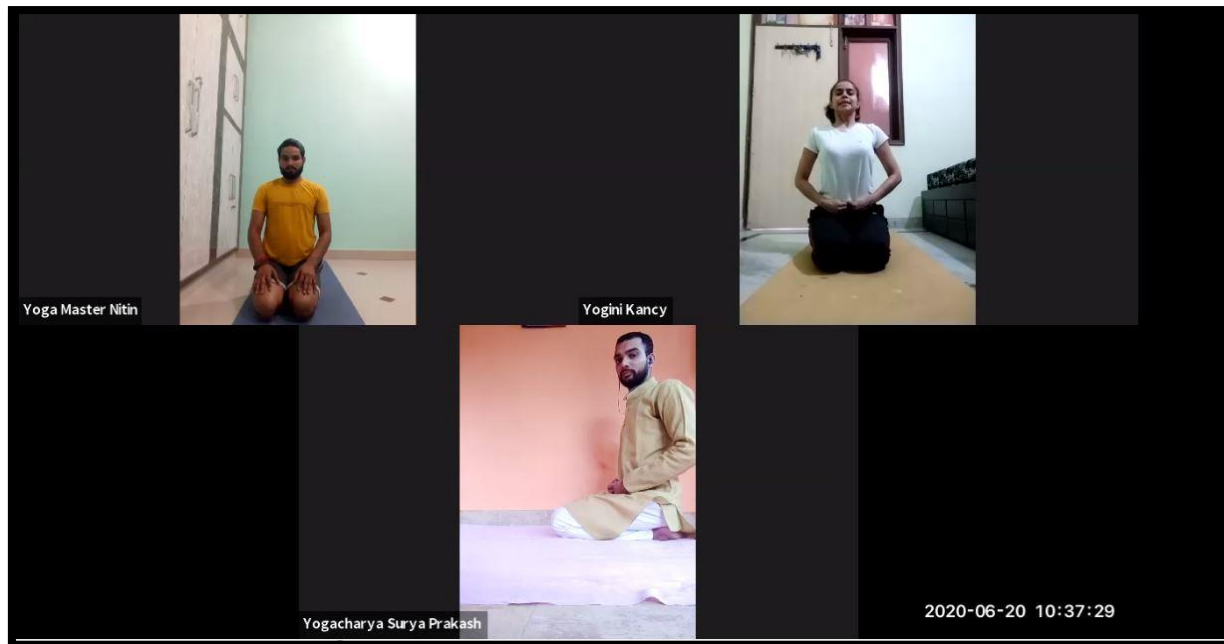
Yogacharaya Suryaprakash demonstrated various Suksham Kriyas and Pranayams to the audience and discussed its importance. Towards the end of the workshop, we were blessed by his holiness Paramp Pujya Swami Chitteshwaranand Ji Maharaj who shared his experience about yoga and yoga being practised seen ages. The workshop ended with meditation and om chanting.

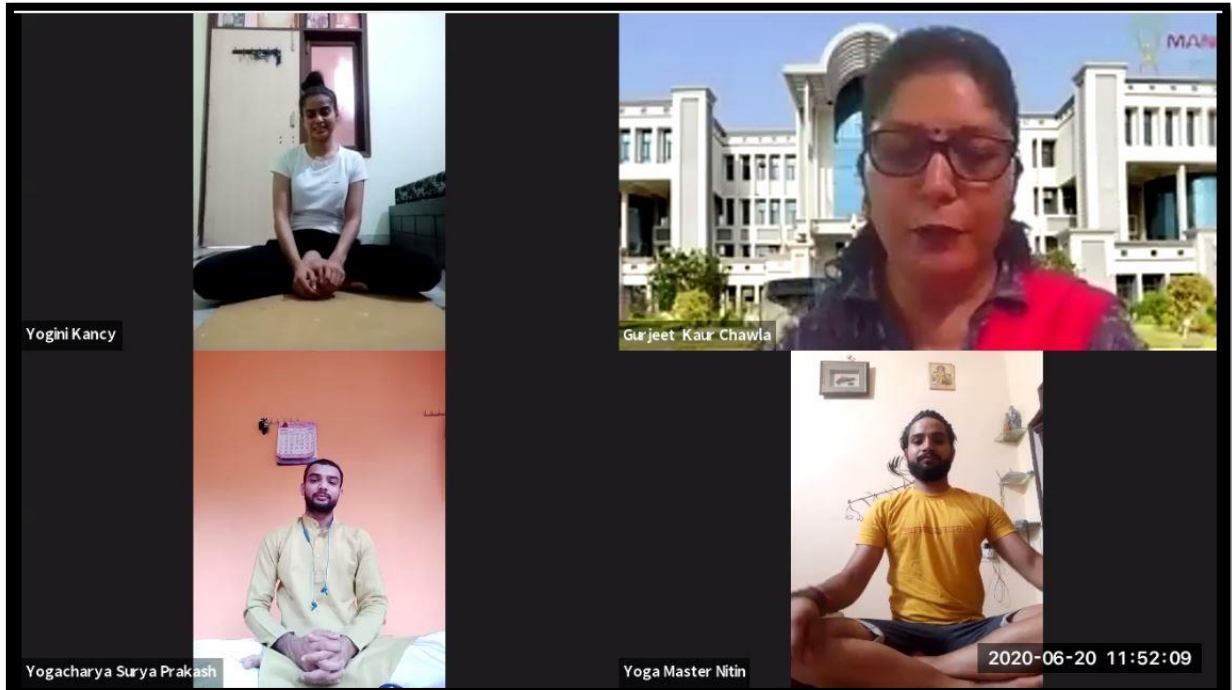
Dr Gurjeet Kaur Chawla expressed gratitude to the guests, honourable dignitaries, participants and management for their kind support.











*Interactive Session by Manoj Kumar Yogacharaya*

*on*

*Impact of Yoga Asana, Pranayam, and Meditation on Body*



**Manav Rachna International Institute of Research and Studies**  
*(Deemed to be University under section 3 of UGC Act 1956)*

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# INTERNATIONAL YOGA DAY

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Department of Student's Welfare  
*organises*

Live Interactive Session  
*with*

**Manjoy Kumar Yogacharaya**

*(Currently deputed by Indian Council of Cultural Relations at Indian  
Mission in Madrid, Spain as teacher of India Culture & Yoga)*

**JUNE 21, 2020 | 09:30 AM**



**Manav Rachna International Institute of Research and Studies**

*(Deemed to be University under section 3 of UGC Act 1956)*

# INTERNATIONAL YOGA DAY



Department of Student's Welfare  
*organises*

Live Interactive Session  
*with*

**Manoj Kumar Yogacharaya**

*(Currently deputed by Indian Council  
of Cultural Relations at Indian  
Mission in Madrid, Spain as teacher  
of India Culture & Yoga)*

**COME JOIN US**

**JUNE 21, 2020 | 09:30 AM**

*“Yoga lets people discover the sense of oneness with yourself, the world and the nature”*

*- Narendra Modi (Prime Minister of India)*

Department of Student's Welfare, MRIIRS hosted Live Interaction Session with Yogacharya Manoj Kumar- An International Yoga Guru on Impact of Yoga Asana, Pranayam, and Meditation on the body on June 21, 2020, to mark International Yoga Day. He is currently posted at Indian Mission in Madrid, Spain as Teacher India Culture and Yoga (TIC) deputed by the Indian Council of Cultural Relations (ICCR), New Delhi. For the last 14 years, he has practised Yoga with various Yoga schools at the National and International level. He specializes in 'Ashtanga Yoga'.

More than 300 plus people registered to be part of the workshop. The workshop was attended by students, faculty members, staff, and people from different organizations as well. A warm welcome was extended by Dr Pooja Khurana, Moderator for the day. The occasion was graced by the presence of Dr M.K. Soni- Pro-Vice-Chancellor, Dr Arundeeep Singh- Director Principal, MRDC, Dr Gurjeet Kaur Chawla- ADSW, Mr. Deepak Sharma- Deputy Registrar, Dean, Directors and HoD's, all clan Members and other senior functionaries of Manav Rachna.

Honourable Pro-Vice-Chancellor, MRIIRS welcomed everyone on International Yoga Day and World Music Day. He shared his thoughts and views about the celebration of Yoga day around the globe, he also shared that Yoga should be adopted by everyone for a healthy life. He thanked Yogacharaya Manoj Kumar for sparing his valuable time to be a part of this live interactive session.

Yogacharaya Manoj Kumar introduced various breathing exercises to the audience while talking to them on daily basis problems faced by everyone in their life. He advised various asanas and pranayamas to people suffering from hypertension, backache, numbness in the body. He also discussed the importance of yoga in daily life.

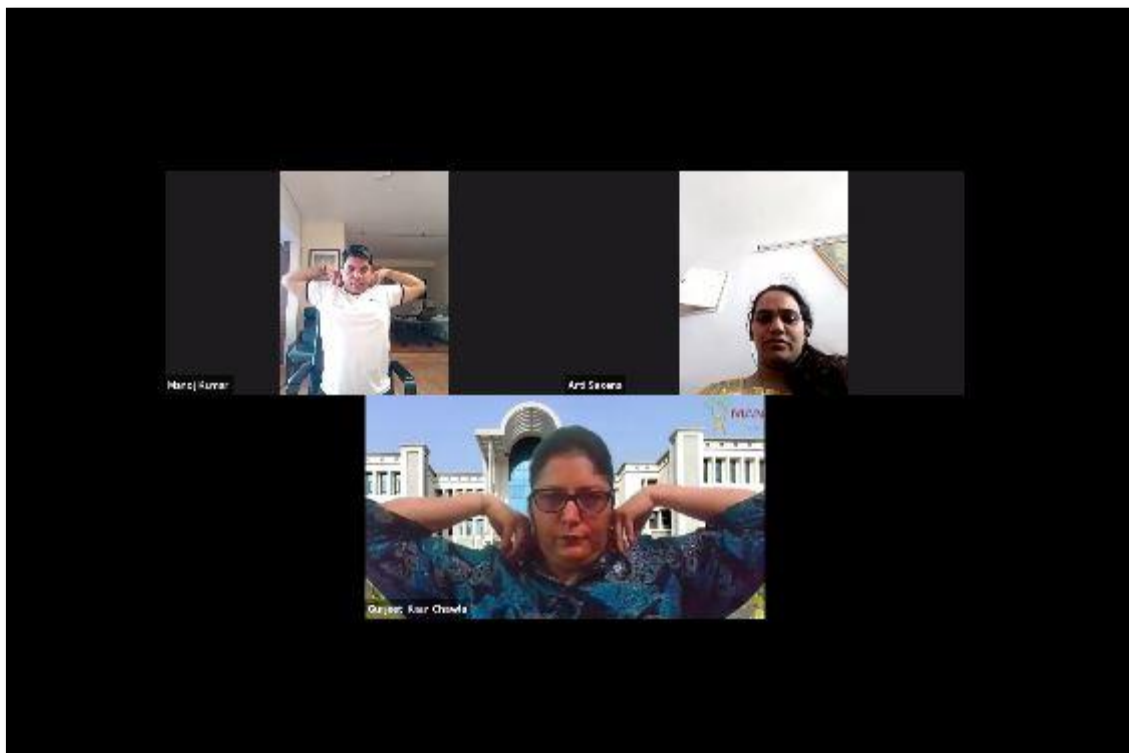
He also answered various questions asked by the audience. Towards the end, he said that like every human being needs water, air and food to survive similarly our body organs needs asanas and pranayamas to survive.

Dr Gurjeet Kaur Chawla expressed gratitude to the guests, honourable dignitaries, participants and management for their kind support.









## My Life, My Yoga

### 1. Online Photography Competition

Under the initiative of Government of India "My Life, My Yoga", Clan Air Falcons in association with the Department of Student's Welfare is organizing an online competition on practicing yoga on the occasion of International Yoga Day.



The online competition lasted for a week in which we got more than 200 + entries from various Colleges and Universities. The winners were judged on basis of maximum likes, comment, and share on the social media portal. The winners were announced on 21<sup>st</sup> June, 2020 where they were appraised for their immense support in spreading the message of 'YOGA'.



*Anjali Baisla- First Position*





*Vaibhav- Second Position*



*Madhu- Third Position*

2. Under the initiative of Government of India “My Life, My Yoga”, Clan Water Sharks in association with the Department of Student's Welfare started the awareness program where the students of clans presented various yoga poses and shared it on Social Media Platforms to spread the awareness among fellow mates.



## Attendance Sheet- Yoga Workshop

### Registration for Yoga Workshop with Shivananda Yog Sansthan- 20 June, 2020

S.NO	Name	Department	Gender	How you are connected with Manav Rachnas
1	Deepak Sharma	Registrar office	Male	Faculty
2	DR.MADHURI BHATIA	FACULTY OF DENTAL SCIENCES	Female	Faculty
3	ACHINT KAUR	MRIS MOHALI	Female	Faculty
4	Vandna Batra	CSE	Female	Faculty
5	Nitika	ECE	Female	Faculty
6	Manu Solanki	BIOTECHNOLOGY	Female	Faculty
7	Navpreet Baweja	PRT	Female	Faculty
8	Dr Anupama V Betigeri	Physiology	Female	Faculty
9	Phalguni sharma	MRDC	Female	Faculty/ Staff
10	Lucy George	Nutrition and dietetics	Female	Faculty/ Staff
11	Pooja Gupta	Fmeh	Female	Student
12	Dr Anupama V Betigeri	Physiology	Female	Faculty/ Staff
13	Anchal	FDS	Female	Faculty/ Staff
14	Anshita garg	Fcbs	Female	Student
15	Riya Singh	FCBS	Female	Student
16	Harshita Barthwal	FCBS	Female	Student
17	Charul kandhari	FCBS	Female	Student
18	Srishti sharma	Fcbs	Female	Student
19	Kapila	MRDC	Female	Faculty/ Staff
20	Aditi Kamra	DBS	Female	Student
21	Sandeepa	PRT	Female	Faculty/ Staff
22	Jyoti	Fcbs	Female	Student
23	Ankur Mishra	Fcbs	Male	Student
24	Mitansh	Fcbs	Male	Student
25	Jahnvi bhatia	FCBS	Female	Student
26	Upasana Yadav	Nutrition and dietetics	Female	Faculty/ Staff
27	Tushar Dev	BBA(G)IB	Male	Student
28	anupama pankaj	computer applications	Female	Faculty/ Staff
29	Dr Rashmi Agrawal	Computer Applications	Female	Faculty/ Staff
30	kapila	bt	Female	Faculty/ Staff
31	Vandana Garg	nutrition & dietetics	Female	Faculty/ Staff
32	Raj Kumar	Computer Applications	Male	Faculty/ Staff

33	Kajal	Fcbs	Female	Student
34	Dr. Sonia Duggal	FCA	Female	Faculty/ Staff
35	Saket Kumar Choudhary	FCA	Male	Faculty/ Staff
36	yatin	Automobile	Male	Student
37	Sonia setia	Faculty of Computer Interaction	Female	Faculty/ Staff
38	ridhi arora	fmeh	Female	Student
39	Mridula Batra	Computer Applications	Female	Faculty/ Staff
40	Seema sharma	Fca	Female	Faculty/ Staff
41	Kunal Nathani	FMEH	Male	Student
42	Kunal Nathani	FMEH	Male	Student
43	Sakshi sharma	FMeh	Female	Student
44	Sreetama Saha Chowdhury	FMEH	Female	Student
45	Ankita Bharti	J & MC	Female	Faculty/ Staff
46	Akul	Fmeh	Male	Student
47	Abhay pal malakar	FMEH	Male	Student
48	Kavita Arora	Computer Applications	Female	Faculty/ Staff
49	RISHABH DAGAR	FMEH	Male	Student
50	ETISHA MITTAL	MRIIRS(FMEH )	Female	Student
51	Dr. M. Sneha Nair	Nutrition and Dietetics	Female	Faculty/ Staff
52	Jasleen Kaur	FCBS	Female	Student
53	Neerja Negi	FCA	Female	Faculty/ Staff
54	Arpita vatsa	BAJMC	Female	Student
55	Maansi Maakhija	DBS	Female	Student
56	Bryan Dominic	FCBS	Male	Student
57	Gaurav gupta	FCBS	Male	Student
58	Madhvi	Nutrition and Dietetics	Female	Faculty/ Staff
59	Gaurav gupta	FCBS	Male	Student
60	Bhoomi kathuria	Fmeh	Female	Student
61	Dhananjay	Fcbs	Male	Student
62	Divya Arora	FMEH	Female	Student
63	Kajal Chauhan	bba	Female	Student
64	Saksham Bhatia	Automobile	Male	Student
65	Kavya goswami	faculty of media studies and humanities	Female	Student
66	shivangi jhamb	fmeh	Female	Student
67	Jatin Choudhary	BA-JMC	Male	Student
68	Mukul Upadhyay	FMEH	Male	Student
69	Ritik	Fmeh	Male	Student
70	Kanishka bisht	Fmeh	Female	Student
71	Milind bhandari	FMEH	Male	Student

72	Prabhashi pathak	Bachelor of journalism and mass communication	Female	Student
73	Rajvi Somani	FMeH (BJMC)	Female	Student
74	Ishita	FMeH	Female	Student
75	Srishti Negi	FAHS	Female	Faculty/ Staff
76	Yatharth Dhingra	FMeH	Male	Student
77	Divya Puri	Nutrition & Dietetics	Female	Faculty/ Staff
78	MANAN	BAJMC	Male	Student
79	Gauravsansanwal	BAJMC	Male	Student
80	Abhishek Mangla	Automobile	Male	Student
81	Swarnika Das	Fcbs	Female	Student
82	Vanshika mittal	Commerce	Female	Student
83	Vishal	Journalism	Male	Student
84	muskan aggarwal	Commerce	Female	Student
85	Anjali sharma	faculty of commerce and business studies	Female	Student
86	Chetna Yadav	Commerce	Female	Student
87	Nakshatra Mishra	Commerce	Male	Student
88	Bhumika sharma	Commerce and business studies	Female	Student
89	Rashmi Dagar	Fmeh	Female	Student
90	Pallavi	Faculty of commerce and business studies	Female	Student
91	Arkaja Garg	Department of commerce	Female	Faculty/ Staff
92	Shivambansal	Fcbs	Male	Student
93	Kanishka Garg	FMeH	Female	Student
94	Manoj Raut	FMeH	Male	Faculty/ Staff
95	Manvi mittal	Commerce(FCBS)	Female	Student
96	Manvi mittal	Commerce(FCBS)	Female	Student
97	Chitra	FCA	Female	Faculty/ Staff
98	Mehak	fCBS	Female	Student
99	Surya pratap singh	Commerce and business studies	Male	Student
100	Himanshu Garg	FCBS	Male	Student
101	Aashna	Bcom(h)	Female	Student
102	Anjali	Commerce	Female	Student
103	Bhoomika	DBS	Female	Student
104	Raj	Fcbs	Male	Student
105	Charul	FCBS	Female	Student
106	Gaurav Shukla	Journalism & Mass Communication/FMeH	Male	Faculty/ Staff
107	Dhiraj Arya	Journalism and Mass Communication	Male	Faculty/ Staff
108	Rahul Joshi	JMC	Male	Faculty/ Staff



109	Dr. Swati Chauhan	English	Female	Faculty/ Staff
110	Shelly Bothra	Journalism and mass communication	Female	Student
111	Ritika	Commerce	Female	Student
112	Ritika	Commerce	Female	Student
113	Nandini Agrawal	Commerce	Female	Student
114	Nikhil Singh	Automobile	Male	Student
115	Dr.Abhishek Kumar Singh	Jmc,FMeH	Male	Faculty/ Staff
116	Gurpreet Singh Matharou	Automobile	Male	Faculty/ Staff
117	Gaurav gupta	FCBS	Male	Student
118	DR. SHIVANI VASHIST	ENGLISH	Female	Faculty/ Staff
119	Khushal sharma	Fcbs	Male	Student
120	Yashasvini Sharma	FCBS	Female	Student
121	Pranit Sood	Fcbs	Male	Student
122	Shivam kumar	FCBS	Male	Student
123	Mohd mizanoor Chowdhury	Automobile	Male	Student
124	Dr Sachin Sharma	FCA	Male	Faculty/ Staff
125	Prashant	Fcbs (bcom h)	Male	Student
126	Dr. Jyoti Sharma	English	Female	Faculty/ Staff
127	MAITHILI GANJOO	FMEH	Female	Faculty/ Staff
128	Mitali Mohanty	Department of Journalism and Mass Communication	Female	Faculty/ Staff
129	Shivani	FCBS	Female	Student
130	PRIYANKA BHAYANA	FCBS	Female	Faculty/ Staff
131	Sahil bindal	FCBS	Male	Student
132	Nippun Mangla	DBS	Male	Student
133	Riya Kataria	Fmeh	Female	Student
134	Dr Sujata	Associate Professor	Female	Faculty/ Staff
135	Pinki Chakraborty	Commerce	Female	Student
136	kawaljeet Kaur	FMEH(BA English)	Female	Student
137	Sanya sahani	FMEH	Female	Student
138	Priyanshu Bidhuri	Fcbs	Male	Student
139	Smriti	English	Female	Student
140	Yukti Ahuja	BA English (H)	Female	Student
141	Saksham Bhatia	Automobile	Male	Student
142	Tanisha bhardwaj	commerce	Female	Student
143	Arun mehra	fcbs	Male	Student
144	Keshav sharma	Commerce	Male	Student
145	Manisha maski	English	Female	Student

146	Hitik madaan	Fcbs	Male	Student
147	Ashi sharma	FCBS	Female	Student
148	Vanshika vats	Department of Business studies	Female	Student
149	Manisha dagar	English	Female	Student
150	Sourav Sengupta	Business Studies	Male	Student
151	Ankita Sehrawat	English	Female	Student
152	Saloni chawla	DBS	Female	Student
153	Shaveta thakral	EECE	Female	Faculty/ Staff
154	Abhishek	Commerce	Male	Student
155	Akshita	FMEH B.A.Eng hons	Female	Student
156	priyanka	FCA	Female	Faculty/ Staff
157	Himanshu mittal	FCBS	Male	Student
158	Kashish kohli	BA(ENG) Honour	Female	Student
159	Dev baisla	Fcbs	Male	Student
160	Jitendar bidhuri	BBA general	Male	Student
161	Jitendar bidhuri	BBA general	Male	Student
162	Jitendar bidhuri	Bba general	Male	Student
163	Sahil sahu	Fcbs	Male	Student
164	Shreya khokhar	Fcbs	Female	Student
165	Sahil Gandhi	Department of Business studies	Male	Student
166	Tamanna Saini	BBA BANKING 5	Female	Student
167	Sachin Choudhary	Fmeh	Male	Student
168	Abhinav Mangla	BA (eng)	Male	Student
169	Harshita Negi	Journalism and Mass communication	Female	Student
170	Prabhjeet singh	Fcbs	Male	Student
171	Tushar	FCBS	Male	Student
172	Saloni chawla	DBS	Female	Student
173	Gagandeep kaur	EECE	Female	Faculty/ Staff
174	sunita joshi	FCA	Female	Faculty/ Staff
175	Sourabh Kumar	DBS	Male	Student
176	Harshit mishra	Fcbs	Male	Student
177	Shubham Goel	FCBS	Male	Student
178	Deepanshu Gujral	Fcbs	Male	Student
179	Aditi	Fcbs	Female	Student
180	Chetna	Fcbs	Female	Student
181	Yuvraj	FCBS	Male	Student
182	Chetan kaushik	Management and business studies	Male	Student
183	Anmol Singh	Automobile	Male	Student
184	Janvee bhatia	FCBS	Female	Student

185	Dr. Jayashree Hazarika	English	Female	Faculty/ Staff
186	Varnika Chopra	Faculty of media studies and humanities	Female	Student
187	Ruchika Sharma	FCBS	Female	Student
188	Himanshu Tewatia	FCBS	Male	Student
189	DHEERAJ KASHYAP	AUTOMOBILE ENGINEERING	Male	Student
190	Amit sharma	FCBS	Male	Student
191	Ankita Sehrawat	English	Female	Student
192	Somalin	Business studies	Female	Student
193	Somalin	Business studies	Female	Student
194	Abhishek singh	FCBS	Male	Student
195	mukul singhal	FCBS	Male	Student
196	Anchal	FMEH BA (ENG)hons.	Female	Student
197	mukul singhal	FCBS	Male	Student
198	Dushyant Kumar	Department of Journalism & Mass Communication	Male	Faculty/ Staff
199	Resham	Commerce	Female	Student
200	Piyush Raichand	FCBS	Male	Student
201	Manuj Maggu	FMEH	Male	Student
202	Aditya Tomar	Faculty of commerce and Business	Male	Student
203	Vishnu Rai	FCBS	Male	Student
204	Vishnu Rai	FCBS	Male	Student
205	Shikha vasishtha	Faculty of commerce & business studies	Female	Student
206	Pragati Chopra	Fcbs	Female	Student
207	Bobby pilwan	Fcbs	Male	Student
208	Abhishek singh	FCBS	Male	Student
209	Rishab chauhan	FCBS	Male	Student
210	Kuldeep	FET	Male	Student
211	Dr.Sadiqa Abbas	Civil Engineering	Female	Faculty/ Staff
212	Dr. Nandini	FBSS - Psychology	Female	Faculty/ Staff
213	Jayant	Applied Psychology	Male	Faculty/ Staff
214	Nitika Rabra	FBSS	Female	Student
215	Sushil kumar saluja	FHM	Male	Faculty/ Staff
216	Chahat jain	FBSS	Female	Student
217	Kaushlendra Mani Tripathi	Applied Psychology	Male	Faculty/ Staff
218	Anjali	Civil Engg	Female	Faculty/ Staff
219	Shreya shah	Ba psychology hons	Female	Student
220	Mehar Dhody	Psychology	Female	Student
221	Janvi	Faculty of behavioral and	Female	Student

		social sciences (FBSS)		
222	Shreshtha Negi	FBSS	Female	Student
223	Ishika	Fbss psychology	Female	Student
224	Jyoti	Psychology	Female	Student
225	Shivani saxena	FBSS	Female	Student
226	Ankita Dahiya	Fbss	Female	Student
227	Komal nagar	Fbss	Female	Student
228	Swati Saharan	Psychology, fbss	Female	Faculty/ Staff
229	Himani	FBSS psychology	Female	Student
230	Suprabhath Roy	FHM	Male	Faculty/ Staff
231	Sakshi	FBSS	Female	Student
232	Anusha Mehta	FBSS	Female	Student
233	Nandani Arora	FBSS- Department of Psychology	Female	Student
234	Bhavyanshi Gupta	FBSS	Female	Faculty/ Staff
235	Anjali yadav	Psychology	Female	Student
236	Upasana	FBSS	Female	Student
237	Aryan	Fcbs	Male	Student
238	Indu Shrestha	Fbss	Female	Student
239	Muskan	B.A Hons Applied psychology	Female	Student
240	Apurva	FBSS ( B.sc psychology)	Female	Student
241	Vanshika arora	Fbss	Female	Student
242	Gopika aggarwal	FBSS	Female	Student
243	Deepanjali sharma	B.A applied psychology	Female	Student
244	Surabhi yadav	FBSS	Female	Student
245	Aman Singh	FBSS Applied Psychology	Male	Student
246	Stacy Dessa	Applied psychology honours	Female	Student
247	Mehak Verma	FBSS	Female	Student
248	Dr. Narender Suhag	Hotel Management	Male	Faculty/ Staff
249	Ashna Arora	FBSS	Female	Student
250	Nitika	FBSS	Female	Student
251	Shivani	Fbss	Female	Student
252	Aastha Bensla	FBSS	Female	Student
253	Maria	FBSS	Female	Student
254	Varsha	Fbss	Female	Student
255	Himanshi verma	FBSS	Female	Student
256	Dhruv	Psychology	Male	Student
257	Medhawini Makkar	FBSS	Female	Student
258	Dr. Shaveta Bhatia	Computer Applications	Female	Faculty/ Staff
259	Sourav dhawan	Fbss	Male	Student
260	Harnaaz Baweja	FBSS	Female	Student

261	Srija Kaistha	FBSS	Female	Student
262	Toolika	FBSS	Female	Student
263	Mansi kaushik	Fbss	Female	Student
264	aashima	fbss	Female	Student
265	Mitush	FBSS	Male	Student
266	Shatarupa Chakraborty	Department of Applied Psychology, FBSS	Female	Faculty/ Staff
267	Sakshi baisoya	FBSS	Female	Student
268	Pooja Dubey	FBSS	Female	Student
269	Priya	Fbss	Female	Student
270	Jessica chawla	FBSS	Female	Student
271	Archana Dureja	Nutrition and Dietitics	Female	Student
272	Pratibha	FBSS	Female	Student
273	Ojasvi Gulati	FBSS	Female	Student
274	Vinita	FBSS	Female	Student
275	Apoorva kohli	Fbbs	Female	Student
276	Diti	FBSS	Female	Student
277	Sagar sarang	FBSS	Male	Student
278	Yuvanue	Fbss	Male	Student
279	Anshita Pandey	FBSS	Female	Student
280	Priya	Fbss	Female	Faculty/ Staff
281	Shaveta	Economics	Female	Faculty/ Staff
282	TAOCHILA	M.A APPLIED PSYCHOLOGY, 3rd semester, FBSS	Female	Student
283	Somya Sharma	FMeH, J&MC	Female	Faculty/ Staff
284	Aakriti Mittal	M.A./M.Sc. Applied Psychology	Female	Student
285	smriti	FAD	Female	Faculty/ Staff
286	Pooja diwaker	FBSS	Female	Student
287	Sakshi Chaudhary	FBSS	Female	Student
288	Neha Narwal	FBSS(psychology 3rd sem)	Female	Student
289	Admya	Fbss	Male	Student
290	Vaani Gupta	FBSS	Female	Student
291	Divya Garg	Faculty of architecture and design	Female	Student
292	Onshi ahuja	Faculty of architecture and design	Female	Student
293	Rashmita Nayak	Bsc in Interior Design	Female	Student
294	PRIYANKA KHANNA	FACULTY OF ARCHITECT AND DESIGN	Female	Student
295	PRIYANKA KHANNA	FACULTY OF ARCHITECT AND DESIGN	Female	Student
296	Preeti Singh	Economics	Female	Faculty/ Staff



297	Deepti Dabas Hazarika	Faculty of Management Studies	Female	Faculty/ Staff
298	Saumya bhatia	FCBS	Female	Student
299	Vikash Talan	Business studies	Male	Student
300	Minakshi	Bsc applied psychology	Female	Student
301	Ridhi Khattar	FMS	Female	Faculty/ Staff
302	Manoj Jha	FMS	Male	Faculty/ Staff
303	Manisha Grover	Fms	Female	Faculty/ Staff
304	srishti chhabra	fbss	Female	Student
305	Sunita Bansal	Civil Engineering	Female	Faculty/ Staff
306	Prof. Anil Sarin	FMS	Male	Faculty/ Staff
307	DEEPAK KUMAR SINGH	FMS	Male	Student
308	SHILPA ARORA	Fms	Female	Faculty/ Staff
309	Anshu garg	Fcbs	Male	Student
310	Dr.Stuti Sahni	FMS	Female	Faculty/ Staff
311	Vanshika	FBSS Psychology	Female	Student
312	Kshitij	DbS	Male	Student
313	Divleen kaur chawla	Faculty of behavioral and social science(psychology)	Female	Student
314	Liza	Fbss	Female	Student
315	Ankur Sharma	Public Health Dentistry	Male	Faculty/ Staff
316	Dr. Akshara Singh	FDS	Female	Faculty/ Staff
317	Reena Doomra	Pharmacology	Female	Faculty/ Staff
318	Dr. Bhavesh	FMS, MRIIRS	Male	Faculty/ Staff
319	Meghna	FMS	Female	Faculty/ Staff
320	Dr. Farhat Mohsin	FMS	Female	Faculty/ Staff
321	Shakila Mahesh	Microbiology	Female	Faculty/ Staff
322	Dr Anupama V Betigeri	Physiology	Female	Faculty/ Staff
323	Vishal Kumar	EECE	Male	Student
324	Amrinder Kaur	EECE	Female	Faculty/ Staff
325	Rahul Bisht	Eee	Male	Student
326	ROCKY BHAI	EEE	Male	Student
327	Baishali Panda	EEE	Female	Student
328	Anshul Gupta	EECE	Male	Student
329	Rahul Bisht	EECE	Male	Student
330	ANANDA KRISHNAN NAIR	EECE	Male	Student
331	Aastha	Bds	Female	Student
332	Vidhi	Dental	Female	Student
333	Charchitraj singh	Dental	Male	Student
334	sanchi	mrdc	Female	Student

335	Ishika	FET-ECE(IOT)	Female	Student
336	DR NARESH SHARMA	MRDC	Male	Faculty/ Staff
337	Ankit kumar	MRDC	Male	Student
338	Shivya narula	Bds (mrdc)	Female	Student
339	Anushka choudhary	Dental	Female	Student
340	Priyanshee	EECE	Female	Student
341	Manmeet	Mrdc	Female	Student
342	Arjun	Bds 1st year	Male	Student
343	Arti dubey	Mrdc	Female	Student
344	Aditya Bhardwaj	BDS	Male	Student
345	Akif	MRDC	Male	Student
346	Shivangi	Bds	Female	Student
347	Arpita Dikshit	Dental	Female	Student
348	Chirag Kalha	Mrdc	Male	Student
349	Hemang Kapoor	Dental	Male	Student
350	Raunit kumar yadav	BDS 1st year	Male	Student
351	Jasneek	MRDC	Female	Student
352	Dr. Akshara Singh	FDS	Female	Faculty/ Staff
353	Saubhagya	BDS	Female	Student
354	Ishika chandra	Bds	Female	Student
355	Danish Qamar	BDS 1st year	Male	Student
356	Anila Varghese	Bds	Female	Student
357	Kruthiventi Hemalata	MRDC	Female	Student
358	Devesh Rao Sarvade	EEE	Male	Student
359	Naukhez Aslam	Faculty of Engineering	Male	Student
360	Juhi Singhla	MRDC	Female	Student
361	lipika gopal	FDS	Female	Faculty/ Staff
362	Bani Talwar	Dental	Female	Student
363	Saubhagya	BDS	Female	Student
364	MD FAIZAN	MRDC	Male	Student
365	Himanshi panda	Mrdc	Female	Student
366	Rajat	Fms	Male	Faculty/ Staff
367	Kaja sai ragesvari	Bds	Female	Student
368	Shiny Singh	MRDC	Female	Student
369	Megha	Eng Honrs	Female	Student
370	sakshi	fcbs	Female	Student
371	ritika puri	DBS	Female	Student
372	Aayush gupta	Fcbs	Male	Student
373	Sajal vats	FCBS	Male	Student

374	Ishika	FET-ECE(IOT)	Female	Student
375	Tehseem Ahmed	Fcbs	Male	Student
376	Gunjeet kaur Sandhu	BDS-1st year	Female	Student
377	Annu	Dental	Female	Student
378	Ratul Verma	Bba g	Male	Student
379	Aditi chhatri	Business studies	Female	Student
380	Vismaad Singh	BBA G	Male	Student
381	Akash chaudhary	FCBS	Male	Student
382	Akash chaudhary	FCBS	Male	Student
383	Kartikey	Fca	Male	Student
384	Poonam	FCA	Female	Student
385	Rahul Jain	Department of business studies	Male	Student
386	Priyank Kamboj	BDS	Male	Student
387	Tushar Arora	FCA	Male	Student
388	Charu Shriwal	FCA	Female	Student
389	Muskan	DBS	Female	Student
390	Sheena	FBSS	Female	Student
391	Bhoomika sardana	DBS	Female	Student
392	Bhoomika sardana	DBS	Female	Student
393	Dr.Manoj Nayak	Mechanical Engineering	Male	Faculty/ Staff
394	Prashant Verma	BDS 1st year	Male	Student
395	Manisha Vashisht	CSE, FET	Female	Faculty/ Staff
396	Utkarsh sharma	FCBS	Male	Student
397	Dinesh Chawla	Mechanical	Male	Faculty/ Staff
398	Sushant	Mechanical	Male	Faculty/ Staff
399	Shubham Singhal	MRDC	Male	Student
400	Dr. Devdutt	Mechanical Engineering	Male	Faculty/ Staff
401	Bhupender Singh	Mechanical	Male	Faculty/ Staff
402	Jai Chhimwal	Mechanical	Male	Student
403	Sakshi	MRDC	Female	Student
404	ARPIT PTAHAK	Mechanical	Male	Student
405	Tenzin kunga	Bds	Male	Student
406	Bani Talwar	Dental	Female	Student
407	Nitin Tanwar	Business studies	Male	Student
408	Anirudh Sharma	Mechanical	Male	Student
409	Garvit	Mechanical	Male	Student
410	Chandermohan malhotra	Btech mechanical	Male	Student
411	Virender Narula	Mechanical Engineering	Male	Faculty/ Staff
412	Saurabh Sharma	Mechanical	Male	Student
413	Kartik bhadu	Fet	Male	Student

414	Piyush Jangid	MRIIRS	Male	Student
415	SHANTANU PANDEY	Mechanical	Male	Student
416	Akash Kumar	B.tech Mechanical	Male	Student
417	Vishal sharma	Mechanical	Male	Student
418	Ankit Chaudhary	FET	Male	Student
419	Bhuvan Vig	Mechanical Engineering	Male	Student
420	Ankita Dahiya	Fbss	Female	Student
421	ASIMUL HAQUE	FET	Male	Student
422	Basanta Kumar Bhuyan	ME	Male	Faculty/ Staff
423	Garvit	Mechanical	Male	Student
424	Rahul bainsla	ME	Male	Student
425	Riya	FET	Female	Student
426	Akshat Juneja	Btech mechanical	Male	Student
427	Paras chauhan	Mechanical	Male	Student
428	Sumit	Mechanical	Male	Student
429	Asad khan	FET	Male	Student
430	harshit	FET	Male	Student
431	PANKAJ SHAKKARWAL	MECHANICAL	Male	Faculty/ Staff
432	ANIKET CHAUDHARY	Mechanical	Male	Student
433	Sunil Kumar	Mechanical Engineering	Male	Faculty/ Staff
434	Bhavishya adhana	Mechanical	Male	Student
435	sorabh	mechanical	Male	Faculty/ Staff
436	Aman kumar	Mechanical	Male	Student
437	Joydeep Chakraborty	Mechanical Engg Department	Male	Faculty/ Staff
438	Rohit Sharma	FET	Male	Student
439	Anubhav Khandelwal	Mechanical engineering department	Male	Faculty/ Staff
440	Rameezut Tauheed	Civil Engineering	Male	Faculty/ Staff
441	Rameezut Tauheed	Civil Engineering	Male	Faculty/ Staff
442	Dr. Rajeev Kumar	Applied Science (Chemistry)	Male	Faculty/ Staff
443	Narinder Tanwar	FCBS	Male	Faculty/ Staff
444	Aman Bharadwaj	Mechanical	Male	Student
445	Harshit Bansal	FCBS	Male	Student
446	Ankita Sharma	Nutrition and dietetics	Female	Faculty/ Staff
447	TRIYANK MISHRA	FET	Male	Student
448	Gaurav kumar	Mechanical	Male	Student
449	Rishabh Yadav	FET(Mechanical)	Male	Student

450	Kunal	Fcbs	Male	Student
451	Ram swami	Mechanical	Male	Student
452	Sudhanshu Raghav	Mechanical	Male	Student
453	Sidharth ram	Fet	Male	Student
454	Shubham	Fcbs	Male	Student
455	Shilpa bhatia	FCBS	Female	Faculty/ Staff
456	Nitin Tanwar	Business studies	Male	Student
457	Megha	Eng Honrs	Female	Student
458	Vartika Sinha	Department of Business Studies	Female	Student
459	Vikas giri	Mechanical	Male	Student
460	Vikram Singh	Applied Sciences	Male	Faculty/ Staff
461	Dinesh Sharma	FET	Male	Student
462	Pranjal Nath	DbS	Male	Student
463	RAVNEET SINGH	B. Tech mechanical	Male	Student
464	Kunal Chauhan	Mechanical	Male	Student
465	Mukta Sharma	Chemistry	Female	Faculty/ Staff
466	Tarun Sharma	Mechanical Engineering FET	Male	Student
467	ritika puri	DBS	Female	Student
468	AAKASH RAWAT	MECHANICAL	Male	Student
469	Devashish Nagar	Mechanical	Male	Student
470	Ashish	Fet	Male	Student
471	Surjeet singh	Fcbs	Male	Student
472	Vikash Talan	Business studies	Male	Student
473	SHANTANU PANDEY	Mechanical	Male	Student
474	Ashutosh Kumar Roy	FCA	Male	Student
475	RAJNI SHARMA	EECE	Female	Faculty/ Staff
476	Ridhi Khattar	FMS	Female	Faculty/ Staff
477	RAJNISH SAXENA	ME	Male	Faculty/ Staff
478	Bhoomika sardana	DBS	Female	Student
479	Anjali	Fca	Female	Student
480	Shammy	FCA	Male	Student
481	Anshika Verma	DBS	Female	Student
482	Aastha Sharma	FBSS	Female	Student
483	Shammy	FCA	Male	Student
484	Bani Talwar	Dental	Female	Student
485	Sidhant	BTech mechanical integrated	Male	Student
486	Kadambari Harit	DENTAL	Female	Student
487	Abhishek verma	Applied psychology	Male	Student



488	Shashi Kant	Mechanical Engineering	Male	Faculty/ Staff
489	ANIKA SINGH	FAD	Female	Faculty/ Staff
490	Stephin philip	BCA	Male	Student
491	Kapila	MRDC	Female	Faculty/ Staff
492	NISHCHAY CHANANA	FAD	Male	Student
493	Muskan Gupta	Faculty of Architecture & Design	Female	Student
494	Nidhi	BCA	Female	Student
495	Abhishek Upadhyay	Mech	Male	Student
496	Eeshan Khan	B-tech mechanical	Male	Student
497	Pratibha kumari	Faculty of Computer application	Female	Student
498	Robin Ahuja	FCA	Male	Student
499	sneha	fbss	Female	Student
500	Tripti Tyagi	English	Female	Faculty/ Staff
501	Nikhil Tyagi	FCA	Male	Student
502	Gokul Rajesh	Faculty of architecture and design (FAD)	Male	Student
503	Rohan	FCA	Male	Student
504	Digvijay singh	MEch Industry Integrated	Male	Student
505	Neha	Student	Female	Student
506	Raas Khanna	FCA	Male	Student
507	Sachin Aneja	Dr OP Bhalla Foundation	Male	Faculty/ Staff
508	Ritika	Zoology	Female	Outside the organisation
509	Ritika	Zoology	Female	Outside the organisation
510	Mansi	Prosthodontic	Female	Faculty/ Staff
511	Zohir	FCA	Male	Student
512	Bhavya	FBSS	Female	Student
513	Kaushal Yadav	FAD	Male	Student
514	Anshika Verma	DBS	Female	Student
515	Jagbeer	Fet	Male	Student
516	Jai Prakash	Mechanical	Male	Student
517	Sahil Kashyap	FCA	Male	Student
518	Kritika	Bsc nutrition amd dietetics	Female	Student
519	Rajnika Debnath	FET	Female	Student
520	Tanvi Sharma	FET, CSE	Female	Student
521	Satyam Singh	Nutrition and Dietetics	Male	Student
522	Akansh B Tirkey	Department of Business Studies	Male	Student
523	Anjali	Commerce and business studies	Female	Student

524	Kasif jilani	EEE	Male	Student
525	Esha Chhawari	Applied psychology honours FBSS	Female	Student
526	Tanvi asija	Nutrition and dietetics	Female	Student
527	Suyash	CSE-CSF	Male	Student
528	Saubhagya	BDS	Female	Student
529	Riya	Nutrition and dietetics	Female	Student
530	Ananya Khurana	Btech -CSE(N)	Female	Student
531	Taranbeer singh	Computer applications	Male	Student
532	Nitin rao	Yoga Teacher	Male	Faculty/ Staff
533	Minal garg	Fca	Female	Student
534	Minal garg	Computer applications	Female	Student
535	Sahil Kashyap	FCA	Male	Student
536	Adarsh Choudhary	Mechanical	Male	Student
537	ANIKET MODGIL	Fca	Male	Student
538	Arya	Bjmc	Female	Student
539	Ishu Gupta	Dental	Male	Student
540	Dipanshu	FCBS - B.com(H)	Male	Student
541	sanskar saxena	Mechanical	Male	Student
542	Guransh singh	FET mrchanical	Male	Student
543	Akshay malik	Bsc nutrition and dietetics	Male	Student
544	Nischal Thapa	Mechanical,FET	Male	Student
545	Poonam	Yoga	Female	Outside the organisation
546	Vikas sharma	FCA	Male	Student
547	Sachin	Mechanical	Male	Student
548	Thungdeno B Kikon	Nutrition & Dietitics	Female	Student
549	How i reduce wait	how yoga help me in migrain	Female	Student
550	srishti	nutrition And dietetics	Female	Student
551	Nakshatra Mishra	Commerce	Male	Student
552	Shalini	Yoga	Female	Outside the organisation
553	Ritika	Hotel Management	Female	Faculty/ Staff
554	Abir	FAS	Male	Student
555	Dharmender	Defense	Male	Outside the organisation
556	Shipra Arora	Nutrition and Dietetics	Female	Student
557	Neha	Nutrition and dietitics	Female	Student
558	sabiha imran	biotechnology	Female	Faculty/ Staff
559	Atul jangra	MECH	Male	Student
560	Tannisha Vadhavan	Nutrition and dietetics	Female	Student
561	Ratish Chandra	Department of Genetics,	Male	Outside the

	Mishra	MDU, Rohtak, Haryana		organisation
562	Jala Tomer	FET	Male	Student
563	Renu	FAHS	Female	Student
564	Deepanshi	Bsc nutrition and dietitics	Female	Student
565	Vikas Kadyan	Delhi Police	Male	Outside the organisation
566	Vivek Malhotra	Faculty of Computer Applications	Male	Student
567	Dr. Simran Kaur	Commerce	Female	Faculty/ Staff
568	Amandeep Dhaliwal	FMS	Female	Faculty/ Staff
569	Monika Garg	CSE	Female	Faculty/ Staff
570	Aditi chhatri	Business studies	Female	Student
571	Abhishek Tyagi	Sports	Male	Faculty/ Staff
572	Sonali Gupta	Aeronautical Engineering	Female	Faculty/ Staff
573	Tanish Karmakar	FAD	Male	Faculty/ Staff
574	Samar Kalra	FET	Male	Student
575	Dr. Sandeep Srivastava	Applied Sciences	Male	Faculty/ Staff
576	Pooja	Yoga psychology	Female	Outside the organisation
577	Deepika Dhankar	FCBS	Female	Student
578	Deepika Dhankar	FCBS	Female	Student
579	Archit sadh	Home buessness	Male	Outside the organisation
580	Rajni Sharma	EECE	Female	Faculty/ Staff
581	Shilpa Chapadgaonkar	Biotechnology	Female	Faculty/ Staff
582	PROBIR MONDAL	Civil	Male	Faculty/ Staff
583	Vaibhav vashist	Mechanical	Male	Student
584	Aman Singh	FBSS Applied Psychology	Male	Student
585	Nikita Tomar	Hotel Management	Female	Faculty/ Staff
586	Aakash kumar	PGDM	Male	Outside the organisation
587	Aastha Sharma	FBSS	Female	Student
588	Simple Sharma	CSE	Female	Faculty/ Staff
589	Amana	EECE	Female	Faculty/ Staff
590	Dr Dinesh K Gautam	English	Male	Faculty/ Staff
591	Romisha	CSE	Female	Faculty/ Staff
592	Rajat Gera	Management	Male	Faculty/ Staff
593	Dr N C Wadhwa	Director General - MREI	Male	Faculty/ Staff
594	Abhita	Orthodontics	Female	Faculty/ Staff
595	Divyanshi	Fms	Female	Student

596	Divyanshi	Fms	Female	Student
597	Divyanshi	Fms	Female	Student
598	Lavina Malhotra	Fds	Female	Student
599	Kartik Jatwani	biotechnology	Male	Student
600	Deepali	EECE	Female	Faculty/ Staff
601	VIJAY KUMAR	Applied sciences	Male	Faculty/ Staff
602	Anshnoor	FBSS	Male	Student
603	Aniket	BCA	Male	Student
604	Asif	fac	Male	Student
605	Sumit	Mechanical	Male	Student
606	Akif	MRDC	Male	Student
607	Jasneek	MRDC	Female	Student
608	Nischal Thapa	Mechanical,FET	Male	Student
609	Muskan gupta	Bsc. nutrition & dietetics	Female	Student
610	Sumedha chakraborty	Nutrition and dietetics	Female	Student
611	komal kumari	Bsc( nutrition and dietetics)	Female	Student
612	Saumya shree	Nutrition and dietetics	Female	Student
613	Yogesh bainsla	Fcbs	Male	Student
614	Dev baisla	Fcbs	Male	Student
615	Keshav sharma	Commerce	Male	Student

## Attendance Sheet- Live Interactive Session

### Registration for Live Interactive Session with Manoj Kumar Yogacharaya

S.No	Name	Department	Gender	How you are connected with Manav Rachna as
1	Deepak Sharma	Registrar Office	Male	Faculty
2	DR.MADHURI BHATIA	FACULTY OF DENTAL SCIENCES	Female	Faculty
3	ACHINT KAUR	MRIS MOHALI	Female	Faculty
4	NITIKA	ECE	Female	Faculty
5	Phalguni Sharma	MRDC	Female	Faculty/ Staff
6	Lucy George	Nutrition and dietetics	Female	Faculty/ Staff
7	Shweta Sharma	Physiotherapy	Female	Faculty/ Staff
8	Dr Dharendra KUMAR	Botany	Male	Faculty/ Staff
9	Sachin	Education	Male	Outside the organisation
10	Upasana Yadav	Nutrition and dietetics	Female	Faculty/ Staff
11	Dr Rashmi Agrawal	Computer Applications	Female	Faculty/ Staff
12	anupama pankaj	computer applications	Female	Faculty/ Staff
13	kapila	bt	Female	Faculty/ Staff
14	vandana garg	nutrition & dietetics	Female	Faculty/ Staff
15	Raj Kumar	Computer applications	Male	Faculty/ Staff
16	Deepak Kumar	sports	Female	Faculty/ Staff
17	Dr. Sonia Duggal	FCA	Female	Faculty/ Staff
18	Dr Sachin Sharma	FCA	Male	Faculty/ Staff
19	Saket Kumar Choudhary	FCA	Male	Faculty/ Staff
20	Sonia Setia	Faculty of Computer Applications	Female	Faculty/ Staff
21	Mridula Batra	Computer Applications	Female	Faculty/ Staff
22	Seema sharma	FCA	Female	Faculty/ Staff
23	Sreetama Saha Chowdhury	FMEH	Female	Student
24	Ankita Bharti	J & MC	Female	Faculty/ Staff
25	TUSHAR KAUSHIK	Fmeh	Male	Student
26	Dr. M. Sneha	Nutrition and Dietetics	Female	Faculty/ Staff



	Nair			
27	Shashwat Malik	FMeH	Male	Student
28	Akul julka	Fmeh	Male	Student
29	Madhvi	Nutrition and dietetics	Female	Faculty/ Staff
30	ETISHA MITTAL	MRIIRS(FMEH)	Female	Student
31	Divya Arora	FMeH	Female	Student
32	shivangi jhamb	fmeh	Female	Student
33	Saumya Rathi	FMEH	Female	Student
34	Kritika upadhyay	Fmeh	Female	Student
35	shivangi jhamb	fmeh	Female	Student
36	Kavya goswami	faculty of media studies and humanities	Female	Student
37	MUKUL UPADHYAY	FMEH	Male	Student
38	Kanishka Bisht	FMEH	Female	Student
39	Rajvi Somani	FMeH (BJMC)	Female	Student
40	Srishti Negi	FAHS	Female	Faculty/ Staff
41	Yatharth Dhingra	FMeH	Male	Student
42	Yajneh bagga	Bajmc(Fmeh)	Male	Student
43	MANAN	BAJMC	Male	Student
44	Virat Sharma	FMeH	Male	Student
45	Abhishek Mangla	Automobile	Male	Student
46	Sarvesh Bisht	FMEH	Male	Student
47	Akanksha	FMEH	Female	Student
48	Kanishka Garg	FMeH	Female	Student
49	PRASHANT DIXIT	CSE	Male	Faculty/ Staff
50	Gourisha Goel	FET	Female	Student
51	Linshu Gandhi	Faculty of engineering and technology. Mathematics department	Female	Student
52	Manmeet Kaur	BTech-cse-cc	Female	Student
53	Amrinder Kaur	EECE	Female	Faculty/ Staff
54	Anshita garg	fcbs	Female	Student
55	Prerit	CSE	Male	Student
56	Ajay kumar	Btech EEE	Male	Student
57	NAUKHEZ ASLAM	Faculty of Engineering	Male	Student
58	Kasif jilani	Eee	Male	Student
59	Kajal Chauhan	bba	Female	Student
60	Rahul Bisht	Eee	Male	Student
61	Dhananjay	Fcbs	Male	Student
62	Anshul Gupta	Btech EEE	Male	Student

63	Charul	FCBS	Female	Student
64	Riya Singh	Fcbs	Female	Student
65	Devesh Rao Sarvade	Electrical and electronics engineering	Male	Student
66	Ankit	Fcbs	Male	Student
67	Gaurav Shukla	Journalism & Mass communication/FMeH	Male	Faculty/ Staff
68	DR. SHIVANI VASHIST	ENGLISH	Female	Faculty/ Staff
69	Harshita Barthwal	FCBS	Female	Student
70	Baishali Panda	EEE	Female	Student
71	Priyanshee Bhatia	BTech-EEE	Female	Student
72	Vinay Bansal	B tech (CSE)-Cloud Computing	Male	Student
73	Priyanshee Bhatia	BTech-EEE	Female	Student
74	Vishal Kumar	EEE	Male	Student
75	Manoj Raut	FMeH	Male	Faculty/ Staff
76	Dr. Suman Kumari	J&MC, FMeH	Female	Faculty/ Staff
77	Gaurav gupta	FCBS	Male	Student
78	Sourav Sengupta	Business Studies	Male	Student
79	Khushal sharma	Fcbs	Male	Student
80	Jasleen Kaur	FCBS	Female	Student
81	Pranit Sood	Fcbs	Male	Student
82	Amit Atri	EECE	Male	Faculty/ Staff
83	Dr Anupriya Jain	Computer Applications	Female	Faculty/ Staff
84	Gaurav gupta	FCBS	Male	Student
85	Mitali Mohanty	Department of Journalism and Mass Communication	Female	Faculty/ Staff
86	Ankit	Fcbs	Male	Student
87	Devansh	CSE	Male	Student
88	Shivani Singh	B.Tech CSE (CC-IBM)	Female	Student
89	PRIYANKA BHAYANA	FCBS	Female	Faculty/ Staff
90	Mitansh	Fcbs	Male	Student
91	Gaurav gupta	FCBS	Male	Student
92	Dr. Swati Chauhan	English	Female	Faculty/ Staff
93	Nippun Mangla	DBS	Male	Student
94	Dr Sujata	English	Female	Faculty/ Staff
95	Priyanshu	Fcbs	Male	Student

	Bidhuri			
96	Veenu karakoti	Fmeh	Female	Student
97	Rohit kumar	Bba (g)	Male	Student
98	Srishti Rawat	FET CSE	Female	Student
99	Hitik madaan	Fcbs	Male	Student
100	Prabhjeet singh	Fcbs	Male	Student
101	Ashi sharma	FCBS	Female	Student
102	Vanshika vats	Department of Business studies	Female	Student
103	Sourav Sengupta	Business Studies	Male	Student
104	Sakshi	BBA GENERAL	Female	Student
105	Deepika singh	Fcbs	Female	Student
106	Mansi Varshney	ECE (IOT)	Female	Student
107	Dr Pratima Manhas	EECE	Female	Faculty/ Staff
108	Sahil sahu	Fcbs	Male	Student
109	Sahil Gandhi	Department of Business Studies	Male	Student
110	Shreya khokhar	Fcbs	Female	Student
111	Gargi Shodangi	B.tech ECE	Female	Student
112	Sagar kc	FET	Male	Student
113	Harshita Negi	Journalism and Mass communication	Female	Student
114	Tushar	FCBS	Male	Student
115	Yash Bhardwaj	ECE	Male	Student
116	sunita joshi	FCA	Female	Faculty/ Staff
117	Arunabh singh	Btech (ECE)	Male	Student
118	Sourabh Kumar	DBS	Male	Student
119	Harshit mishra	Fcbs	Male	Student
120	Shubham Goel	FCBS	Male	Student
121	Deepanshu Gujral	FCBS	Male	Student
122	Aditi	Fcbs	Female	Student
123	Yuvraj	FCBS	Male	Student
124	Chetan kaushik	Management and business studies	Male	Student
125	ANMOL SINGH	Automobile	Male	Student
126	Ruchika Sharma	FCBS	Female	Student
127	Janvee bhatia	FCBS	Female	Student
128	DHEERAJ KASHYAP	AUTOMOBILE ENGINEERING	Male	Student
129	Amit sharma	FCBS	Male	Student
130	Piyush Raichand	FCBS	Male	Student
131	Vishnu Rai	FCBS	Male	Student

132	Shikha vasishtha	Faculty of commerce & business studies	Female	Student
133	Shikha vasishtha	Faculty of commerce & business studies	Female	Student
134	Gift Pon Lazarus D	Civil Engineering	Male	Faculty/ Staff
135	Jyoti Sharma	English	Female	Faculty/ Staff
136	Suraj Kumar singh	B tech ECE	Male	Student
137	Bobby pilwan	Fcbs	Male	Student
138	Mansi Singh	FCBS	Female	Student
139	Manmeet Kaur	BTech-cse-cc	Female	Student
140	Sagar Sharma	Fcbs	Male	Student
141	Sushil Kumar Saluja	FHM	Male	Faculty/ Staff
142	Suprabhath Roy	FHM	Male	Faculty/ Staff
143	Aman Sunny	ECE	Male	Student
144	Dr. Narender Suhag	Hotel Management	Male	Faculty/ Staff
145	Rahul	FET	Male	Student
146	Rahul	FET	Male	Student
147	Divyansh Bansal	Btech CSE	Male	Student
148	mohit kumar	CCA	Male	Student
149	Dhruv soni	FAD	Male	Student
150	Shabeena	FAD	Female	Faculty/ Staff
151	Ananya Rajawat	FAD	Female	Student
152	Gautam Mishra	FAD	Male	Student
153	Somya Sharma	FMeH, J&MC	Female	Faculty/ Staff
154	Srishti	Faculty of architecture and design	Female	Student
155	Divya Garg	Faculty of architecture and design	Female	Student
156	Onshi ahuja	Faculty of architecture and design	Female	Student
157	smriti	FAD	Female	Faculty/ Staff
158	Divya	Faculty of architecture and design	Female	Student
159	Rashmita Nayak	Bsc in Interior Design	Female	Student
160	PRIYANKA KHANNA	FACULTY OF ARCHITECT AND DESIGN	Female	Student
161	Deepti Dabas Hazarika	Faculty of Management Studies	Female	Faculty/ Staff
162	Saumya Bhatia	FCBS	Female	Student
163	Arjun	Bds	Male	Student

164	Akif	Bds	Male	Student
165	sanchi	mrdc	Female	Student
166	Annu	Dental	Female	Student
167	Rohit singh	Btech	Male	Student
168	Daksh Bhatnagar	BDS	Male	Student
169	Himanshi panda	Mrdc	Female	Student
170	Dr. Jayashree Hazarika	English	Female	Faculty/ Staff
171	Ridhi Khattar	FMS	Female	Faculty/ Staff
172	Akansha Dixit	BDS	Female	Student
173	Manisha Grover	Fms	Female	Faculty/ Staff
174	Prof. Anil Sarin	FMS	Male	Faculty/ Staff
175	Juhi singhla	MRDS	Female	Student
176	Juhi singhla	MRDC	Female	Student
177	SHILPA ARORA	Fms	Female	Faculty/ Staff
178	Dr.Stuti Sahni	FMS	Female	Faculty/ Staff
179	Shivani	FMS	Female	Student
180	Kapila	MRDC	Female	Faculty/ Staff
181	Ankur Sharma	Public Health Dentistry	Male	Faculty/ Staff
182	Sridhar Kannan	Orthodontics	Male	Faculty/ Staff
183	Dr. Bhavesh	FMS, MRIIRS	Male	Faculty/ Staff
184	Akif	Bds	Male	Student
185	Dr Meghna Chhabra	FMS	Female	Faculty/ Staff
186	Dr. Farhat mohsin	FMS	Female	Faculty/ Staff
187	Dr Anupama V Betigeri	Physiology	Female	Faculty/ Staff
188	Shakila Mahesh	Microbiology	Female	Faculty/ Staff
189	VISHAL KUMAR	EECE	Male	Student
190	Charchitraj singh	Dental	Male	Student
191	Vidhi	Dental	Female	Student
192	Saumya Bhatia	FCBS	Female	Student
193	Dac	MRDC	Male	Faculty/ Staff
194	Priya kataria	BDS	Female	Student
195	Nikki Tyagi	BDS	Female	Student
196	anisha	bds	Female	Student
197	Akriti singh	Bds	Female	Student
198	Priya kataria	BDS	Female	Student
199	Lavina Malhotra	Bds	Female	Student
200	Samridhi	Dental	Female	Student
201	sasha	Bds	Female	Student
202	Ishmeen	MRDC	Female	Student



203	Sakshi Gupta	Bds second year	Female	Student
204	Dr.Madhuri Bhatia	Faculty of dental science,Mriu	Female	Faculty/ Staff
205	Sejal	BDS	Female	Student
206	Amritha Nair	BDS	Female	Student
207	Aarushi Sharma	Manav Rachna Dental College BDS 2nd year	Female	Student
208	hritik	Dental	Male	Student
209	Sakshi Sharma	BACHELOR OF DENTAL SURGERY	Female	Student
210	Harmandeep singh	BDS	Male	Student
211	Garima Singh	BDS	Female	Student
212	Kritika singh	Bds	Female	Student
213	Savita	Pathology	Female	Faculty/ Staff
214	Minakshi	Dental	Female	Student
215	Tarasha	MRDC	Female	Student
216	Khushi Mahey	Dental	Female	Student
217	Dushyant	BDS	Male	Student
218	Bhumika Bhardwaj	BDS	Female	Student
219	Rupal Chauhan	BDS	Female	Student
220	Yashasvi sharma	Dental	Female	Student
221	Nitya	Dental	Female	Student
222	sakshi somani	fcbs	Female	Student
223	Aayush Gupta	Fcbs	Male	Student
224	Sajal vats	FCBS	Male	Student
225	Radhika Pujara	Bachelor of dental surgery	Female	Student
226	Radhika Pujara	Bachelor of dental surgery	Female	Student
227	Radhika Pujara	Bachelor of dental surgery	Female	Student
228	Arshiya Munish Sibbal	BDS	Female	Student
229	Tushar Arora	FCA	Male	Student
230	Charu Shriwal	FCA	Female	Student
231	Reenam	Mrdc	Female	Student
232	Muskan singh	Bds	Female	Student
233	Tarasha	MRDC	Female	Student
234	Manisha Vashisht	CSE, FET	Female	Faculty/ Staff
235	Vishal pandey	Civil	Male	Student
236	Raashi Sharma	BDS 2nd year	Female	Student
237	Manya	Dental	Female	Student
238	Neha Yadav	MRDC	Female	Student
239	Utkarsh sharma	FCBS	Male	Student

240	Sushant	Mechanical	Male	Faculty/ Staff
241	Saiyam Gupta	Bds	Male	Student
242	Mohit Tewatia	B.tech civil	Male	Student
243	Kapil	Fca	Male	Student
244	virender Narula	Mechanical Engineering FET	Male	Faculty/ Staff
245	Ankit Singh	Civil	Male	Student
246	Karan Sharma	Civil	Male	Student
247	Rahul yadav	FCA	Male	Student
248	BIRESH KUMAR	Civil	Male	Student
249	Dr. Rajeev Kumar	Applied Science (Chemistry)	Male	Faculty/ Staff
250	Narinder Tanwar	FCBS	Male	Faculty/ Staff
251	Radhika Pujara	Bachelor of dental surgery	Female	Student
252	Rameezut Tauheed	Civil Engineering	Male	Faculty/ Staff
253	Shubham	Fcbs	Male	Student
254	anupama rajput	CHEMISTRY	Female	Faculty/ Staff
255	Dr. Nisha Bansal	Applied Sciences	Female	Faculty/ Staff
256	Chitta	FCA	Female	Faculty/ Staff
257	Ridhi Khattar	FMS	Female	Faculty/ Staff
258	Neerja Negi	FCA	Female	Faculty/ Staff
259	Aman singhal	DBS	Male	Student
260	Nidhi	Bca	Female	Student
261	Pratibha kumari	Faculty of computer application	Female	Student
262	Sachin Aneja	Dr OP Bhalla foundation	Male	Faculty/ Staff
263	Akul julka	Fmeh	Male	Student
264	Zohir	FCA	Male	Student
265	Sahil Kashyap	FCA	Male	Student
266	Akansh B Tirkey	Department of Business Studies	Male	Student
267	Taranbeer singh	Computer applications	Male	Student
268	Minal garg	Computer applications	Female	Student
269	Akul julka	Fmeh	Male	Student
270	Vaishnavi Kaushik	Computer Applications	Female	Student
271	Sahil kashyap	FCA	Male	Student
272	shahbaz ahsan	FET (civil)	Male	Student
273	Arya	Bjmc	Female	Student
274	Jyoti Verma	Ece	Female	Faculty/ Staff
275	sabiha imran	biotechnology	Female	Faculty/ Staff
276	Dr Ashish Kumar Singh	Manav Rachna Dental College FDS	Male	Faculty/ Staff

277	Vivek Malhotra	Faculty of Computer Applications	Male	Student
278	Amandeep Dhaliwal	Fms	Female	Faculty/ Staff
279	Vimanyu	Btech EEE	Male	Student
280	Minal garg	Computer applications	Female	Student
281	Khushi Mahey	Dental	Female	Student
282	Monika Garg	CSE	Female	Faculty/ Staff
283	SONALI GUPTA	Aeronautical Engineering	Female	Faculty/ Staff
284	Tanish Karmakar	FAD	Male	Faculty/ Staff
285	Dr. Sandeep Srivastava	Applied Sciences	Male	Faculty/ Staff
286	Shivam Singh Tomar	MRDC, Prosthodontics	Female	Faculty/ Staff
287	Nikita Tomar	Hotel Management	Female	Faculty/ Staff
288	Tamanna Saini	BBA BANKING 5	Female	Student
289	Urvashi Chugh	CSE, FET	Female	Faculty/ Staff
290	Romisha	CSE	Female	Faculty/ Staff
291	Dr N C Wadhwa	Director General	Male	Faculty/ Staff
292	Dr. Sarvesh Kumar	Applied Sciences	Male	Faculty/ Staff
293	Abhita	Orthodontics MRDC	Female	Faculty/ Staff
294	SHIVANGI AGGARWAL	FMS	Female	Student
295	Lavina Malhotra	Fds	Female	Student
296	Kartik Jatwani	Biotechnology	Male	Student
297	Deepali	EECE	Female	Faculty/ Staff
298	Devender singh	Ict	Male	Faculty/ Staff
299	Jasvinder kaur	No	Female	Outside the organisation
300	MANDEEP GULATI	Department of Nutrition and Dietetics	Male	Faculty/ Staff
301	Aniket	BCA	Male	Student
302	Monika Tandan	Conservative Dentistry & Endodontics	Female	Outside the organisation
303	Pooja Khurana	Applied Sciences	Female	Faculty/ Staff
304	DEVI SINGH	Applied Sciences	Male	Faculty/ Staff
305	Vandana Tanwar	BDS	Female	Student
306	Shreya Gupta	MRDC	Female	Student
307	Asif	FCA	Male	Student
308	TUSHITA GARG	MRDC	Female	Student
309	Shweta Sharma	CSE	Female	Faculty/ Staff
310	Vikram Singh	Applied Sciences	Male	Faculty/ Staff
311	monika	cse	Female	Faculty/ Staff

312	Neha	Eece	Female	Faculty/ Staff
313	Neha	Eece	Female	Faculty/ Staff
314	Jayant Sundaresan	Department of Applied Psychology	Male	Faculty/ Staff
315	virender narula	Mechanical Engg	Male	Faculty/ Staff
316	Manu Solanki	Biotechnology	Female	Faculty/ Staff
317	Dr. Abhishek K Singh	JMC, FMEH	Male	Faculty/ Staff
318	Dr. Sumit Bhateja	MRDC	Male	Faculty/ Staff
319	Utkarsh sharma	FCBS	Male	Student





# Links

## **YouTube Links**

<https://www.youtube.com/watch?v=4-11Z-omAAk>

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