

# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
दूरभाष : 011-27667458, 27667747  
ई-मेल : principal\_hrc@yahoo.com  
वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI  
Mahatma Hansraj Marg  
Malkaganj, Delhi – 110007  
Tel.: 011-27667458, 27667747  
E-mail: principal\_hrc@yahoo.com  
Website: www.hansrajcollege.ac.in

## NAAC ACCREDITED 'A++' GRADE COLLEGE

A brief Report on Webinar  
**How**  
to Improve your Wellbeing  
Organized by  
Hansraj College University of Delhi  
And  
Quantum Success International

Brochure attached

**G20** 2023 INDIA

71 YEARS 1922-2022

75 YEARS OF INDEPENDENCE

QUANTUM SUCCESS INTERNATIONAL

Hansraj College, University of Delhi  
presents  
**How to Improve  
your Wellbeing**

A webinar that will talk about  
Importance of the Mind, Physical  
Health, Stress Management,  
Focus power and much more.

Date : 6th April, 2023  
Time : 3 pm  
Venue : Google Meet  
Link :  
<http://meet.google.com/avi-fujb-qvs>

**Guest Speaker**  
**BITUPAN BARUAH**  
Wellness Coach, International Speaker  
and Record holder for fitness

**Patrons**  
Prof. (Dr) Rama  
Prof. (Dr) Alka Kacker

**Convenors**  
Dr Pooja Jha Maity  
Dr Sahil Mehta

**Student coordinators**  
Aditya Prakash  
Rajeev Rathore  
Mithil Bhardwaj

# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
दूरभाष : 011-27667458, 27667747  
ई-मेल : principal\_hrc@yahoo.com  
वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI  
Mahatma Hansraj Marg  
Malkaganj, Delhi – 110007  
Tel.: 011-27667458, 27667747  
E-mail: principal\_hrc@yahoo.com  
Website: www.hansrajcollege.ac.in

## NAAC ACCREDITED 'A++' GRADE COLLEGE

**Date:** 06.04.2023

**Time:** 3:00 to 4:00 PM

**Meeting link:** [meet.google.com/avi-fujb-qvs](https://meet.google.com/avi-fujb-qvs)

**Patron:** Prof. Rama (Principal) and Prof. Alka Kacker (Vice Principal)

**Guest Speaker:** Mr Bitupan Baruah (Wellness Coach, International Speaker and Record holder for fitness)

**Convenors:** Dr Pooja Jha Maity and Dr Sahil Mehta (Assistant Professor, Dept. of Botany)

**Student coordinators:** Mr. Aditya Prakash, Mr. Rajeev Rathore and Mr. Mithil Bhardwaj

In a one hour power packed session Mr. Bitupan Baruah (Wellness Coach, International Speaker and Record holder for fitness) gave his lecture on how to train the mind, increase focus & attention and reduce stress. Key take aways from his lecture were 1. Consume right information 2. Meditation/ Silence/ Mind rest by breathing techniques 3. Spend time in nature as sufficient sunlight is required for our body and mind 4. Mind and body are connected and affects each other. 5. Eating natural food and avoiding processed food. His generalized talk was very well perceived by students. Lecture was followed by question answer session. Webinar was attended by 35 participants.

# हंसराज महाविद्यालय

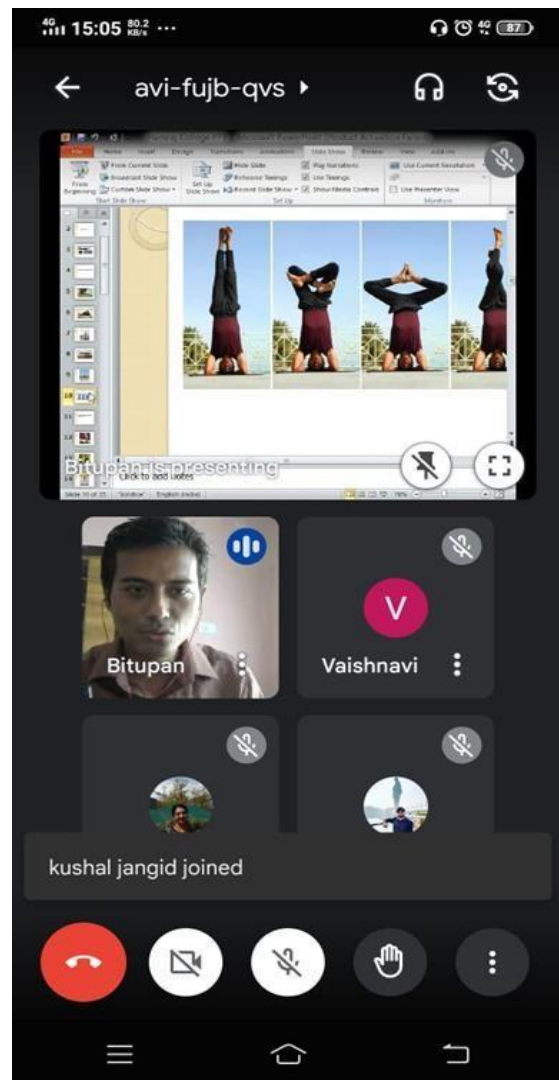
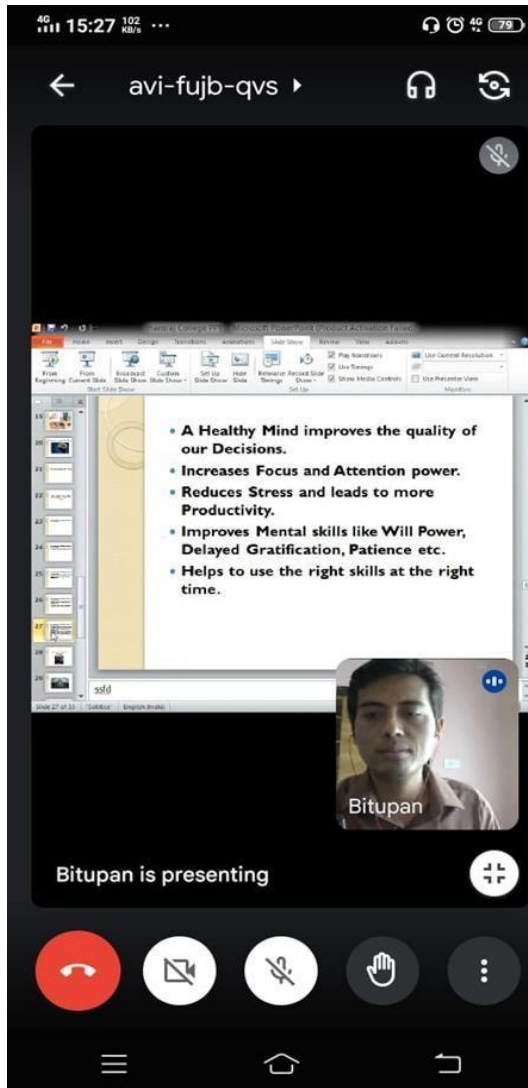
दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
दूरभाष : 011-27667458, 27667747  
ई-मेल : principal\_hrc@yahoo.com  
वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI  
Mahatma Hansraj Marg  
Malkaganj, Delhi – 110007  
Tel.: 011-27667458, 27667747  
E-mail: principal\_hrc@yahoo.com  
Website: www.hansrajcollege.ac.in

**NAAC ACCREDITED 'A++' GRADE COLLEGE**



# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
दूरभाष : 011-27667458, 27667747  
ई-मेल : principal\_hrc@yahoo.com  
वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI  
Mahatma Hansraj Marg  
Malkaganj, Delhi – 110007  
Tel.: 011-27667458, 27667747  
E-mail: principal\_hrc@yahoo.com  
Website: www.hansrajcollege.ac.in

**NAAC ACCREDITED 'A++' GRADE COLLEGE**



Attendance

# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली - 110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal\_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

Malkaganj, Delhi – 110007

Tel.: 011-27667458, 27667747

E-mail: principal\_hrc@yahoo.com

Website: www.hansrajcollege.ac.in

## NAAC ACCREDITED 'A++' GRADE COLLEGE

4G 15:09 19.5 KB/s ...

About this call

People Info Activities

	Mithil Bhardwaj			
	Nishita Yadav			
	Pawan Suthar			
	Richardson Da...			
	Ritu Badgujar			
	Saurav Yadav			
	Shachi singh			
	Shruti Sharan			
	Tarun Kumar			
	The Musical Ge...			
	Vaishnavi Thak...			
	VARUN			

Bottom navigation: Home, Back, Forward

4G 15:09 27.8 KB/s ...

About this call

People Info Activities

	Anshika Arren			
	Anshul			
	Apurva Pandey			
	Ashi Verma			
	Astha Jaiswal			
	Bharti Sheoran			
	Imran Khan			
	Khyati Rawat			
	Kunal			
	kushal jangid			
	Mithil Bhardwaj			
	Nishita Yadav			
	Pawan Suthar			

Bottom navigation: Home, Back, Forward

# हंसराज महाविद्यालय

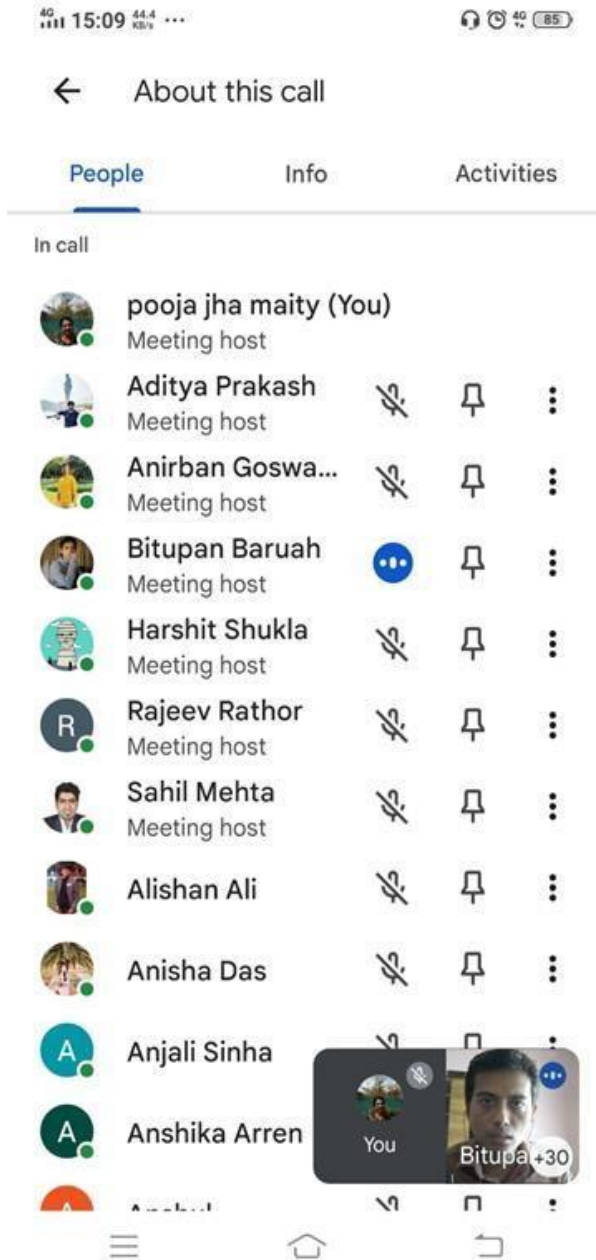
दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
दूरभाष : 011-27667458, 27667747  
ई-मेल : principal\_hrc@yahoo.com  
वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI  
Mahatma Hansraj Marg  
Malkaganj, Delhi – 110007  
Tel.: 011-27667458, 27667747  
E-mail: principal\_hrc@yahoo.com  
Website: www.hansrajcollege.ac.in

## NAAC ACCREDITED 'A++' GRADE COLLEGE



Pooja Maity