Steps:

Step 1:-First remove all pre existing objects.

Step 2:- Then add a torus with the major radius to 5m and minor radius to 0.15m.

Step 3:- Rotate the torus to 90 degrees in X-axis.

Step 4:- Add a plane then scale it in both X and Y-axis.

Step 5:- Now add an array modifier to the torus by making the relative offset value in the X-axis to 0 and in Z-axis to -30. And also make count value to 10.

Step 6:- Now by selecting the plane add material and give the metallic value of 0.778.

Step 7:- By selecting torus add a new material as emission with strength value of 5 and turn on the Bloom, Screen space reflection, Motion blur and Ambient occlusion.

Step 8:- Now add a camera and make the X-axis rotation to 90 degrees and Y-axis to 0. And adjust it according to you.

Step 9:- By selecting torus again add a subdivision modifier. Also add another array modifier with the relative offset value in X-axis to 0 and Z-axis value to 1.1 and also the count value to 20.

Step 10:- By adjusting the plane according to the torus and make the environment darker which goes with the world icon.

Step 11:- Now go to the shading tab. Select the torus and add the color ramp node and plug in into the emission node and change the linear into B-spline and adjust the color.

Step 12:- Now add the object node and plug the color to the factor of colorramp. Also add a separate XYZ node and plug the Y-axis to the factor of the color ramp node.

Step 13:- Add a math node plug in between separate XYZ node and color amp node. And duplicate the math node and plug in between them. And change the math node to multiply when the value is 0 the color is white, -1 the color is pink and 1 the color is blue.

Step 14:- Now move to the layout tab and select the camera and go to zero frame and insert the keyframe and also change the total frames to 240. And adjust the camera according to you.And now insert a keyframe to the 240th frame.

Step 15:- Now time to animate the loop so, go to the shading tab select the math node and also torus. With value 1 insert keyframe at frame 0 and also insert the keyframe at frame 59 with value of 1.

Step 16:- Now insert keyframe at frame 60 and at frame 119 with the value of -1.

Step 17:- Now insert keyframe at frame 120 and at frame 179 with the value of 1.

Step 18:- Now insert keyframe at frame 180 and at frame 240 with the value of -1.

Step 19:- Now go to the layout tab and select the camera and change the focal length to 36mm and finally go to scene settings and go to color management and change the look into medium high contrast and change the animation to 60fbs and export the animation in AVI raw and select the destination to render.

Step 20:- Finally render the animation.