



**हंसराज कॉलेज**  
— दिल्ली विश्वविद्यालय —

**HANSRAJ COLLEGE**  
**University Of Delhi**  
**NAAC Grade A+ with CGPA 3.62**

**2019-2020**

**Name of the Department/Society: National Cadets Corps (NCC)**

**Name of the Event 1: International Yoga day**

**Date of the Event: 21-6-19**

Yoga is the journey of the self, through the self, to the self. I'm standing on my own altar, the poses are my prayers. NCC Hansraj celebrated the International yoga day on 21 June 2019 in Badminton Court. All the cadets participated and showcased different yoga poses and pledged to live a healthy and peaceful life. Cadets performed some of the very essential yoga poses reflecting their agility.

