



**हंसराज कॉलेज**  
— दिल्ली विश्वविद्यालय —

**HANSRAJ COLLEGE**  
**University Of Delhi**  
**NAAC Grade A++ with CGPA 3.71**

**NSS Unit**

**International Day for Yoga (21<sup>st</sup> June 2024)**

**Name of the Event:** Celebration of International Day for Yoga

**Name of Society:** NSS Unit, Hansraj College

**Convenor of Society:** Dr. Apoorva Gupta, NSS Programme Officer

**NSS Unit of Hansraj College conducted as well as participated in various activities to celebrate 10<sup>th</sup> International Day for Yoga. The details are as follows:**

**Activity ONE: Yoga Day Session in UBA adopted village: Sanjay Basti, Timarpur**

**Date of Activity:** June 20, 2024

**Objective of the Event:** Objective of this event was to make aware of yoga asanas and all its aspects to the people of Sanjay Basti, Timarpur.

**Reporting Venue:** Malkaganj Chowk

**Target Area:** Sanjay Basti, Timarpur

**Target Audience:** Residents of Sanjay Basti, Timarpur

**Description of Activity Conducted:**

- On 21<sup>st</sup> of June, International Yoga day is celebrated throughout the world to serve as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being.
- On the occasion of the same, NSS Hansraj celebrated International Yoga Day by conducting a Yoga Session on 20<sup>th</sup> June 2024, in its UBA slum: Sanjay Basti, Timarpur.
- Children and Elders were told about the importance of Yoga and we took Oath to incorporate and practice yoga every day and also to create awareness about the same.
- We also discussed about the benefits of yoga and its holistic approach to physical, mental, and spiritual well-being.
- Yoga Session was held to teach the proper way to do asanas, warm ups and cooling down asanas.

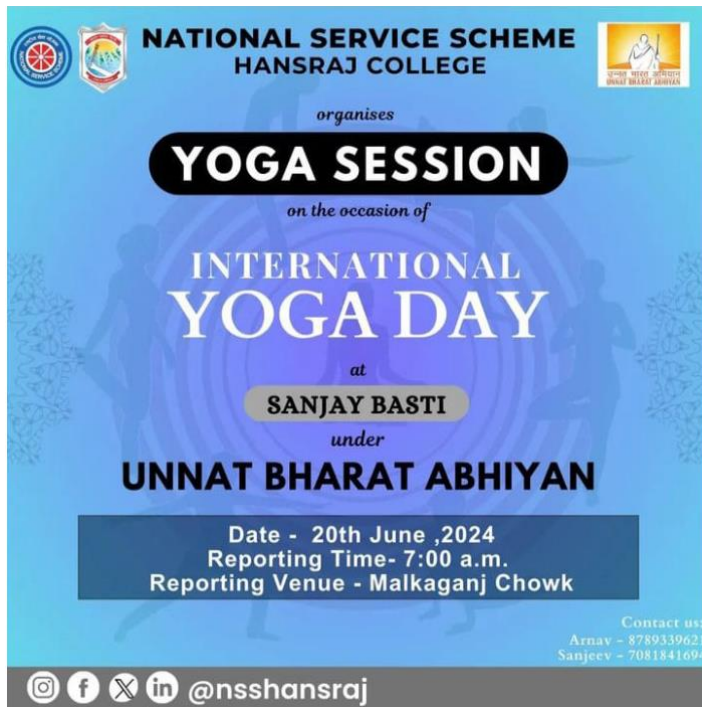


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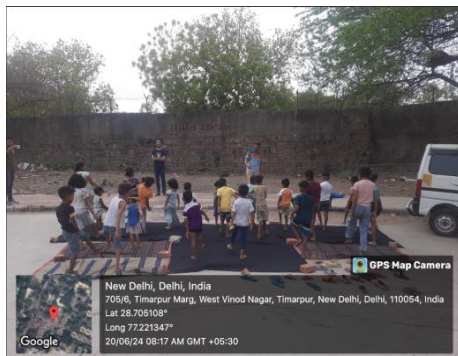
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- The session was largely emphasised to bring joy, health, peace from within and deep sense of connection within an individual and having a healthier life.

#### Poster of the Activity:



#### Selected Geotag Images:





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**No. of Attendees of Sanjay Basti:** 28 Participants

**NSS Students involved:** 4

Sanyam Gupta

Arnav Singh

Sanjeev Shukla

Nishi Ranjan Singh



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### Activity TWO: Participation in Yoga Day Session at University of Delhi

**Date of Activity:** June 21, 2024

#### Description of Activity Conducted:

NSS students and programme officer, along with the principal of the college, attended the Yoga session organized by the University of Delhi on June 21, 2024 at 5:30 AM in the morning. Below is the invite of the session.



#### Geotag images of the activity:



#### NSS Students participated:

Dr. Apoorva Gupta

Shruti Gupta, Muskan Yadav, Sanyam Gupta, Sanjeev Shukla





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### Activity THREE: Organization of Yoga Day Session at Hansraj College

**Date of Activity:** June 21, 2024

**Yoga Instructor:** Priyanka Khurana

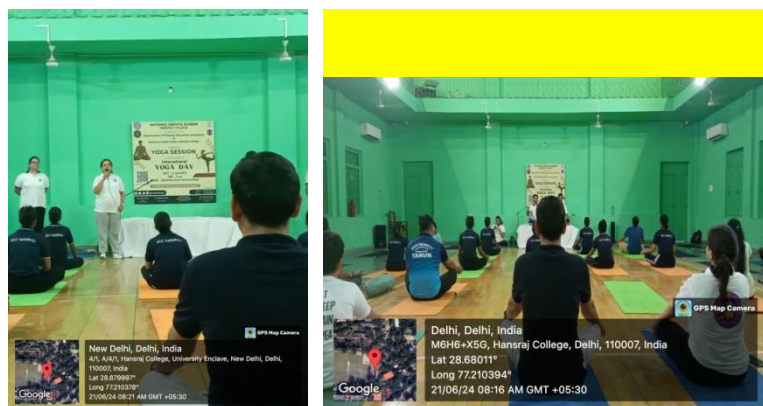
**Description of Activity Conducted:** A yoga session was conducted at Hansraj College on 21 June, 2024 at 7 a.m. by an experienced yoga instructor Miss Priyanka Khurana. The session promoted the various benefits of doing Yoga and taught the participants the yoga asanas which can lead to a healthy and better lifestyle.

### Poster:

The poster is for a Yoga Session organized by Hansraj College in collaboration with the Department of Physical Education and Sports and the National Cadet Corps. It features illustrations of a man in a meditative pose and a woman in a standing yoga pose. The text includes the date (21 June 2024), time (7 a.m.), and venue (Badminton Court, Hansraj College). It also mentions that e-certificates will be provided to participants and provides contact information for Shruti and Muskan. At the bottom, it lists the names and titles of the organizers: Prof. (Dr.) Rama, Dr. Apoorva Gupta, Lt. (Dr.) Arvind, Lt. (Dr.) Jyoti Singh, and Dr. Caurav Kumar.

**NATIONAL SERVICE SCHEME**  
**HANSRAJ COLLEGE**  
*in collaboration with*  
**Department of Physical Education and Sports**  
**&**  
**National Cadet Corps, Hansraj College**  
*Organises*  
**YOGA SESSION**  
*on the occasion of*  
**International YOGA DAY**  
**DATE - 21 June 2024**  
**TIME - 7 a.m.**  
**VENUE - Badminton Court, Hansraj College**  
Scan To Participate  
E-certificates will be provided to the participants  
Contact us:  
Shruti - 96345 63170  
Muskan - 98128 83435  
@nssshansraj  
Prof. (Dr.) Rama  
Principal  
Hansraj College  
Dr. Apoorva Gupta  
Convener, NSG  
Lt. (Dr.) Arvind  
Lt. (Dr.) Jyoti Singh  
Convenors, NSG  
Dr. Caurav Kumar  
Dept. of physical education  
and sports

### Geotag images of the activity:





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**Number of participants: 35**

**List of Participants:**

Neha

Karina

Mamta

Neha kumari

Rozikahtoon

Ritu

Sanjana

Akshita

Kashish

Shruti Gupta

Aditya Chaturvedi

Jaya Narang

Prof Dr Rama

Brahmjot Singh Hira

Ranjeet Singh Rana

AKSHITA

Tarun

Santoshi Bhawani Mishra

Muskan Yadav

Sanyam Gupta

Sanjeev Shukla

Rozi khatoom



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Mamta

Mansi Gupta

Dorin Dina Mazumdar

Sadanand Patel

Chandan

Ajay Sharma

Deepasha rani

Apoorva Gupta

Sonakshi Bhageshwar

Suman

Mohan Sharma

Dishant kumar

Shradha

Golu Kumar

Gaurav Kumar



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**Activity FOUR: Poster making competition to celebrate International Day of Yoga**

**Date of Activity:** From June 15 to 21, 2024

**Description of Activity Conducted:** A Poster making competition was conducted from 15 June to 21 June. Digital and handmade submissions were accepted and top 3 participants were given e-certificates. The competition aimed to spread the importance of doing yoga and its role for women empowerment and indulging people in the celebration of International Yoga Day through creative mediums.

**Poster:**

**NATIONAL SERVICE SCHEME  
HANSRAJ COLLEGE**  
Organises

**Poster Making Competition**

On the occasion of  
**International  
YOGA DAY**

**Theme : Yoga for Women Empowerment**

- Top 3 Participants Will Get E-Certificate
- Poster can be either handmade or digital
- Open for all
- Submissions only through google form

**Deadline : 21 June 2024**

Scan to participate

Contact us:  
Shruti : +91 96345 63170  
Sanyam : +91 83879 90880

@nsshansraj

**Selected Posters:**







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**Number of participants: 24**

**List of Participants:**

Varun

Samarth Singh

Varun Aggarwal

Shazia Rahman

Hannan Sher

PRIYA YADAV

Divyesh kumar

Jagruti Sanjay tayade

Sachin Kumar Gautam

Manish Mardi

Prithvi Rajsingh Chauhan

Lokesh Singhal

Preeti

N. Keerthana

Soumyadeep Banerjee

Sonam Boro

Sonam

Priya Yadav

Diksha pallavi



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Nimish Kumar Parashar

Shivank Saini

Dinesh

Dorin Dina Mazumdar

Jyotishmita Kalita



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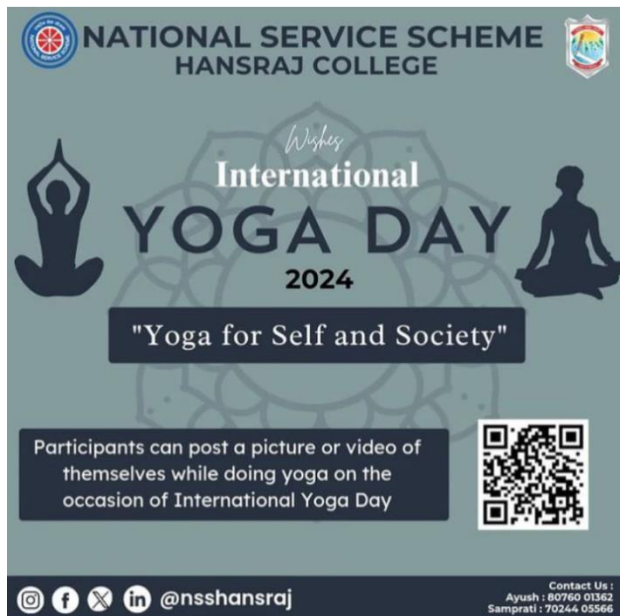
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**Activity FIVE: Video making of Yoga asanas to celebrate International Day of Yoga**

**Date of Activity:** From 21 June, 2024

**Description of Activity Conducted:** People were told to upload their videos or photos while doing Yoga, promoting the culture of integrating Yoga in their daily lifestyles and restoring harmony in the human body.

**Poster:**



**Screenshots of selected videos:**



**Number of participants:** 8



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**List of Participants:**

Kashish

Ayush Aman

Shivani Bharti

Sonal Butley

Sanjeev shukla

Ratnika

Mansi Singh

Jaya



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**Activity SIX: Participating in the International Day of Yoga 2024 Quiz at My Gov portal**

**Date of Activity:** From 21 June, 2024

**Description of Activity Conducted:** Peoples were encouraged to participate in the International Day of Yoga 2024 quiz, organised by the Ministry of Ayush, Government of India in collaboration with the MyGov.

**Screenshots of certificates:**



**Number of participants: 11**

**List of Participants:**

Ayush Aman

Yati Singh

Akshay Jindal

Nikita Tyagi

Kazi Roson Mustafa Hasan

sanyam gupta

Vinamrata Kashyap





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Lipika Agrawal

Sakshi Yadav

Shruti

Sonal Butley