



2021-2022

Name of the Department/Society: Hansraj Sports Society

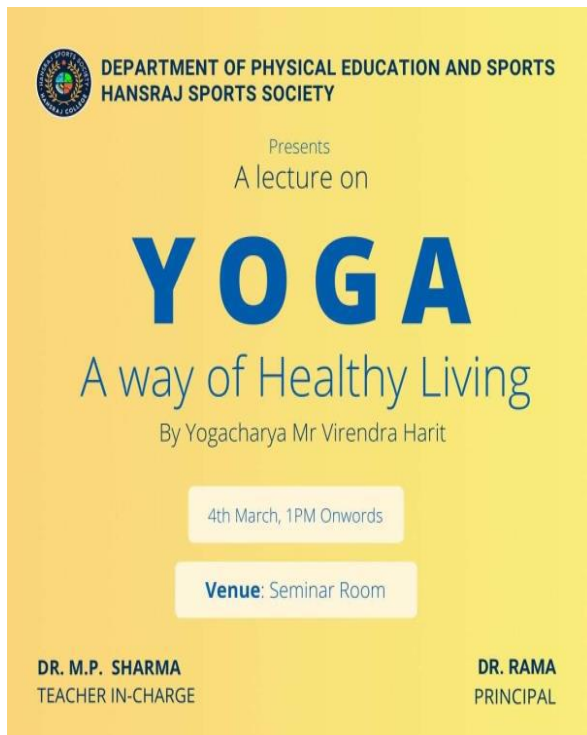
Name of the Event 6: Yoga - A way of Healthy Living

Date of the Event: 4th March 2022

The Department of Physical Education and Sports, Hansraj Sports Society hosted an astounding seminar on Yoga, a way of healthy living. It was held in the new seminar hall of Hansraj College at 1 PM on the 4th of March, 2022.

The lecture was delivered by the renowned Yogacharya, Mr Virendra Harit who graced all the attendees with his stupendous insights by sharing his years of experience and erudite thoughts on Yoga. The host began the seminar by inviting respected, Dr MP Sharma, Head of the Department of Physical Education and Sports, who encouraged the students to maintain consistency for succeeding in life by giving the examples of two of Hansraj's Olympic medalists as role models for everyone.

Yogacharya Mr Harit referred to Yoga as Yog letting everyone know how connected he is to his cultural roots and showing his reverence for the Indian ethos. All the attendees exhibited commendable coordination when asked to perform Pranayamas for better mental health and lifestyle. The seminar was methodically organized and went smoothly with the President of Hansraj Sports Society, Ms Nandita concluding it by expressing her gratitude through her kind words to the honourable guest speaker and to all those present.





हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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

