



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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

2021-2022

Name of the Department/Society: Hansraj Sports Society

Name of the Event 5: Suryanamaskar Sessions

Date of the Event: 18th January – 7th February 2022

The department of Physical Education and Sports, Hansraj Sports Society organized an incredible 21-day chained online series of 75 Crore Surya namaskars under the banner of Azadi ka Amrit Mahotsav on the occasion of the 75th Anniversary of Indian Independence. This was a joint venture of Hansraj College and the Ministry of Health, hence all the students, teachers, and non-teaching staff participated. The 21-day event was attended by an average of 100 participants every day and was an eye-opener as to how merely devoting 10 minutes of your day to Surya Namaskar can make your life healthier and can keep you motivated throughout the day. Every session was followed by a Q/A session at the end. The importance and benefits were also discussed in each session. The constant presence of Rama ma'am, MP Sharma sir, Gaurav sir, and Saurabh Sir filled participants with great enthusiasm and motivation. The highlight of the event was a constant reiteration of healthy habits and adequate physical activity as a key to a healthy life. The 'Surya Namaskar Week' provided a reminder to everyone that an appropriate lifestyle can prevent diseases, improve our quality of life and increase life expectancy.

HANSRAJ COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
YUVA / HANSRAJ SPORTS SOCIETY
THE MINISTRY OF HEALTH AND FAMILY WELFARE

SURYA NAMASKAR

DATE
18th January
to
07th February

TIME
08:00 AM
to
08:15 AM

DR. M.P. SHARMA
TEACHER IN-CHARGE

DR. RAMA
PRINCIPAL

PLATFORM
ZOOM

@hansrajsportssociety

in @ f



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