



2021-2022

Name of the Department/Society: WDC

Name of the Event 11: Webinar on Suryanamashkar yoga on 75th Independence day

Date of the Event: 22nd February 2022

The Women's Development Cell of Hansraj College hosted a workshop on "Surya Namaskar Yagya" on February 22, 2022 on the 75th Anniversary of Independence Day. It was open for College students, their families, teachers, professors, and anybody else who wanted to participate.

The programme encouraged the participants to learn about the benefits of Yoga and meditation for the mind, body, and soul, as well as how to turn it into a profession. The speaker, Dr. Sushma Aggarwal focused on the fact that women need to play many roles in their life, whether as mothers, daughters, wives, friends, or employees, and they do it with devotion, commitment, and love. As women, they scarcely have time to take care of themselves in the midst of playing multiple roles and taking care of others. But it should be kept in mind that they are individuals before any other entity. A few minutes of Surya Namaskar, gives us the love, care, and priority we deserve. The session was concluded with an informative Q/A session and self-reflective activities

