



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 8: Instructive Yoga Session (International Yoga Day)

Date of the Event: 6th – 20th June 2022

The Department of Physical Education and Sports, Hansraj Sports Society hosted an astounding 15-day series of Suryanamaskar and Pranayamas to celebrate the 8th International Yoga Day to promote a way of healthy living and maintain this precious Indian legacy. The sessions were held every weekday online from 5 pm to 5:30 pm on the platform of Google meet commencing on the 6th of June, 2022 under the guidance and the encouragement of honourable principal, Prof. Dr. Rama, venerable teacher-in-charge, Dr. MP Sharma and Dr. Gaurav. Students showed up regularly and performed all the asanas with great zeal while coordinating with the instructors. They were encouraged to keep Yoga a part of their life throughout since it not only promotes physical wellness but focuses on your entire well-being maintaining an equilibrium between all the senses and purifying the soul along with the body.

