

### **NSS Unit**

## 11th International Yoga Day (21st June 2025)

**EVENT 1: Celebration of Yoga Day in Hansraj College** 

Name of Activity: 11th International Yoga Day Celebration

Name of Society: NSS Unit, Hansraj College

**Date of Activity:** 21st June 2025

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

Collaborating Societies: Dept. Of Physical education & sports and NCC

Conveners of Collaborating Societies: Dr Gaurav Kumar & Dr Arvind, Dr(Lt.) Jyoti

Singh

Student In-charge of the Event: Archita Singarika Sarmah and Harish Dhingra

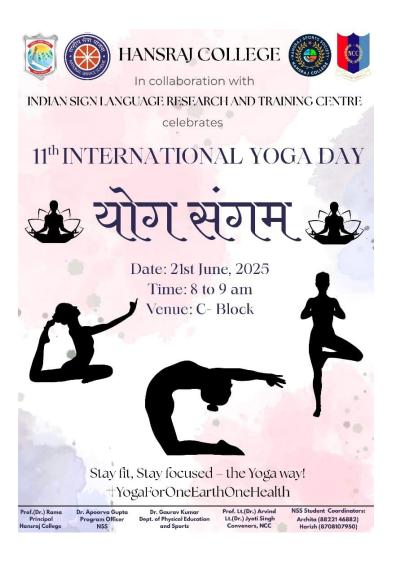
#### Description of Activity Conducted: We have done many of the exercises on Yoga day

- 1. We started the event with the peace and calming up of body exercises like prayer pose and sukhasana
- 2. Then we started up with the exercises related to stretching up of neck muscles exercises like forward/backward and left/right bend
- 3. We have done exercises related to shoulder movements which helps us to strengthen it up
- 4. Lower helps us a lot in day to day work so we have done a lot of exercises related to it also like tadasana, Samasthiti.
- 5. Then we started up the exercises related to back postural betterment exercises like Ardhachakrasana
- 6. We have done a lot of exercises related to sitting pose in which a peaceful surrounding and calmness of mind can be experienced in which like Bhandrasana, Vajrasana used in proper digestion, Sasakasana, etc
- 7. We have done exercises related to inhalation and exhalation so that it can improven up our lungs capacity and Healthier to them also.

Behind this all the credit goes to our greatest instructor who guided us in a simple manner.



#### Poster of the event:





## **Attendance of NSS Volunteers:**

International Yoga day			197
Saturday, June 21, 2025			
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### Geotag Images:











### **EVENT 2: Celebration of Yoga Day at Sanjay Basti (adopted village)**

Name of Activity: 11th International Yoga Day Celebration

Name of Society: NSS Unit, Hansraj College

Date of Activity: 21st June 2025

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

**Collaborating NGO: Hunger Erasers** 

Student In-charge of the Event: Vaibhavi Awasthi and Lokendra Singh Rathore

#### Description of Activity Conducted: We have done many of the exercises on Yoga day

- 1. Under Unnat Bharat Abhiyan, we went to Sanjay Basti and motivated children to join us for yoga.
- 2. We have started with the peace and calming up of body exercises like prayer pose and sukhasana
- 3. Now we started up with the exercises related to stretching up of neck muscles exercises like forward/backward and left/right bend
- 4. We have done exercises related to shoulder movements which helps us to strengthen it up
- 5. Lower helps us a lot in day to day work so we have done a lot of exercises related to it also like tadasana, Samasthiti.
- 6. Then we started up the exercises related to back postural betterment exercises like Ardhachakrasana
- 7. We have done a lot of exercises related to sitting pose in which a peaceful surrounding and calmness of mind can be experienced in which like Bhandrasana, Vajrasana used in proper digestion, Sasakasana, etc
- 8. We have done exercises related to inhalation and exhalation so that it can improven up our lungs capacity and Healthier to them also.



## **Attendance of NSS Volunteers**

- 1)Lokendra Singh Rathore
- 2) VaibhaviAwasthi
- 3) Ankit Yadav
- 4) AyushDheer
- 5) Deepak Kumar
- 6) Nikita
- 7) AyushGangwar
- 8) Samarth Singh Rajput



#### POSTER OF THE EVENT





#### **GEOTAGED PHOTOS**









