



**हंसराज कॉलेज**  
— दिल्ली विश्वविद्यालय —

**HANSRAJ COLLEGE**  
**University Of Delhi**

**NAAC Grade A++ with CGPA 3.71**

### **NSS Unit**

## **11<sup>th</sup> International Yoga Day (21<sup>st</sup> June 2025)**

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

**Name of Activity:** 11<sup>th</sup> International Yoga Day Celebration

**Name of Society:** NSS Unit, Hansraj College

**Date of Activity:** 21<sup>st</sup> 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 Ardhashakrasana
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 Bhadrasana, Vajrasana used in proper digestion, Sasankasana, etc
7. We have done exercises related to inhalation and exhalation so that it can improve 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.



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Poster of the event:

The poster is for the 11th International Yoga Day event at Hansraj College. It features a pink and purple watercolor background. At the top, there are logos for Hansraj College, the Indian Sign Language Research and Training Centre, and the NCC. The text 'HANSRAJ COLLEGE' is prominently displayed, followed by 'In collaboration with INDIAN SIGN LANGUAGE RESEARCH AND TRAINING CENTRE celebrates'. The main title '11<sup>th</sup> INTERNATIONAL YOGA DAY' is in English, and 'योग संगम' is in Hindi. Below this, the date 'Date: 21st June, 2025', time 'Time: 8 to 9 am', and venue 'Venue: C- Block' are listed. The poster includes silhouettes of four people in various yoga asanas. At the bottom, it says 'Stay fit, Stay focused – the Yoga way!' and '#YogaForOneEarthOneHealth'. A footer section lists the names and roles of the organizers and coordinators.

HANSRAJ COLLEGE  
In collaboration with  
INDIAN SIGN LANGUAGE RESEARCH AND TRAINING CENTRE  
celebrates  
11<sup>th</sup> INTERNATIONAL YOGA DAY  
योग संगम  
Date: 21st June, 2025  
Time: 8 to 9 am  
Venue: C- Block  
Stay fit, Stay focused – the Yoga way!  
#YogaForOneEarthOneHealth  
Prof.(Dr.) Rama Principal Hansraj College  
Dr. Apoorva Gupta Program Officer NSS  
Dr. Gaurav Kumar Dept. of Physical Education and Sports  
Prof. Lt.(Dr.) Arvind Lt.(Dr.) Jyoti Singh Convenors, NCC  
NSS Student Coordinators: Archita (8822146882) Harish (8708107950)



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Attendance of NSS Volunteers:

International Yoga day

Saturday, June 21, 2025

S. No.	Name	Course/Department	Phone No. / Email Id	Signatures
1.	Yogesh chad	B.Sc (H) physics	8741800824	Yogesh
2.	Shai chand	B.Sc (H) phy	9983825104	Shai
3	Harish Kumar	B.Sc (H) Phy.	8295357615	Harish
4	Arish	B.Sc (H) Physics	7880060845	Arish
5	Lakshay Kumar	B.Sc (H) Physics	8571004240	Lakshay
6	Yash Gang	BA Prog.	8527046341	Yash
7	Krish Kumar	BA Prog.	8102022565	Krish
8	Taniya Nagar	B.Sc Physics (Hon)	9680489928	Taniya
9.	Aniket Sharma	B.Sc (Hons) Mathematics	8400823011	Aniket
10.	Vinayak	BA Programme	8619055678	Vinayak
11.	Pratishtha Singh	B.Sc. Physics	9306065588	Pratishtha
11.	Achita Samak	B.Sc. Phys. Sci	8828146882	Achita
12.	Kushagra Gupta	B.Sc. Life Sc.	8818318559249	Kushagra
13.	Priyanshu Kumar	BA (H) Hindi	8810180821	Priyanshu
14	Sanjivani	B.com (H)	9905139996	Sanjivani
15	Kumari Riya	B.Com. (H)	7857054840	Kumari Riya
16	Khushi Kana	ASC Life Science	8569844054	Khushi
17.	Priyanka Chohan	B.Sc. Life Science	9829356880	Priyanka
18	Harish Kumar	BA Programme	8768107950	Harish
19	Priyanshu Nariyal	B.Com (H)	9458963475	Priyanshu





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Geotag Images:





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

**Name of Activity:** 11<sup>th</sup> International Yoga Day Celebration

**Name of Society:** NSS Unit, Hansraj College

**Date of Activity:** 21<sup>st</sup> 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 Ardha chakrasana
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 improve up our lungs capacity and Healthier to them also.



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### **Attendance of NSS Volunteers**

- 1) Lokendra Singh Rathore
- 2) Vaibhavi Awasthi
- 3) Ankit Yadav
- 4) Ayush Dheer
- 5) Deepak Kumar
- 6) Nikita
- 7) Ayush Gangwar
- 8) Samarth Singh Rajput





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POSTER OF THE EVENT



**NATIONAL SERVICE SCHEME**  
**HANSRAJ COLLEGE**  
IN ASSOCIATION WITH  
**HUNGER ERASERS**  
celebrates

**11<sup>th</sup> INTERNATIONAL  
YOGA DAY**  
**योग संगम**

 **DATE: 21<sup>st</sup> JUNE, 2025**  
 **TIME: 7:30 A.M. TO 9:00 A.M.**  
 **VENUE: SANJAY BASTI, DELHI**

Stay fit, Stay focused – the Yoga way!  
#YogaForOneEarthOneHealth



Prof.(Dr.) Rama  
Principal  
Hansraj College

Dr. Apoorva Gupta  
Program Officer  
NSS

NSS Student Coordinators:  
Vaibhavi ( 93183 99661)  
Lokendra (73003 78395)





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## GEOTAGGED PHOTOS





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