



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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

2020 - 2021

Name of the Department/Society: Culinary Arts Society

Name of the Event 4: SahYog

Date of the Event: 2nd May 2021

Culinary Arts Society took an initiative along with professional health trainers to conduct Sahyog, a programme of online free Yoga and meditation sessions. Spreading across various days, our morning and evening sessions with specialized trainers in their respective fields provided a much-needed calming relief in the tough times, when the whole world was grappling with the virus. With a tremendous footfall, CAS provided solace to our community during the harsh times. It was really a much-needed and calming session.

