

# हंसराज

## महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली -110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal\_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



## HANSRAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

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**NAAC ACCREDITED 'A++' GRADE COLLEGE**

**2024-2025**

**Name of the Event:** Celebration of International Day for Yoga

**Organised by:** NSS Unit, Hansraj College

**Date of the Event:** 20<sup>th</sup> June 2024

**Name of Convener:** Dr. Apoorva Gupta

### Event Description:

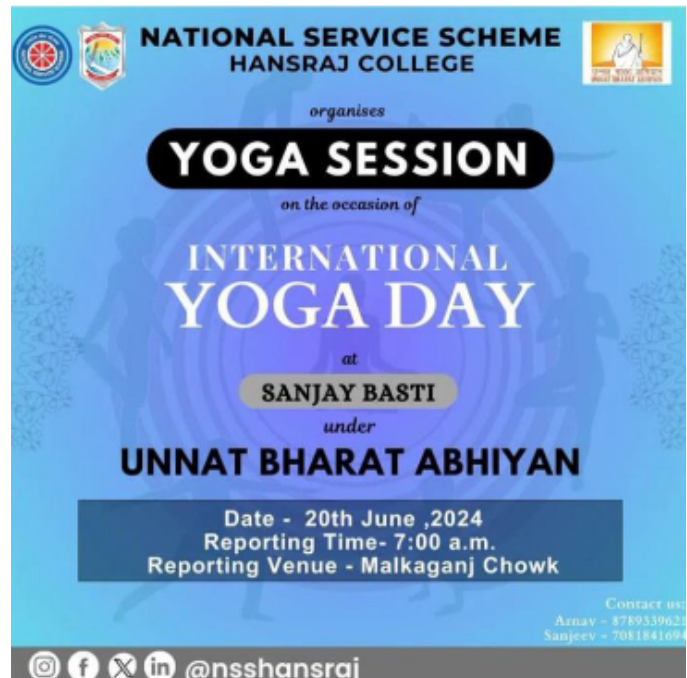
**Activity:** Yoga Day Session in UBA  
adopted village: Sanjay Basti, Timarpur

**Objective of the Event:** Objective of this event was to make aware of yoga asanas and all its aspects to the people of Sanjay Basti, Timarpur.

**Reporting Venue:** Malkaganj Chowk

**Target Area:** Sanjay Basti, Timarpur

**Target Audience:** Residents of Sanjay Basti, Timarpur



- On 21st of June, International Yoga day is celebrated throughout the world to serve as a platform to raise awareness about the numerous benefits of yoga and

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promote its holistic approach to physical, mental, and spiritual well-being.

- On the occasion of the same, NSS Hansraj celebrated International Yoga Day by conducting a Yoga Session on 20th June 2024, in its UBA slum: Sanjay Basti, Timarpur.
- Children and Elders were told about the importance of Yoga and we took Oath to incorporate and practice yoga every day and also to create awareness about the same.
- We also discussed about the benefits of yoga and it's holistic approach to physical, mental, and spiritual well-being.
- Yoga Session was held to teach the proper way to do asanas, warm ups and cooling down asanas.
- The session was largely emphasised to bring joy, health, peace from within and deep sense of connection within an individual and having a healthier life

### Pictures:



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**Attendance:**

**No. of Attendees of Sanjay Basti: 28 Participants**

**NSS Students involved: 4**

Sanyam Gupta

Arnav Singh

Sanjeev Shukla

Nishi Ranjan Singh