



## 2021-2022

**Name of the Department/Society:** **Enabling Unit**

**Name of the Event 4:** Yoga Awareness Programme

**Date of the Event:** 5<sup>th</sup> October to 10<sup>th</sup> October, 2021

On 5<sup>th</sup> October, Enabling Unit and Equal Opportunity Cell of Hansraj College in collaboration with the Department of Physical Education conducted the inauguration ceremony for a Yoga Awareness Session for persons with disabilities. The program commenced at 5:00 PM on the widely used platform, Google Meet. It was graced by the presence of our esteemed guest Shri Yogi Anand ji who talked about the importance of yoga in our lives. Mr. Arun Kumar- the coordinator of Enabling Unit, Dr. Baljeet Kaur- the convenor of Equal Opportunity Cell, Mr. Gaurav Kumar- the convenor of physical education department, Dr. Harjeet Kaur and Dr. Reetika Jain- the teacher coordinators also adorned the event.

The purpose behind the session was to make the students aware about the significance of yoga and train all the specially challenged students in various yoga asanas and breathing exercises. It began with a brief introduction about the working of EOC and EU by second year students, Anshika and Dikshita. This was followed by a welcome address by Rajesh Sir, the ex-convenor of EU. He delivered a brief and crisp sermon and thanked the chief guest, all the teachers and students for taking the time to attend the session. Sir motivated everyone to keep being kind and involving oneself in various programs that help in the upliftment of minority communities. He went on to further talk about yoga and how it helps us to connect to our surroundings and in self-retrospection. The anchor, Dikshita welcomed the chief guest, Shri Yogi Anand ji along with Ms. Urvashi Kashyap (the yoga trainer).

As a part of Yogi Ji's address, he talked about his past and briefly filled us in on his journey from being a Himalayan yogi to a yoga trainer in Delhi. He further went on to reveal to us the various types of yogic postures. He talked about one of the most popular yoga practices i.e., Patanjali's Ashtanga Yoga being the most ideal kind because it integrates our body, soul and mind. To add to this, he informed us about the eight yoga asans of Ashtanga yoga- Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama (restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete integration). As he moved further, he imparted his knowledge of Pranayam, Anulom-Vilom and Kapalbhathi.

Shri Yogi Anand ji along with Ms. Urvashi Kashyap demonstrated the breathing exercises, and various yoga asanas beginning with the standing asanas. He claimed that as we practice yoga it is essential that we calm our senses with Shavasana first and then move on to others. The first asana that Ms. Urvashi demonstrated was Tadasana. Yogi ji talked about its immense benefits, for instance, it improves digestion, helps in stretching the back and spine and enhances our concentration. These were followed by Ardhakati Chakrasana, Trikon asana, Vajra asana and Padma Asana.



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To end the ceremony, Gaurav Sir gave a brief address about the importance of physical education and yoga especially in times of the covid-19 pandemic. This was followed by a vote of thanks by Reetika Ma'am. The program was a huge success as it garnered the attention of specially challenged students and motivated them to practice yoga.



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The enabling Unit and equal opportunity cell in collaboration with the department of physical education present to you an event on yoga awareness for persons with disabilities.

In this illuminating session our principal, Dr. Rama Sharma enlightened us on the importance of yoga in our lives. She said that yoga is a very important aspect of our lives and it enriches our soul. She was very proud to see Mr. Sandeep Chaudhary, an alumnus of Hansraj College, as the guest speaker for this yoga awareness event.

The speaker, Mr. Sandeep Chaudhary, Indian track and field para-athlete encouraged students and teachers with his beautiful and motivational speech and talked about the immense benefits of yoga.

Many people performed yoga asanas and they promised to incorporate yoga as a part of their day-to-day life. Mr. Sandeep Chaudhary mesmerized us with his words. He said “what others think about you is not important, what you think about yourself means everything.”

A group of students put forward queries about their future and the secret to being successful. Mr. Chaudhary told us that one should focus on our goals and not worry about people who talk about us behind our backs, he said that each one of us has some talent. It is up to us to realise our potential and not be afraid of anything. He said you have to believe yourself, and your potential is what makes you succeed. If you want to do something you have to work for it and for sure you will achieve it one day.

After that Dr. Baljeet Kaur, convenor of EOC and EU thanked our speaker Mr. Sandeep Chaudhary for his motivational speech, for taking time out of his schedule to be with us and she blessed him for his bright future.



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EQUAL OPPORTUNITY CELL  
&  
ENABLING UNIT  
HANSRAJ COLLEGE  
In collaboration with  
Department of Physical Education

**YOGA AWARENESS PROGRAM**  
**VALEDICTORY EVENT**  
SUNDAY, 10 OCTOBER 2021.



**SANDEEP CHAUDHARY**  
(Paralympian)

Indian track and field  
para-athlete ( Javelin Throw)

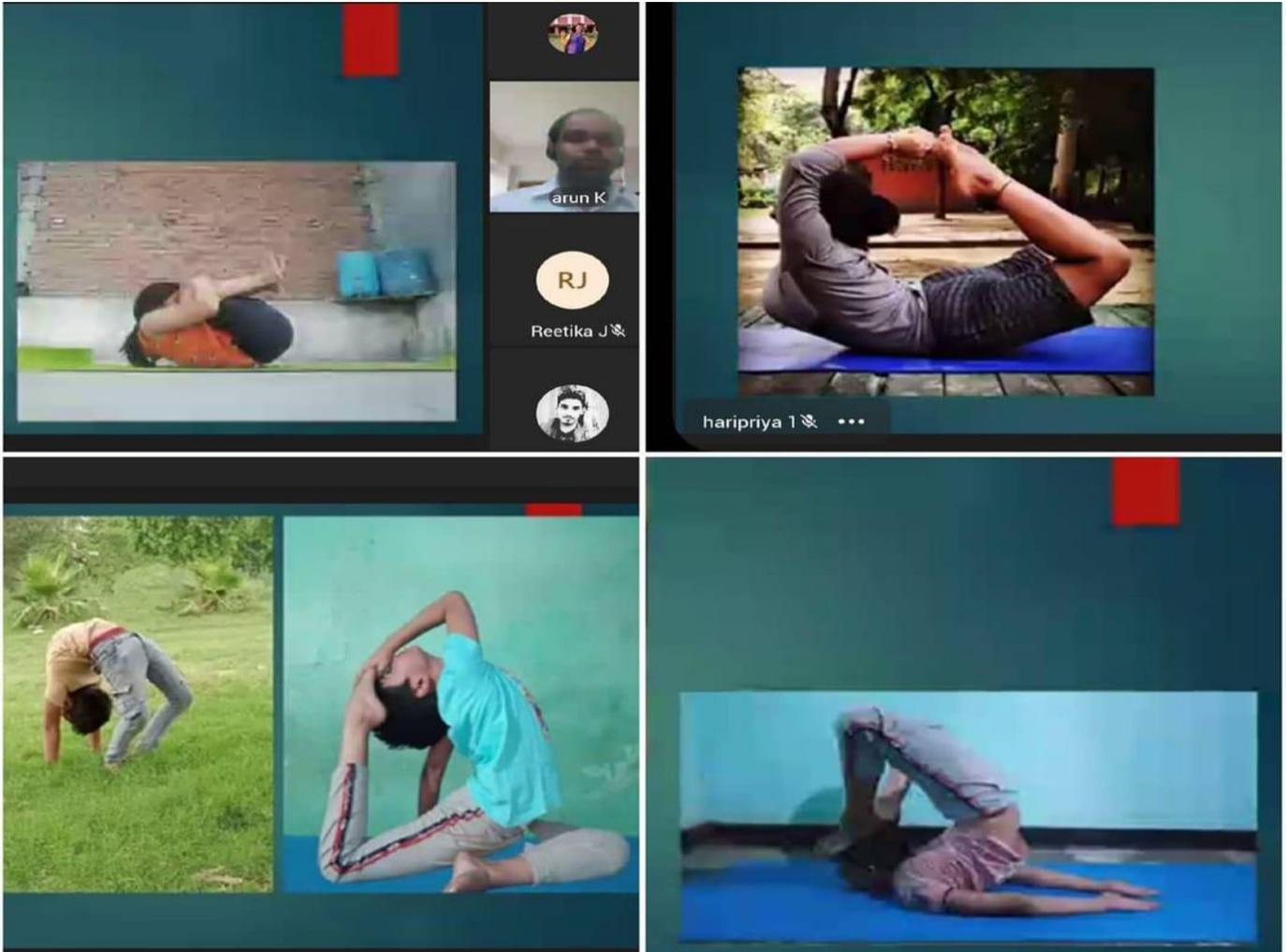
Gold Medalist (2018 Asian  
Para Games)

Gold Medalist (2019 World Para  
Athletics Championships)

Platform for Valedictory Event -:MS team  
Date - Sunday, 10 October 2021 , Time- 05:00 p.m onwards  
MS Team Link-<http://shorturl.at/gDGPY>

<b>Dr.Rama</b> Principal	<b>Dr.Baljeet Kaur</b> Convener EOC	<b>Mr.Arun Kumar</b> Coordinator EU
<b>Dr.Harjeet Arora</b> Event Coordinator, EOC	<b>Dr.Reetika Jain</b> Event Coordinator, EOC	<b>Dr .Gaurav Kumar</b> Convener Physical Edu.
<b>Nitesh</b> President EOC	<b>Abhishek</b> President EU	
<b>Uma</b> Vice-President EOC	<b>Sohan</b> Vice-President EU	

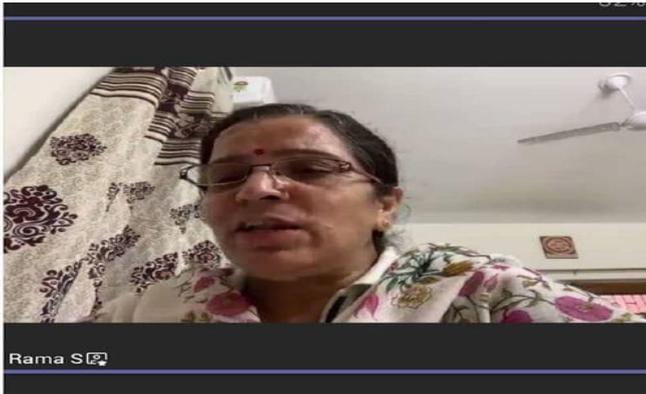
For Queries Contact :-Uma-8860665377,Sohan-8954605797





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OF  
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Department of Physical Education  
**YOGA AWARENESS PROGRAM  
VALEDICTORY EVENT  
SUNDAY, 10 OCTOBER 2021**

**SANDEEP CHAUDHARY  
(Paralympian)**  
Indian track and field  
para-athlete, 100m T46  
Gold Medalist (2019 Asian  
Para Games)  
Gold Medalist - 2019 World Para  
Athletics Championships

Platform for Valedictory Event - MS loans  
Date - Sunday, 10 October 2021, Time - 05:00 p.m onwards  
MS Loans Link: <http://shorturl.at/qdgy7>

Dr. Rama  
Principal  
Dr. Manoj Kumar  
Coordinator, EUC  
Dr. Anoop Kumar  
Coordinator, EUC  
Dr. Anoop Kumar  
Coordinator, EUC

Dr. Rakesh Kumar  
Coordinator, EUC  
Dr. Manoj Kumar  
Coordinator, EUC  
Dr. Anoop Kumar  
Coordinator, EUC

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Windows Taskbar: 5:17 PM, 29/09/2021