



2020-2021

Name of the Department/Society: National Service Scheme

Name of the Event 25: Let's Exercise, Replenish and Revive

Date of the Event: 12th January, 2021

National Youth Day is celebrated in India on 12th January every year. This day marks the birth of great Indian philosopher, Swami Vivekananda. The main objective behind the celebration of this day is to secure a better future for the country by motivating the youth and spreading the ideas of Swami Vivekananda. In this regard, we at NSS Hansraj organized an event, "Let's Exercise, Replenish and Revive" to spread awareness among people about the benefits of regular exercise. \ We asked the volunteers to take part in the initiative by sharing their pictures/videos doing exercises such as yoga, asanas, skipping, aerobics etc. Since our volunteers have always believed in the idea, 'Be the change that you want to see', they participated in large numbers in this event and helped it end on a successful note.

