

# 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**

**2023-2024**

**Name of the Event: A Step Beyond Stress-Meditation, yoga and Enlightenment of Mental Health**

**Organised by: UDAAN: The Motivational Society**

**Date of the Event: 10<sup>th</sup> October 2023**

**Duration/Event Timing: 7am-9am**

**Venue of the Event: Badminton Court, Hansraj College**

**Name of Coordinator(s): Shefali Sethi**

**Name of Convener: Mr. Vikash Singh**

## **Event Description (About 250 Words)**

On the occasion of World Mental Health Day, the Motivational Society of Hansraj College, i.e., UDAAN, organised a meditation session to spread the light of yoga, meditation, and enlighten our mental health. Shri Deshraj Gupta, President of Bhartiya Yog Sansthan, joined us to conduct this session. His presence at the event made it a memorable session. Along with him, Respected Neeru Khaneja Maa'm, Regional Organising Minister, also graced the event with her presence. Our Principal, Honourable Prof. (Dr.) Rama, marked her precious presence at the event and felicitated our guests. All the students, along with our convener, Mr. Vikash Singh, and our coordinator, Dr. Piyush Dwivedi Sir, provided a warm welcome to our guests. The main focus of the event was on mental health. In this life, when all of us are busy moving with day-to-day chores, we hardly take time for ourselves and ignore our own mental health. The main purpose was to develop the awareness of tranquilly hidden inside us and to realise that peace through meditation. Respected Neeru Khaneja Maa'm started the session by singing the melodious 'Yog Geet'. Such a blessed feeling one can have while listening to that! All our respectables then lit the lamp. Then, going onward, students got to know the words of wisdom from all our respectables. Shri Deshraj Gupta focused on how the youth should realise the importance of yoga and meditation for having good health and a balanced life. Being a person who has expertise in the field of yoga, he claimed that the disbalance in the lives of youth has resulted in various diseases being caused to them. Some of them are diabetes, OCD, heart strokes, etc. Even for any age group, yoga and meditation are bliss. He gave us the mantras of meditation and yoga to cope with the stress and anxiety in our lives. Also, time management was one of the most important parts of his words of wisdom. At last, we had a meditation session lasting 15 minutes under the guidance of Shri Deshraj Gupta, sir. The inner peace

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and the connection of our conscience with God could be felt throughout the whole session. After a vote of thanks from our Honourable Principal Ma'am and the head of our society, Mr. Deshraj sir, and bidding goodbye to our guests, we concluded the session

### Five Geo-tagged Pictures:



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## Poster

**UDAAN**  
THE MOTIVATIONAL SOCIETY  
HANSRAJ COLLEGE

observes

**WORLD MENTAL HEALTH DAY**

**THEME: A Step Beyond Stress-  
Meditation, Yoga and  
Enlightenment of Mental Health**

Date- 10/Oct/2023  
Time- 7.30-8.30  
Venue- Badminton Hall

**Shri Deshraj Gupta ji**  
**Bhartiya Yog Sansthan**

Mr. Vikash Singh  
CONVENER  
UDAAN

Dr. Piyush Dwivedi  
COORDINATOR

Prof. (Dr.) Rama  
PRINCIPAL  
HANSRAJ COLLEGE

For Queries: Shaifali Sethi- 8287687949; Tanuj- 8218370183

## Attach Attendance Sheet

|                    |                           |       |
|--------------------|---------------------------|-------|
| Ayush Vashu Sharma | BA program                | First |
| Gulshan Kumar      | B.Com(Hons.)              | First |
| Om Prakash Sahu    | B. Sc (H) chemistry       | First |
| Rizul Rao          | Political science honours | First |

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|                      |                                     |        |
|----------------------|-------------------------------------|--------|
| Sachin Anand         | Ba English Hons.                    | First  |
| Sachin Kumar         | B. A(H) economics                   | First  |
| Sneha Sharma         | Bcom hons                           | First  |
| Tannu                | BA. English Honours                 | First  |
| Vaibhavi Awasthi     | B com honours                       | First  |
| Vaidik               | B. Com                              | First  |
| Vidisha Jangid       | BA. English Honours                 | First  |
| Aaditya Kumar        | B.com hons                          | Second |
| Abhijit              | Physics Hons                        | Second |
| ABHISEK YADAV        | B.A Economics hons                  | Second |
| Abhishek Kanwat      | BA (H) Economics                    | Second |
| Abhishek Kumar Yadav | Bsc Physical science with chemistry | Second |
| Aryan                | BA philosophy Hons                  | Second |
| Diya Gautam          | Ba program                          | Second |
| Himanshi             | Bsc Physical science with chemistry | Second |
| Manav Tehlan         | BCom (H)                            | Second |
| Manmeet              | Ba Prog                             | Second |
| Nikunj Chaudhary     | B.Sc Hons Zoology                   | Second |
| Nishant Rohilla      | B com Hons                          | Second |
| Piyush Singhal       | BA Sanskrit (H)                     | Second |
| Prashul Shrivastav   | B. A (Prog)                         | Second |
| Priyanshu Bhati      | Ba program                          | Second |
| Shivam Yadav         | BCom (H)                            | Second |
| Vivek Pangtey        | BCom (H)                            | Second |
| Aditi                | B. Sc (H) Zoology                   | Third  |
| Noor Sabha           | B. A(Prog)                          | Third  |