दिल्ली विश्वविद्यालय महात्मा हंसराज मार्ग, मलकागंज, दिल्ली -110007

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### HANSRAJ COLLEGE

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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 biding goodbye to our guests, we concluded the session

### **Five Geo-tagged Pictures:**











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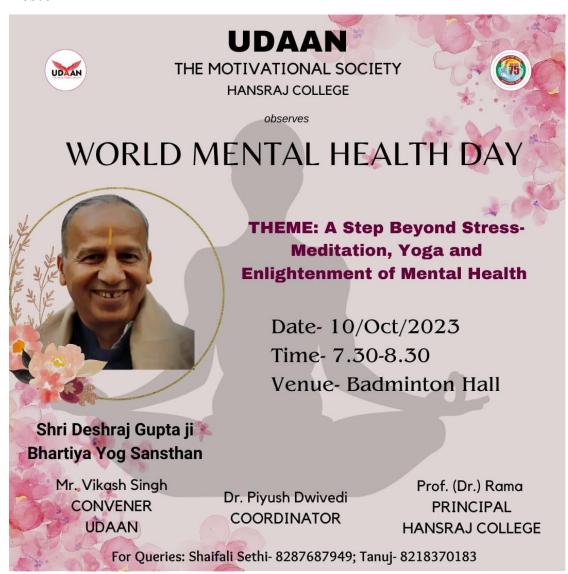
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#### **Poster**



#### **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