



2019-2020

Name of the Department/Society: National Service Scheme

Name of the Event 54: Online Yoga Session

Date of the Event: 21st June, 2020

On Yoga day, NSS Hansraj held an online talk session by Ms. Divya Kakkar, a certified associate leadership and executive coach who addressed all the participants on the topic, 'Power of Meditation in Today's Life'. By the end of the session people learnt about the benefits of meditation and how it naturally cures depression and anxiety. Followed by the talk session, we also had an online Yoga session in which participants practiced Yoga as guided by the instructor, Mr. Rakesh Singh Rautela. Different asanas were performed by the participants which energised the body and strengthened the mind. The talk session was streamed live on facebook and were attended by large number of people. Both the events were marked by spirited participation of the volunteers and brimmed with immense happiness and enthusiasm.

