



## 2019-2020

Name of the Department/Society: **National Service Scheme**

Name of the Event 18: Yoga Session at Yamuna Khadar

Date of the Event: 15<sup>th</sup> September, 2019

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." We at N.S.S. Hansraj organised a 'Yoga Session' at Yamuna Khadar slum on September 15, 2019 in order to generate public awareness regarding a much ignored issue in the modern world's hectic lifestyles- Health. Under the supervision of trained gymnast, Rakesh Rautela, who is also a volunteer under the health wing of N.S.S. Hansraj, we started our event with some warm up exercises which were followed by some yoga postures and Suryanamaskaras. A total of 25 motivated children participated in this event. The children were also taught 'tada asana', 'vriksha asana' and 'ardha ushta asana'. The volunteers also talked about the importance of Yoga and the benefits of inculcating this practice in one's lifestyle. To conclude, the event, which was both educational and inspirational, along with a remarkable participation of both volunteers and kids, turned out to be a remarkable success.

