



2021-2022

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

Name of the Event **56: INTERNATIONAL YOGA DAY**

Date of the Event: 20th June 2022-21st June 2022

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. Volunteers of NSS Hansraj celebrated Yoga Day 2022 with complete zeal and enthusiasm by conducting and taking part in various events.

A **yoga session under Unnat Bharat Abhiyan** was organized on **20th June 2022** at Sanjay Basti. The session started with a general introduction about yoga and interaction with the slum dwellers. Surya namaskar and several other yoga asanas like Vajrasana and Trikonasana were taught and demonstrated step by step to all the attendees. The yoga asanas practiced were of 3 forms: standing, sitting and breathing. The session ended with laughter yoga exercise. Around 20 volunteers participated in this event. Refreshments were also distributed to the all people of the slum who participated in this yoga session.

We organized a **Yoga session** in collaboration with NCC Hansraj and The Department of Physical Education and Sports and Hansraj Sports Society under Azaadi ka Amrit Mahotsav. The objective was to instill the importance of yoga for a healthy lifestyle. It was conducted on **21st June 2022** at Hansraj college and around 15 of our volunteers became part of the event. Several yoga asanas were demonstrated by our esteemed Chief guest for the event, Mr. Rakesh Rohtela, National Level Yoga Professional. The principal, Dr Rama Sharma also addressed the students and the college staff. Prof. Arvind Arora, Prof. Gaurav and NSS convenor Dr. Romila Rawat also graced the event with their presence. It was an interactive session and a crucial step to foster a generation of students who are capable of carrying the country's yogic legacy forward.

NSS Hansraj participated in the Yoga session organized by MoYAS on 20th June, 2022 in Major Dhyan Chand Stadium. 5 of our volunteers became part of this event. 5 of our volunteers also participated in Yoga for Humanity event which was conducted on 22nd June 2022 at DU Multipurpose Hall.

The events helped students to learn more about yoga and how it is an important activity which, if included in the daily routine, can do wonders.



