

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

Malkaganj, Delhi – 110007

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NAAC ACCREDITED 'A++ GRADE COLLEGE

2023-2024

Name of the Event: Yoga Session at Sanjay Basti

Organised by: National Service Scheme, Hansraj College

Date of the Event: 20th June 2024

Venue of the Event: Sanjay Basti, Timarpur

Name of Coordinator(s): Anjumoni and Shivam

Name of Convener: Dr. Romila Rawat Bisht

Event Description

On 20th June 2023, NSS Hansraj organized a Yoga Day Session in Sanjay Basti, Timarpur, to commemorate International Yoga Day. The event aimed to create awareness about yoga asanas and educate the residents about the physical, mental, and spiritual benefits of practicing yoga.

The event was organized by a team of 10 student volunteers. The target audience for the session was the residents of Sanjay Basti, Timarpur. The attendees were made aware of the holistic approach of yoga towards physical, mental, and spiritual well-being. A collective oath was taken to practice yoga and to spread awareness about its benefits within the community.

The objective of the Session was to create a sense of joy, health, and peace within the individuals, as well as foster a deeper connection with themselves by encouraging the residents of Sanjay Basti to embrace yoga. The event aimed to promote a healthier lifestyle and enhance overall well-being.

The Yoga Session successfully raised awareness about asanas and their holistic benefits among the residents of Sanjay Basti, Timarpur and promoted a healthier lifestyle within the community.

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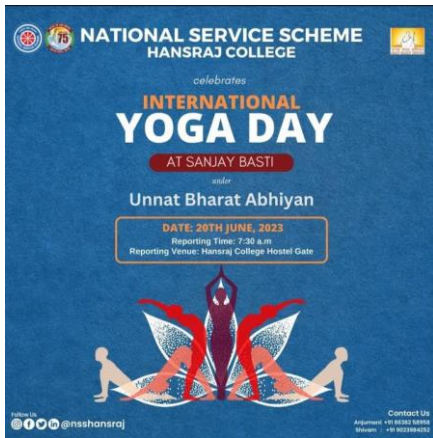
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Brochure/Poster:



Geo-tagged Pictures:



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Attach Attendance Sheet

1. Shivam
2. Anjumoni Boro
3. Sudha Chaudhary
4. Muskan Yadav
5. Nitin Jha
6. Abhishek Bhalse
7. Deepak
8. Shri Ram Rajak
9. Anjaneya Shukla
10. Kunal