



2020-2021

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

Name of the Event 49: Yoga Session with Padhaku Kids

Date of the Event: 20th June, 2021



We at NSS Hansraj truly recognize the importance of adopting Yoga as an active lifestyle. From physical fitness to respiratory healing, it is certainly intertwined with a healthy way of living. In congruence with the same, the entire team of coordinators at NSS Hansraj organized a Yoga session with Padhaku kids on 20th June, 2021. They performed 'Yoga Asanas' and the kids were encouraged to emulate the same. With each asana demonstrated, the benefits were also shared. This was followed by a short interactive session between the coordinators and kids. On the whole, the session turned out to be a great success. It was delightful to witness kids performing yoga asanas with great curiosity and zeal.