



**2021-2022**

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

Name of the Event **26: Surya Namaskar**

Date of the Event: 14th January, 2022



As we mark the 75th year of Indian independence and rejoice it under Azadi ka Amrit Mahotsav, we at NSS Hansraj encouraged everyone to celebrate the auspicious occasion of Makar Sankranti by performing Surya Namaskar organized by the esteemed Ministry of Ayush, GoI on 14th January 2022 with the tagline ‘Surya Namaskar for Vitality’. We witnessed our volunteers participating with great zest and zeal in the government initiative who shared their pictures and videos while performing the asanas with all nuances. The event concluded on a triumphant note and promising health benefits.