

REPORT

HANSRAJ COLLEGE

INTERNATIONAL YOGA DAY

Hansraj College organised a three day yoga camp from 19th June to 21st June with the collaborative efforts of NSS and NCC. Many students of the college, teaching as well as non teaching staff participated very enthusiastically in the camp. Members of the Bhartiya Yog Sansthan were invited to teach yoga. They performed and taught each asana while emphasizing the role of yoga in stabilizing the body, mind and emotions.

The yoga session in college was followed by an enlightening session on the importance of yoga by Dr. Varun Arya. He has set a milestone in yoga by entering the Limca book of records. He spoke about how yoga enhances vitality, focus, memory and productivity.

A video, describing about yoga and its benefits was also played to spread awareness.

We hope that the session imparted a lasting sense of joy, peace and fulfilment in all the participants.

