

International Day of Yoga, 2018



Commemorating the celebrations of the International Day of Yoga, N.S.S. organised a one day Yoga and Meditation Camp on 21st June with great exultation. The camp, organised in efficient collaboration with N.C.C. Hansraj Wing was received with much excitement and enthusiastic participation from students and staff members alike. Respected Rama Ma'am, Dr. Romila Rawat Bisht (The convenor of N.S.S. Hansraj) and Dr. Jyoti Singh (The convenor of N.C.C. Hansraj Wing) also adorned the session with their scintillating personae.

The session was headed by the renowned Yoga Instructor and Scholar, Mr. Varun Arya, an alumnus of Hansraj College itself. The session was head started by Mr. Arya around 7:15 A.M. by discussing the noble cause behind the celebration of the International Yoga Day and the importance that its philosophy carries in the modern world. Mr. Arya, who holds a wonderful Limca World Record for performing 535 Surya-Namaskar without any break in one hour, surely talked to everyone about the spiritual and physical importance of Yoga in daily life and the imperative need to adopt this ancient science into our lives to lead a stress-free living. The attendees participated enthusiastically in performing various yoga asanas such as nauka-asan, shav-asan and surya namaskar and meditative techniques. After a rejuvenating one hour, the session culminated by a vote of thanks and felicitations.

The one day Yoga Session was indeed a symbolic metaphor for the constant efforts of N.S.S. Hansraj in order to heal the society through self and for making the importance of this ancient spiritual science of Yoga and Meditation known to all.