

# REPORT ON 10TH IYD

Celebration of 10th International Yoga Day (IYD)  
at the Regional Centres on 21.06.2024



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IGNOU has made continuous efforts for the democratisation of higher education and social transformation through the educational empowerment of the people of the country, especially the disadvantaged segments of society. The Regional Services Division, which is the Nodal Division for coordinating and monitoring the learner support services through the network of the 57 Regional Centres spread across the country,

The Regional Services Division is entrusted with the responsibility of developing policies, systems, and procedures and establishing and managing student support systems through these regional centres. In addition to this, regional centres enthusiastically take part in various extension and outreach programmes as well as organise many local, regional, and national-level celebrations in line with the activities of the IGNOU Headquarters. IYD, EBSB, UBA, Har Ghar Tiranga, Man Ki Bat Programme, Special Campaign 3.0, Mera Pehla Vote Desh Ke Liye -A Campaign of MoE, GOI etc. are the key activities that have been successfully organised by the regional centres in the recent past.

The regional centres have successfully organised the 10th International Yoga Day (IYD) on June 21, 2024. This report is a compilation of the events and activities held during the celebration of IYD at the regional centres.

## Agartala

### **Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024**

IGNOU Regional Centre, Agartala celebrated International Day of Yoga at RC premises on 21 June, 2024. Dr. Biswajit Bhowmik, Senior Regional Director welcomed staff members and mentioned about significance of Yoga. He also gave a lecture on “Yoga : A Way of Life” and elaborated various aspects of eight fold Yoga for union of the Unit mind with the Cosmic mind. He mentioned that for all round development of the self and society, yoga must be made a part and parcel of everyday life. Few Yogic asanas were demonstrated by Dr. Bhowmik and also by Sh. Jayanta Dey, staff member of RC. All present practiced yogic asanas as demonstrated. Dr.

Chandra Shekar Putta, Asstt. Regional Director also spoke on the occasion and proposed vote of thanks.



Meditation by Staff Members



Staff members practicing Yogasan



Staff members practicing Yogasan



Celebration of International Day of Yoga at RC Agartala

## Ahmedabad

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The Regional centre Ahmedabad celebrated International Yoga Day on 21<sup>st</sup> June 2024 and all the staff members have actively participated. An expert having Master Degree in Yoga- Shri Chavda Krushna Sinh was invited to share his views on Yoga and its effect on daily life. He has briefed the staff about various yoga and the reasons to perform them. He has also informed about the pros and cons about them and their effect on an individual as per the type of body “prakruti” he or she has.

He practically performed various Asanas and explained its benefits in daily life. The staff of the Regional Centre also performed yoga with Sh. Krushna Sinhji.



## Aizawl

### **Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024**

The International Yoga Day was celebrated at IGNOU Regional Centre Aizawl on 21<sup>st</sup> June 2024 through face-to-face mode. The whole RC staff participated in the programme. Dr. V. T. Jalajakumari, Regional Director was the resource person. The programme was introduced by the Senior Regional Director Dr. S.R Zonunthara by his welcome speech emphasizing the concepts of celebration of International Yoga Day in 2014 and its importance. The resource person delivered an awareness speech on Yoga focusing on the historical background of Yoga, the Significance of Yoga practices in the current scenario, the Relevance of the Yoga motto of this year 2024 “Yoga



for Self and Society”, the secular concepts of Yoga, the implementation of Yoga practices in all religions, Implications of Yoga in treatment therapies and some important Yoga theories. Also, the participants were given simple Yoga practices, especially on Pranayama by made them to experience its significance. The participants were encouraged to lead a harmonious life through Yoga. The programme came to an end with the vote of thanks by Mr. Samuela Ralte, AR of RC Aizawl.



## Bangalore

### Activities on 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

Four events were organised to mark the 10<sup>th</sup> International Yoga Day Celebration, as follows:

- A webinar was organised on 20<sup>th</sup> June 2024 from 12.00 noon to 01.00 p.m., by inviting Sh. B. Gowrishankar – a teacher and practitioner of Yoga for more than a decade, as the Resource Person. The LSC PT functionaries, academic counsellors, staff of RC & a few students participated in the webinar.
- Dr. S. Radha, Sr. Regional Director welcomed the Chief Guest and participants. In her opening remarks, she highlighted the theme chosen for 10<sup>th</sup> International Yoga Day viz., ‘Yoga for Self and Society’.
- The expert explained the importance of yoga in every person’s well-being and demonstrated certain yoga postures with its related benefits.
- The webinar video is uploaded in social media. The You tube link <https://youtu.be/WG4UmATp1Vs>
- Following the answering (by the expert) of queries raised by participants, the programme ended with a thanking note by Dr. H.C. Hemamalini, ARD.
- On 21<sup>st</sup> June 2024, International Yoga Day was observed with the administering of pledge by the Dr. S. Radha Sr. Regional Director.
- Sh. Purushotham Deraje from Saraswathi Yoga Kendra (SYK) was invited to the Regional Centre as the Chief Guest. Being a World Record Holder in yoga, he conducted a practical yoga session for the Regional Centre staff members and explained briefly the benefits of doing yoga on a daily basis.
- This was followed by a demonstration of various difficult yoga postures by the SYK students who have represented India in several international events.

Photographs at the 10<sup>th</sup> International Yoga Day @ IGNOU RC Bangalore







Webinar was organised on 20<sup>th</sup> June 2024



Administering of pledge on 20.06.2021



Yoga session for staff & students of RC

Demonstration of yoga postures by the Students of Saraswathi Yoga Kendra

## Bhagalpur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Bhagalpur, Bihar celebrated the 10<sup>th</sup> International Day of yoga Celebration at IGNOU Regional Centre Patna Bihar on 21st June 2024. The program of International Yoga Celebration day was organized along with IGNOU Regional Centre Patna Bihar. As an Expert of Yoga activity, Ms Reena Kumari was invited as a Yoga teacher on this occasion. Ms Kumari is an academic counselor of IGNOU for Certificate Program in Yoga and currently pursuing her PhD program in Yoga Education from Patliputra University, Patna Bihar.

Yoga Teacher MR Reena Kumari guided all the participants of both Regional Centres through the different activities and exercises of yoga and she beautifully explained the importance of yoga in our day to day life. This year the theme of 10<sup>th</sup> International Day of Yoga was 'Yoga for self and Society'. The Yoga teacher shared her views during the interaction with all staff members and she said that the root of yoga in India and its heritage and legacy. Yoga is a physical and mental health-enhancing activity. As part of the Higher Education institution IGNOU is promoting yoga as an

essential part of day to day life of every individual through these kinds of activities. Yoga provides a holistic approach to health and well-being that assists in restoring balance in our busy lives.

The photos of Yoga activities are being attached here kind for perusal please.



Celebration of International Yoga Day at Regional Centre Bhagalpur



Celebration of International Yoga Day at Regional Centre Bhagalpur



Celebration of International Yoga Day at Regional Centre Bhagalpur



Celebration of International Yoga Day at Regional Centre Bhagalpur

## Bhopal

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10<sup>th</sup> International Yoga Day 2024 was celebrated jointly by IGNOU Regional Centre & Regional Evaluation Centre Bhopal. A combined session was organized which mainly focused upon the need of Yoga in daily life the skills that may be inculcated and sharpened by practice of

Yoga even at the work place. The session was attended by all officers and staff of RC& REC Bhopal.

Dr. Bini Toms, Sr. Regional Director RC Bhopal, in her welcome address explained the importance of yoga for self and how it can bring improvement in skills at work place. This was followed by theoretical and demonstration session by a team of Yoga experts from Yoga Sadhna and Social Welfare Center, Bhopal. A detailed demonstration of Yogic Exercises as per the Yoga Protocol including yogic exercises of standing and sitting position was made to practice. The instructors not only trained about the different *asanas* , but also explained the benefit of each exercises. They also cautioned about the exercise that should not be performed if people are having cervical/ joint /back pain. The focus was mainly on those exercises including the relaxation exercises and different kind of *pranayams*, which can be performed by working people even at their work place. The present students were also informed about yogic exercises, which can enhance their concentration and focus. It was followed by a question session which was answered by the experts. The vote of thanks was proposed by Dr. Anshuman Upadhyaya, Deputy Director RC Bhopal.



Dr. Bini Toms, Sr. R.D introducing the Yoga Instructors



Officials & Staff performing Standing Yogic Exercise at RC Bhopal



during the “Yog Shivir” organized at IGNOU RC Bhopal



Officials & Staff performing Standing Yogic Exercise at RC Bhopal



Felicitation of the Yoga Trainers after the Yoga Camp on occasion of 10<sup>th</sup> IYD 2024 at RC Bhopal.

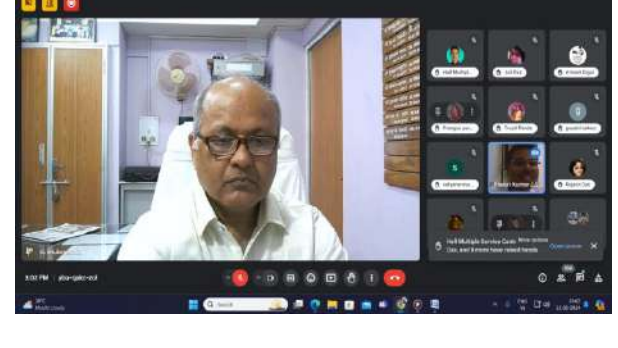
## Bhubaneswar

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10th International Yoga Day was celebrated at IGNOU Regional Centre Bhubaneswar on 21st June 2024 through face-to-face mode in the morning session where Regional Centre officials undertook Yoga activities under the guidance of Yoga expert Bhanupriya Thakur. Ms. Thakur demonstrated many Yogic exercises which were practiced by all RC staff. This was followed by a webinar in the afternoon session in which Dr. Ajay Sahoo, Dr. Satyanarayan Mishra and Dr. Reetanjali Pradhan were the resource persons. The resource persons spoke on three different sub-themes related to Yoga for self and society. Dr Ajay Sahoo spoke on the issue of Self Development and Yoga. Dr. Mishra highlighted the role of transformation of self and the society through the medium of Yoga. Dr. Pradhan discussed the role of Yoga in female reproductive health and life style-correction. 151 participants including IGNOU learners attended the webinar with utmost enthusiasm. Delivering the welcome address, Sr. RD Dr S K Tripathy emphasized the role of Yoga as a way of unification of the body and the mind. Dr. B C Nanda, DD conducted the programme



while Dr P K Jena ARD gave the guest introduction. Dr S K Panigrahi, DD offered the vote of thanks.



## Bijapur

### Activities on 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Bijapur celebrated the 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024 at RC campus. Dr. Ravikanth Kamlekar, Regional Director addresses the importance of yoga in day-to-day life and highlighted as yoga is a journey and inhales the future and exhales the past to lead happy life and briefed the theme “*Yoga for Self & Society*” of this year on this auspicious day.

Dr.B.N.Devendra, ARD demonstrated yoga asana’s and all staff members were actively participated in Regional Centre Bijapur. The programme concluded with vote of thanks.

The relevant Photographs attached for kind information please.

Dr. Ravikanth Kamlekar, Regional Director invited as a Guest for the inauguration of 10<sup>th</sup> IYD from the Prajapitha Brhama kumaris Ishwariya Vishwa Vidyalaya Vijayapura at 5.00pm. The relevant photographs will be shared after the function.







## Chandigarh

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Chandigarh celebrated 10<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2024 in the office premises. On this occasion Dr. Bhanu Pratap Singh, RD, RC Chandigarh has briefed about the importance of Yoga for ‘Self and Society’, he also emphasized the importance of Yoga in reducing stress increasing the endurance of mind and body. After the speech of Sr. Regional Director, Sh. Tejpal Singhal (RC Staff & Yoga expert) demonstrated Yoga asnas and all RC staff has also performed Yoga asnas at the RC Chandigarh HQ (Karnal). On this very specious day all the RC staff had taken the oath to perform Yoga every day. From RC Chandigarh, Dr. Nurul Hasan, Sh. Sadhu Ram Bhatia, Tilak Raj, Mohan Lal, Sunil Kumar, Ms. Shweta Bhadu & Rohit Goswami took active participation to make the Yoga day successful. Some of the pictures of celebration of Yoga day are attached. At the end, Dr. Nurul Hasan presented the vote of thanks.



RC Chandigarh Staff Practicing YOGA  
ASANS



RC Chandigarh Staff Practicing YOGA  
ASANS



## Chennai

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

#### Report on the Webinar “Unveiling Women’s Inner Strengths through Mindful Yoga”

As part of 10<sup>th</sup> International Yoga Day celebrations, a highly insightful webinar titled "Unveiling Women's Inner Strengths through Mindful Yoga" is organized by IGNOU Regional Centre, Chennai on 21-06-2024 at 2:30 PM. Prof. (Mrs) Shahin Ahmed, a renowned Professor of Sports

Psychology, Tamil Nadu delivered the lecture. The webinar started with a presidential address by Dr K Panneerselvam, Sr. Regional Director. Dr K Panneerselvam, welcomed the gathering, briefed the importance of International Yoga Day & introduced the keynote speaker to the participants.

Dr K Panneerselvam, Sr. RD while delivering the presidential address said that Webinar topic, "Unveiling Women's Inner Strengths through Mindful Yoga" resonates deeply with our mission at IGNOU to empower individuals through education and holistic well-being.

The webinar attracted a diverse audience, including Coordinators of IGNOU Learner Support Centres, students, and professionals interested in the intersection of psychology and physical wellness. Prof. Rekha Sharma Sen, Director (SOCE), IGNOU, New Delhi participated in the webinar and appreciated the efforts taken by RC for conducting the Webinar on this important topic.

Dr. Shahin Ahmed commenced the session by highlighting the significance of yoga in enhancing mental and physical health, emphasizing its role in empowering women. She elucidated how mindful yoga practices can help women tap into their inner strengths, fostering resilience, self-awareness, and emotional stability. Her presentation was enriched with scientific data and real-life anecdotes, making a compelling case for the transformative power of yoga.

Throughout the webinar, Dr. Ahmed provided practical insights into integrating mindfulness into yoga practices. She discussed various techniques such as breath control, meditation, and specific asanas that are particularly beneficial for women. The focus was on cultivating a holistic approach to well-being, addressing not just the body, but also the mind and spirit.

Interactive session allowed participants to engage directly with Dr. Ahmed, posing questions and sharing their experiences. This interactive element was particularly appreciated, as it provided personalized guidance and fostered a sense of community among attendees.

The webinar concluded with a Vote of Thanks proposed by Shri P Venkata Bhargav, AR, RC-Chennai. Feedback from participants is overwhelmingly positive, with many expressing a renewed commitment to incorporating mindful yoga into their daily routines. The Webinar was coordinated by Dr Sk Zareena, ARD, RC-Chennai

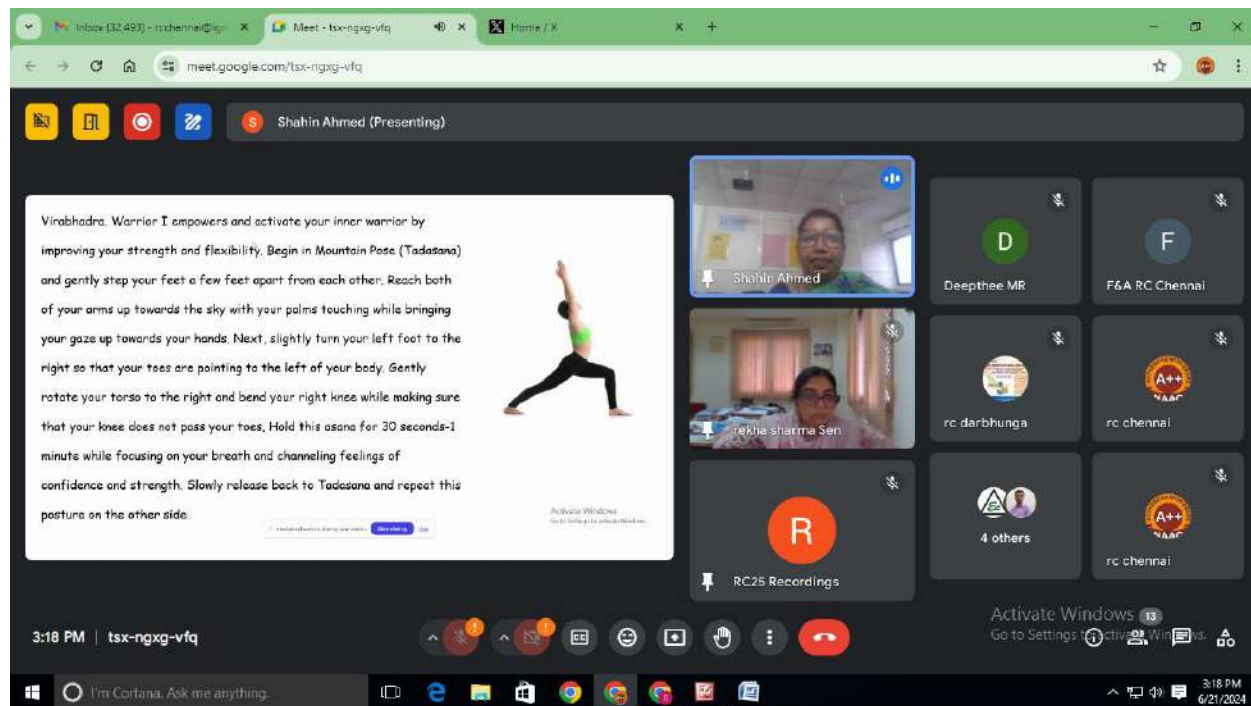
Overall, the webinar was a resounding success, effectively highlighting the pivotal role of mindful yoga in unlocking women's inner strengths and contributing to their overall empowerment and well-being.



**Dr K Panneerselvam, Sr. Regional Director & Prof. Rekha Sharma Sen, Director (SOCE) delivering Presidential Address**



**Prof. (Mrs) Shahin Ahmed, Professor of Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai delivering keynote address**




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URL: meet.google.com/tsx-ngxg-vfq

Shahin Ahmed (Presenting)

Transitioning into Warrior II will combine balance with core strength as well as ultimate focus. After Warrior I, return to Mountain Pose (Tadasana) and bring your left foot a few feet back on the mat while bending your right knee into a lunge without your knees passing your toes. Extend both of your arms by your sides so that they are parallel to the mat aligning straight with your legs and bring your gaze forward. Make sure that your torso is twisted to your left and draw your shoulder blades down your back. Take several deep breaths here while pressing down with your feet and engaging your core. This asana is beneficial for your entire body because it strengthens your shoulders, arms, and legs as well as improves your balance and stability. Warrior II will improve your ability to concentrate and focus with more clarity while building your physical and spiritual strength.



ADVANCED YOGING  
THE SCIENCE OF ANANDA MEDITATION



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2:38 PM | tsx-ngxg-vfq

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## Darbhanga

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10th International Yoga Day celebration was organized on 21 June 2024 in the premises of Indira Gandhi National Open University, Regional Center Darbhanga.

On this occasion, Yoga Guru Dr. Mahendra Lal Das Ji was invited to organize a yoga practice session in the morning from 6:00 am onwards, the employees of Regional Center Darbhanga and the students studying in IGNOU were made to practice various types of yoga asanas such as Surya Namaskar, Bhramari Dhyana Yoga, Tadasana, Kapalabhati, Pranayama etc. under the guidance of Yoga Guru Dr. Mahendra Lal Das Ji and his associate.

Ayurvedacharya Yoga Guru emphasized the need to stay healthy in daily life and adopt a disciplined lifestyle through small yoga activities. He also discussed in detail about various types of yoga activities helpful in the treatment of mental stress and other diseases. By giving appropriate and practical answers to the daily life and health related questions of the trainees organized in the yoga camp.

Regional Director Dr. Santan Kumar Ram called upon people to take out time for themselves in today's hectic lifestyle and to practice yoga regularly with their families. On this occasion, the tradition of planting trees in Indian culture was also followed by planting Jamun and Shrifal plants in the IGNOU Regional Centre campus.

The vote of thanks was presented by Assistant Regional Director Dr. Akash Awasthi; employees of IGNOU Regional Centre Darbhanga, Rajiv Ranjan, Momit Lal, Sanjeev Kumar, Ashok Kumar, Shailendra Tiwari, etc. were witness the occasion.







## Dehradun

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On the occasion of 10<sup>th</sup> International Yoga Day, 21 June 2024 a Training Session on Yoga was organized in face-to-face mode by IGNOU Regional Centre Dehradun in the office premises at 9:45 am to 11:15 am. All the Academics and staff members participated in the training session. As Yoga Trainers, Sri Om Kumar Duseja, Smt Sona Negi and Smt Prakriti Aswal from *Bhartiya Yoga Sansthan* were invited to give demonstration and training to all the participants.

In the beginning of the session, Sri Om Kumar gave an introduction about the meaning of Yoga and its different components. He explained about different *Ashanas* and their relevance in maintaining fitness of different body parts as well as in maintaining good health and overall harmony in life. During the practice session, different *Ashanas* and *Pranayams* were demonstrated by Smt Prakriti Aswal and Smt Sona Negi.

All the Officers and Staff members practiced Yoga (*Ashana and Pranayams*) under the supervision of Yoga Trainers. They practiced different *Ashana* and *Yogic* exercises related to movements of Head, Neck, Shoulders, Arms, Waist, Thighs, Knees, Foot, Toes etc. The trainers also explained to them the correct way of doing different *Yogic* exercises including *Tadashana*, *Kati-chakra Ashana*, *Trikonashana*, *Vajrashana*, *Makarashana*, *Shashakashana* and *Anulom-Vilom Pranayama*. This was followed by interaction of the participants with the Yoga Trainers. Common queries of the

participants were answered by the trainers. All the Participants expressed their commitment to practise Yoga in regular basis.



IYD 2024: Yoga Training session organized at IGNOU RC Dehradun by trainers from Bhartiya Yoga Sansthan



IYD 2024: Trainers giving demonstration of different Yoga Ashanas at IGNOU RC Dehradun



IYD 2024: Participants practicing different Yogic exercises at IGNOU RC Dehradun



IYD 2024: Participants practicing stretching exercises at IGNOU RC Dehradun

## Delhi-1

### Activities on 10th International Yoga Day at RC Delhi-1

RC Delhi-1 has celebrated the 10th International Yoga Day by organizing a special session taken by Shri Kumar Shushamakar, Senior Yoga Instructor, engaged in his profession for the last 15 years. The programme started with the initial remarks given by Dr. A. M. Saklani, Sr. Regional Director, IGNOU RC Delhi-1 who highlighted the Civilizational background of the Yoga and focused on the importance in daily life. Dr. A. M. Saklani, also, reiterated that Yoga should not be practised only on a single day but it should be regularly practised in our daily life.



Mr. Kumar Shushamakar, Senior Yoga Instructor on his part, has given a comprehensive insight about the many asanas which are necessary in our day to day life. He also emphasized some of the key aspects of various Yogasanas and their functioning in maintaining the physical and mental balance. After introductory session he conducted a special session and explained some useful exercises which help in maintaining physical and mental fitness and will help in reducing many diseases that hamper daily and routine life of a human being. . He specifically demonstrated exercises for insomnia, back pain, high BP, thyroid, sugar, weight loss and pain in legs etc due to excessive use of computers.

At the end, Dr. Ataur Rahman, ARD proposed the vote of thanks to Mr. Kumar Shushamakar for taking a very lively and engaging session and sharing of many useful tips and asans to observe in our daily life. He also thanked all the staff members for participation in the session. Dr. Moni Sahay, ARD and Dr. Arshia Hussain, ARD also participated in the session.





## Delhi-2

### **Activities on 10<sup>th</sup> International Yoga Day Celebration Report**

International Yoga Day is observed every year on June 21<sup>st</sup> to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and this year world is observing 10<sup>th</sup> International Yoga Day, which started on 21<sup>st</sup> June 2015.

Today, on 21<sup>st</sup> June 2024, IGNOU Regional Centre Delhi-2 celebrated 10th International Day of Yoga and the occasion of 10<sup>th</sup> International Yoga Day, a Lecture was organized on the Topic - **Living a Yogic Life**” through the Google meet (<http://meet.google.com/wpz-tcnb-tic>) which was attended by all the officials and the staff of Regional Centre Delhi-2.

Dr. Meena Singh, Assistant Regional Director, Regional Centre Delhi-2 welcomed all the participants and Yoga expert Dr Sampadanad Mishra, Professor, Rishihood University, Sonipat, Haryana. She also highlighted the popularity of the yoga across the world and the way people have adopted this in other countries.

Sr. Regional Director of Regional Centre Delhi-2 welcomed Professor Sampadanand Mishra and all the participants. In her address, she highlighted the importance of Yoga in the human life while



also emphasizing the importance of Yoga in reducing stress, and in increasing the endurance of mind and body. Further, she also explained the relationship of body and mind and the role played yoga for keeping the body healthy.

The distinguished Yoga Expert, Professor Sampadanand Mishra gave a lecture on how common people can adopt yoga in his/her day-to-day life and explained certain yogic practices like: consciousness, Breathing Practice, Pranayama, Dhyana Mudra are very useful in bringing calm to body and mind.

The talk on “**Living a Yogic Life**” was followed by an interaction in which the questions of the participants were answered by Professor Mishra.

The Program ended with a Vote of Thanks by Dr. Rita Chauhan, Assistant Regional Director, Delhi-2



### Delhi-3

#### **Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024**

Regional Centre Delhi-3 observed and celebrated the International Yoga Day as also the 10<sup>th</sup> International Day of Yoga (IDY) at 11.00AM on 21<sup>st</sup> June 2024 in its premises wherein all Academics and staff members of Regional Centre participated.

Dr. Ashok Sharma, Regional Director welcomed all the participating staff members and briefed them about the importance of Yoga in our routine life and how the Yoga has become a way of life world over and also as to how it has been helping millions world over to overcome the physical and mental fatigues/health issues caused by a number of factors arising out of modern day lifestyle and the climatic changes. This was followed by the demonstration of few prominent yogic exercises by all the staff members.

Dr. Ashok Sharma stated that Yoga has been the essence of our lives for ages and as such all of us should make it a part of our daily life further emphasizing that it is a discipline based on a subtle science which harmonizes our mind and body. It helps to discover the sense of oneness with ourselves.



Chawlas House, C66, Block C, Naraina Vihar, Naraina, New Delhi, Delhi 110028, India  
haze  
37.0 °C  
21 Jun 2024 11:53 am



C/66, Block C, Naraina Vihar, Naraina, New Delhi, Delhi 110028, India  
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21 Jun 2024 11:49 am



## Deoghar

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

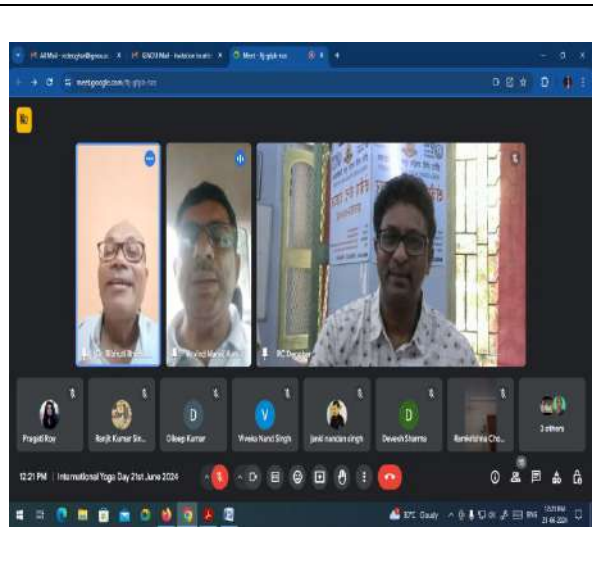
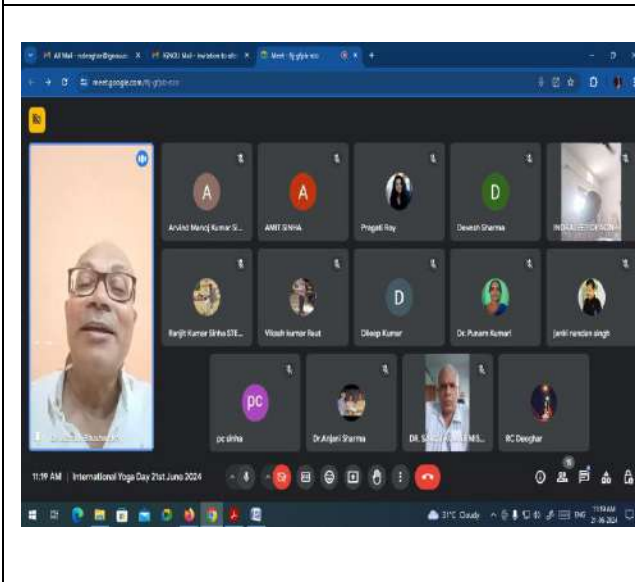
On the auspicious day of international Yoga Day one webinar was organized by RC Deoghar on the topic of "*Mental Health and Psychological well being & Yoga*" in which staff of the RC and Coordinators of the LSCs attended.

Dr Bibhuti Bhushan Roy, a yoga expert and academic of yogic science spoke on the topic as the main speaker on this occasion. He deliberated on the topic at length by emphasizing on the importance of healthy mind, body and soul.

He highlighted on the positive impact of yoga specifically *Pranayama* in maintenance of mental hygiene. One should concentrate on how one breathes and needs to refine it. For that he elaborated upon different aspect of *pranayama* i.e Inhalation, Exhalation and Internal Retention of the breath. When these *kriyas* are done by a practitioner in harmony with very being and along with remembering the supernatural, it has tremendous impact in relaxing, easing out and bring out the state of peace within. It brings the blood circulation in optimum levels and also has the therapeutic impact for *wyadhis* (ailments). He shared that yoga is the life style one can easily adopt along with other activities. Only there is strong will required for it. Adding to that he also mentioned about acceptance, faith and positive thinking which are pivotal before one gets involved in yoga. Lastly he answered the specific queries raised by the participants.



Dr P Sarath Chandra, Regional Director, in his opening remarks shared the theme of yoga 2024 and emphasized that yoga is not only meant for personal benefits but also for the society at large. He expressed and wished that the event should not be a formality for one day but has to become a habit and a routine activity. He appealed to participants to learn from the speech of the main speaker and apply in their lives in effective way.



Gangtok

## Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The International Yoga Day was observed at IGNOU Regional Centre Gangtok on Friday 21<sup>st</sup> June 2024.

The Patanjali Yog Peeth Sikkim Branch Convenor Shri Sonam Tshering Bhutia was in our midst to demonstrate and talk on the celebration of 10<sup>th</sup> International Yoga Day at IGNOU Regional Centre Gangtok.

Shri Sonam Tshering Bhutia demonstrated several yoga postures and talked on the benefits of yoga and also elaborated on benefits for living life healthy and energetic by practicing daily for half hour. The several long-term benefits that a regular yoga practitioner enjoys, consequently benefiting self and the society at large

In the following interactive sessions with the Resource Person, the participating staff and visiting students of IGNOU Regional Centre Gangtok clarified their several doubts while practicing yoga in their daily life and expressed heartwarming appreciation. Around 15-18 participants which included RC staff and visiting learners.





Listening to the expert the benefits of Yoga  
Tshering



Welcoming the Resource Person Mr. Sonam -

## Guwahati

### Activities on 10<sup>th</sup> International Day of Yoga, 2024

10<sup>th</sup> International Day of Yoga 2024 was celebrated at IGNOU Regional Centre Guwahati by organising a Lecture cum Practice session of Yoga on 21<sup>st</sup> June, 2024 at 12:00 P.M. to 01:30 P.M. in the Conference Hall of the Regional Centre.

Dr. Amir Jamal, Regional Director commenced the programme by extending a warm welcome to the guests and staff of the regional centre. He said that this year marks a special milestone – the 10<sup>th</sup> anniversary of International Day of Yoga. He then felicitated and introduced the guests to the staff and highlighted yoga's well-being benefits and its holistic approach to health.

Yoga Expert Ms. Harpreet Kaur Das from the Institute of Vivekananda Kendra, Guwahati, Uzan bazar, being the resource person, spoke on the theme of the International Day of Yoga 2024. She said the theme “Yoga for Self & Society” perfectly captures the essence of this ancient practice. Yoga isn't just about individual well-being; it fosters a connection between the inner self and the outer world. The resource persons emphasised that daily practice of Yoga will help us to have better health, better thought process, mental strength and help an individual to be more spiritual. After the lecture the resource person Mr. Ajay Agarwal and Ms. Sima Deb Sen demonstrated loosening/warming of body, Surya namaskar, asanas and pranayama. The programme ended successfully with a vote of thanks by Assistant Regional Director.





## Hyderabad

### Report

#### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10<sup>th</sup> international yoga day is celebrated at IGNOU, Regional Centre, Hyderabad on 21<sup>st</sup> June 2024. The following programmes are arranged for celebration. Details of the Programme Name of the guest Timings

1 Brahmakumaris Meditation for peace Dr Shivani Didi, Head, Brahmakumaris, Banjara Hills zone  
11 AM to 12.45 PM

2 Raja Yoga M Ravikumar,  
Hearfulness trainer, Kanha Shantivanam  
12.50 PM to 1.45 PM

3 Yoga for Self and Society Dr Venkata Narayana  
Vedic University,  
4.30 PM to 5.30 PM

Dr Shivani Didi along with her team has addressed the staff of IGNOU RC, Hyderabad. She eloquently gave her lecture on mindfulness as taught in Brahmakumaris. She conducted



meditation for the staff. The staff members interacted with her on the process of meditation. Mr M Ravikumar a heartfulness trainer who is now a preacher at Kanha Shantivanam vividly explained the Raja Yoga and demonstrated with the staff on the meditation techniques. The staff members performed the meditation and further enquired about raja Yoga philosophy. The two sessions are attended by all the staff of the Regional Centre. An online session for the learners of IGNOU, RC, Hyderabad was conducted at 4.30 PM to 5.30 PM. the online session was addressed by Dr Ramnarayana from Vedic University, Tirupathi, Andhra Pradesh. He has demonstrated mudras and spoke on the relevance of Yoga in the 21 st century. The online session is attended by all the RC staff, the learners, Few LSCs and three regional centres. Dr B Rajagopal, Regional Director Spoke on this occasion and welcomed the guests of the day.



## Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The X<sup>th</sup> International Day of Yoga observation was held on 21<sup>st</sup> June 2024 by Regional Centre Imphal (17) at the premises of RC Imphal. The programme began with Dr. Salam Dilan Singh, Regional Director, RC Imphal explained the importance of Yoga in our daily life and gave a brief speech regarding the history and theme of International Yoga Day 2024. He stresses on the benefits of practicing Yoga. He then welcomes and felicitates the yoga expert Ms. Chonmila and also welcomes all the staff of RC Imphal.

The programme was followed by a demonstration by the expert and all the staffs participated in the session. The session lasted for about 40 minutes and the programme was closed with a vote of thanks by Dr. Oinam Jayalakshmi Devi, Assistant Regional Director, RC Imphal.





## Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On June 21, 2024, the IGNOU Itanagar Regional Centre commemorated the X<sup>th</sup> International Day of Yoga with a special event focused on therapeutic yoga. The celebration included a training session that welcomed participation from both the staff members of the Regional Centre and stakeholders from Rajiv Gandhi Government Polytechnic College, Itanagar. The session was conducted by Sonia Dupak, a distinguished and certified yoga instructor. Smt. Dupak holds an MSc in Yoga Therapy and currently serves as a yoga therapist and instructor at CKBliss Health and Rhythm in Itanagar. Her expertise in yoga therapy made her an ideal leader for the session.

The one-hour session was attended by twelve staff members, including the Regional Director (RD). The training was designed to highlight the benefits of yoga for maintaining physical and mental health, especially relevant to individuals with office-based lifestyles. Smt. Dupak guided the participants through various yoga techniques that are particularly beneficial for combating the sedentary nature of office work and promoting overall well-being.

The event was not only a celebration of International Day of Yoga but also an educational experience, emphasizing the importance of integrating yoga into daily routines to improve health outcomes. The participants left the session with a better understanding of how yoga can be used therapeutically to enhance their quality of life.





## Jabalpur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Jabalpur observed the 10<sup>th</sup> International Day of Yoga (21<sup>st</sup> June 2024) as per the present year theme 'Yoga for Self & Society'. The participants were of Library Science programmes of IGNOU and Rani Durgavati University Jabalpur.

Dr. Somnasi Srinivas Regional Director inaugurates the Programme by addressing the participants about utility of Yoga in Daily Life. Two Yoga Experts Ms Neelam Thakur and Ms Ruchi Chouksey demonstrated the micro-exercises and some Yogaasans like Surya Namaskar, ArdhChakaraasan, Taadasan etc and also explains their benefits. Some of the motivated participant also presented Yogaasans of their choice like Sheershaasan, Dhanuraasan etc. Ms Neelima illustrated the technique for Nabhi-Khisakna problem. At the end Ms Ruchi took special session for the Female participants to maintain and prevent the problems specific to girls/ladies.

The programme was coordinated by Dr. Harish Kumar Asst. Regional Director and motivated the participants to adopt the Yoga as an important routine activity. Dr. Vivek Shrivastava Asst. Regional Director, Dr. S.P. Tripathi of RDVV and staff of IGNOU Regional Center also participated actively in the programme. A good number of participants (62) have joined this programme.





Photo-1 Starting of Yoga Session with Om uchharan



Photo-2 - Dhayaan Mudra



Photo-3- Surya Namaskar



Photo-4 Micro-exercise

## Jaipur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

A two-day celebration was organized at the Regional Centre, Jaipur to commemorate the 10<sup>th</sup> International Yoga Day

#### Day 01 with the theme "Yoga@Workplace" on 20.06.2024:

Ms. Divya Babani, a Yoga Instructor was invited as Resource Person on 20.06.2024 to give knowledge and practical demonstration of Yoga Asanas like Naadisudhodhan, Pranayama, Stretching, Makar Mudra, Hastha Mudra, and Vakrasana for boosting immunity. Ms. Divya Babani gave live demonstrations of various Chair Aasans. Staff Members of RC Jaipur actively participated and practiced Yoga Asanas. She emphasized how Yoga can be useful in increasing our immunity and relieving stress naturally, and also for Auto Immunity, Organs of the Immune

System, Daily Yoga Practice, and Diet plans. She motivated all the participants to spare at least 10-15 minutes daily to practice yoga and make it a way of life.

**Day 02 with the theme Yoga, Spirituality, and Mindfulness on 21.06.2024:**

Sh. Manish Vijayvargiya, Director, Yoga Peace Sansthan, Jaipur was invited as Resource person on 21.06.2024. He addressed all the staff members of RC Jaipur on how to implement yoga in our daily schedule, the benefits of Yoga, various Asanas of Yoga, and how yoga plays an important role in combatting diseases. He also emphasized the importance of Sri Bhagwad Gita in our lives and how we can implement the teachings of Gita in our day-to-day life situations.

Dr. Mamta Bhatia, Regional Director welcomed the Resource Persons and all staff members on both occasions and motivated staff members to practice Yoga Asanas in their daily routine. The Staff members actively participated in all the activities on both days.

All Academic and Administrative Staff Members of IGNOU RC Jaipur were present during the sessions on the occasion of Yoga Day. Dr. Indu Ravi, ARD coordinated the activity and Dr Pawan Kumar, AR presented the Vote of Thanks. The Flyer and photographs of the Yoga Day celebration have also been uploaded on all social media platforms of RC Jaipur.



Group Photograph with Ms. Divya Babani, Yoga Instructor, on the 10th International Yoga Day Celebration on 20.06.2024.





Ms. Divya Babani, Yoga Instructor demonstrated Yoga Asanas to Staff Members of RC Jaipur on 20.06.2024. Staff Members of RC Jaipur practicing Chair Yoga Asanas.



Sh. Manish Vijayvargiya, Director, Yoga Peace Sansthan, Jaipur demonstrated and practiced Yoga Asanas to RC Jaipur staff members on 21.06.2024.





Group Photograph of RC Staff Members with Sh. Manish Vijayvargiya, Director, Yoga Peace Sansthan, Jaipur on Celebration of 10<sup>th</sup> International Yoga Day on 21.06.2024.

## Jammu

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024



Dr. Shreyansh Jain, Yoga Expert being felicitated.



RD Jammu Dr. JP Verma, Officers & staff doing Yoga.



RC Jammu management & staff performing  
Yoga Asans



RC Jammu staff & students performing Yoga  
Asanas

## Jodhpur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre, Jodhpur celebrated '10th International Yoga Day' on 21st June, 2024. The Regional Director, Dr. Sachin Shridhar Sukhadeve welcomed resource person and the participants on the occasion. Sh. Ishwar Devani was invited as resource person to give practical demonstration of Yoga Aasans & Pranayama as per the Common Yoga Protocol.

He demonstrated about various Aasans as contained in Common Yoga Protocol. The programme was started with the Prayer and later on observed Loosening Practices by all participants. After doing loosening practices, all participants did Yogasanas, Kriya, Pranayama, Dhyana, Sankalpa under the observation of resource person. He stressed about the importance and relevance of Yoga in our day to day life. He explained how YOGA, Pranayama and meditation can be useful for mental health, peace, happiness and boost the immunity in the present sphere of stressful and busy life of a person.

At the end, Dr Muakhtyar Ali, Assistant Regional Director expressed his gratitude toward the resource person for sparing his valuable time for the cause. The entire session was streamed live on Regional Centre face book account.





Introductory session on Yoga by Resource Person Sh. Ishwar Dewani



Participants performing Anulom-Vilom Pranayama



Participants performing Kapalbhati Pranayama



Participants performing Vrikshasana

## Jorhat

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10<sup>th</sup> International Yoga Day (IYD) 2024 was observed at IGNOU Regional Centre Jorhat on 21<sup>st</sup> June 2024. On account of Yoga Day, Regional Centre Jorhat has conducted a Training Session on Yoga for the officials and staffs of the Regional Centre.

All the officials and staff of RC Jorhat participated in the Yoga session. Ms. Kabita Neog, Yoga Instructor and Academic Counsellor of CPY programme was the the yoga trainer in the programme.

The training session started with the Invocation prayer followed by loosening/warm up exercise like neck rotation, shoulder rotation, forward and backward twisting etc. After the loosening exercise, the yoga trainer demonstrated various Yogasanas/postures and the participants also practiced the yogasanas as per the protocol of International Yoga Day 2024.



After yogasanas, pranayams were performed like Kapalabhati, Nadisodhana pranayam, Sitali pranayam, Bhramari pranayam followed by Pranadyan .

The Yoga Instructor also elaborated the importance of Yoga in human life, its effectiveness and how it helps to keep the body fit and healthy. The yoga session came to an end by performing Shanti Mantra followed by vote of thanks offered by the Senior Regional Director.



## Karnal

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On the occasion of 10<sup>th</sup> International Yoga Day, Sh Dinesh Gulati, Member, Yog Aayog, Haryana was invited as Resource person. More than 10 participants i.e. Academics and Staff of Regional Centre Karnal and participated in the Yoga Practice Session

At the outset, Regional Director (I/c) RC Karnal, Dr. Dharam Pal, welcomed the Chief Guest/Resource Person and the participants and explained the theme "Yoga for Self and Society" of Yoga Day programme.

Sh Dinesh Gulati, Member, Yog Aayog, Haryana was the Resource person. He said that yoga is very relevant in today's day and age, especially in the context of our fast-paced modern lifestyle, for health and personality. He talked about the role of diet with yoga for Good Health in day-to-day life. He described and demonstrated different forms of Yog Asanas and Pranayam. The live session was very impressive and each of the participants was happy to attend the live session.





## Khanna

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

10<sup>th</sup> International Yoga Day has the theme – Yoga for Self and Society. On this occasion, the staff members of RC, Khanna assembled at the grounds of Lala Sarkaru Mal Sarvhitkari Vidya Mandir, Khanna at 5:30 a.m. and participated in the Yoga session organized in collaboration with Bharat Vikas Parishad, Patanjali Yoga Samiti and Rashtriya Swayamsewak Sangha. Various Asanas were performed by the participants during this Yoga Session. However, the main focus of this session was to perform the asanas for curing the pain of Spinal Cord. Other benefits of Yoga were also highlighted:

- Yoga improves strength, balance and flexibility of the body. The slow movements and deep breathing increase blood flow and warm up muscles.
- Yoga helps in curing back pain relief. Yoga is beneficial as basic stretching for easing out pain and improving mobility in people with lower back pain.
- Yoga benefits heart health. Regular yoga practice reduces inflammation in the body thus contributing to healthier hearts.



- It helps to manage stress. According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

The various Yoga acharyas briefed the participants for connecting the body with inner self like body, mind and soul. One of the farmers encouraged to promote organic farming and planting the saplings so that the bird species can be saved for preserving the environment. All were encouraged to save water so that life on earth can be sustained. Even they motivated that the residual water of R.O. and A.C., which is generally thrown, should be re-used for cleaning the floor, watering the plants, etc.

The participants were familiarized with various asanas like Vakrasana, Bhujangasana, Mandukasana, Pawanmuktasana, Gomukhasana, Makarasana, Chakrasana, Markatasana, etc. It was told that these asanas can cure diabetes and spinal cord slipped disc problems, if practised regularly by the diabetic patients and those suffering from spinal cord problems.

Lastly, Dr. Santosh Kumari, Sr. Regional Director inspired everybody to make Yoga a part of daily life so that everybody may remain fit and healthy.



## Kohima

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

As part of International Day of Yoga Celebration, the staff of IGNOU Regional Centre, Kohima gathered in the conference cum Library Hall of RC and to commemorate the occasion which is on 21<sup>st</sup> June 2024 performed yoga session. The steps of Yoga were performed with the help of youtube channel. After the yoga session, Regional Director i/c Dr. Mayonmi Shimray based on the theme of the year i.e “Yoga for Self and Society” highlighted about the importance of practicing yoga in our day to day life to maintained good health and also helps in keeping our mind, body and soul fit. He also encouraged all the staff to practice yoga at home on daily basis with family members in order to maintain good health and also to be free from all kinds of stress and anxiety. The session ended with a light refreshment.



## Kolkata

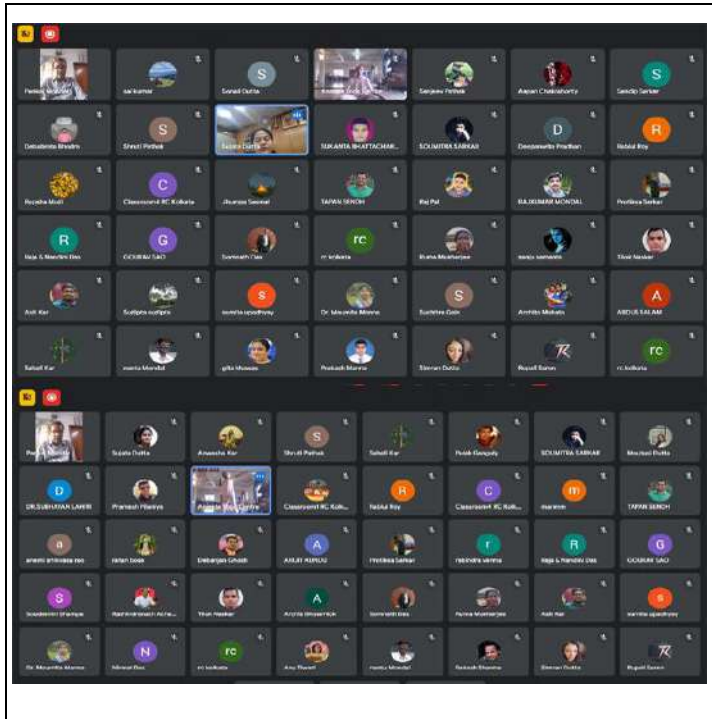
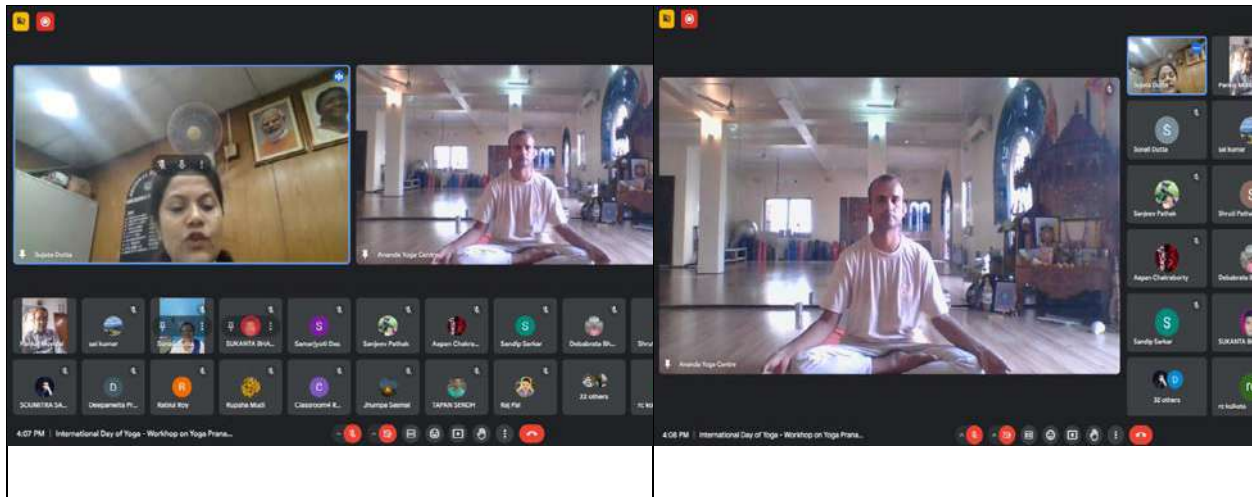
### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024



Regional Centre Kolkata commemorated the 10<sup>th</sup> International Day of Yoga with a profound lecture delivered by renowned yoga expert yoga expert and founder of Ananda Yoga Centre Salt Lake Kolkata Sh. Rama Shankarji on 21st June 2024. The event commenced with a welcoming address by Dr. Sujata Dutta Hazarika, Senior Regional Director, who emphasized the manifold benefits of yoga. Dr. Hazarika encouraged staff members to integrate yoga into their daily routines for enhancing immunity, maintaining physical fitness, and managing various health challenges such as respiratory disorders, hypertension, diabetes, depression, and stress. She highlighted yoga as a transformative tool for cultivating mental resilience and balanced living amidst uncertainties. Sh. Rama Shankarji's lecture delved into the origins and essence of yoga as an ancient practice originating in India, aimed at unifying body, mind, and spirit. He elucidated that yoga, derived from Sanskrit meaning 'to unite', facilitates harmony within oneself, with others, and with nature. Stressing beyond physical exercise, he portrayed yoga as a holistic approach to achieving balance, strength, flexibility, and spiritual enlightenment, emphasizing the integration of physical, mental, intellectual, and spiritual dimensions of human existence. Sh. Rama Shankarji also conducted practical demonstrations of simple yoga exercises to promote physical well-being among attendees.

In the valedictory address, Dr. Ajay Kumar Behera, Assistant Regional Director, expressed gratitude to Sh. Rama Shankarji for his enlightening session. He reiterated yoga's contemporary relevance in fostering physical health and mental resilience. He commended the active participation of all the attendees, which contributed to the success of the event.

The celebration of the 10th International Day of Yoga at Regional Centre Kolkata not only underscored the profound benefits of yoga but also inspired participants to incorporate its principles into their lives for holistic wellness and spiritual harmony.



## Koraput

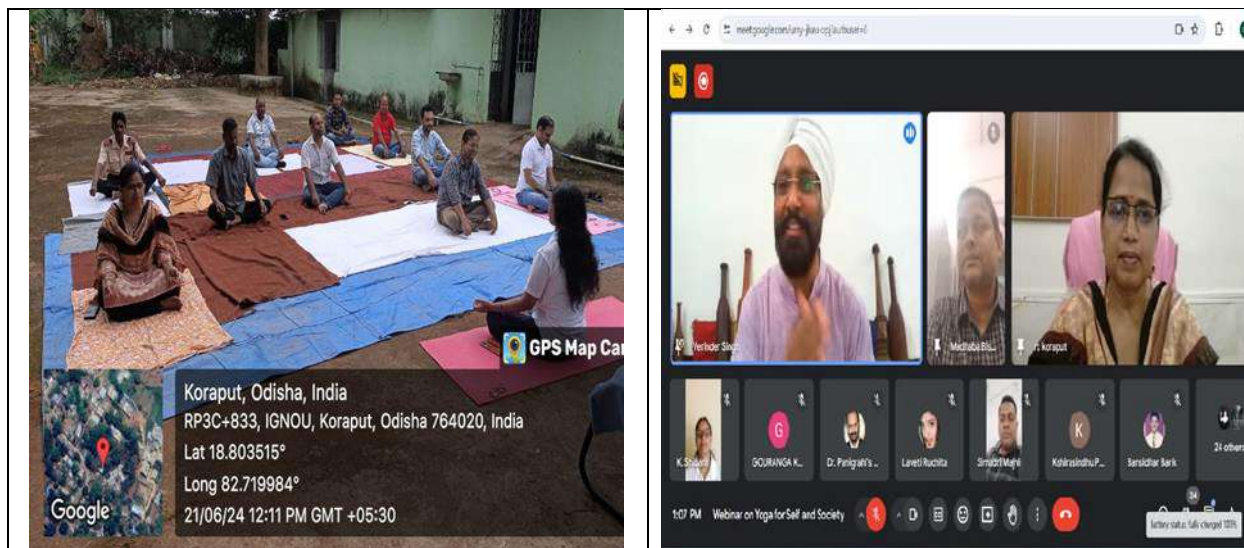
### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre conducted 10 th International Yoga Day at Regional Centre premises on 21-06-2024. On this occasion face to face yoga programme conducted at 11 am. Smt Shibani Bala Konhar, Yoga Teacher from Art of Living, Koraput attended the programme as Resource Persons and addressed the participants on this special occasion. She narrated different features

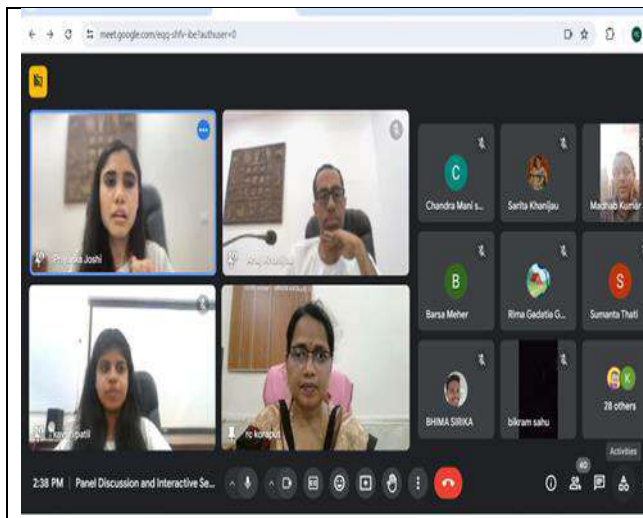
of Yoga with demonstration for the wellbeing of human being. She also explained the value of varieties of Asanas and Kriyas of Yoga with demonstration.

In the afternoon IGNOU, Regional Centre, Koraput organized a **Webinar on “Yoga for Self and Society”** at 12.30 pm through online/virtual mode . In this programme students, Academic Counsellors, Coordinators, staff of IGNOU Regional Centre, Koraput attended the program. In the beginning of the programme Dr. Latika Mishra, RD (I/c) welcomed all the Participants and Guest and also highlighted the significance of Yoga in our day to life. Mr. Verinder Singh Sahota, International Yoga and Meditation Coach, General Manager, Rourkela Steel Plant, Odisha was the Chief Speaker of the programme. Mr. Verinder Singh delivered a remarkable speech on different dimension of Yoga and its relevance in our day to day life. The details of the link is: <https://meet.google.com/umy-jhau-opj>.

After the Webinar a **Panel Discussion and Interactive Session** conducted on “Yoga for Self and Society” on 21-06-2024 at 2.20 pm. In this programme three experienced and expert Teachers Art of Living Foundation joined as Resource Person. The details of the link is: <https://meet.google.com/eqq-shfv-ibe>. Three Panelist such as Shri Anuj Khanijau, Priyanka Joshi and Kaveri Patil made wonderful presentation and interaction with the participants and students. During the deliberation of they highlighted various useful and simple yoga Mudras and specific exercises to maintain good physical, mental and emotional health.







## Lucknow

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU, Regional Centre, Lucknow has organized a session on “Yoga Practices” in campus of Regional Centre to celebrate the 10<sup>th</sup> International Yoga Day. Mr. Mukesh Singh was the Yoga Instructor, Senior Regional Director Dr. Manorama Singh, Additional Director Dr. Anil Kumar Misra, Assistant Regional Directors Dr. Kirti Vikram Singh, Dr. Reena Kumari, Dr. Anamika Sinha, Assistant Registrar Dr. Nishith Nagar and all the staff members. The program was organized on the eve of 10<sup>th</sup> International Yoga (20.06.2024). During yoga practice it was discussed that, “One can remain healthy only through yoga”. Few photographs of the event are placed below:



**Yoga Session at Regional Centre on eve of International Yoga Day**



**Yoga Session at Regional Centre on eve of International Yoga Day**



Participation in “Samuhik Yogabhyas” at Raj Bhawan Prangan, Lucknow on 21<sup>st</sup> June, 2024



Participation in “Samuhik Yogabhyas” at Raj Bhawan Prangan, Lucknow on 21<sup>st</sup> June, 2024

## Madurai

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

RC Madurai celebrated International Yoga Day on 21.06.2024 at 11.00 AM in the Regional Centre premises. Dr. G. Anbalagan, Assistant Regional Director & Regional Director (I/c) welcomed the Yoga Expert Dr. M. Mathivanan, Yoga Expert, SKY Yoga, Dindigul. All the RC officials participated in the celebrations. The Yoga Expert explained the necessity of doing Yoga on daily basis and informed that Yoga gives relaxation to mind and improves flexibility of the body. He further gave a small briefing about Yoga for Self and Society. He performed and guided RC officials to do some basic loosening exercises, yoga (in sitting and standing pose) Pranayama and Meditation. Snapshots taken during the event are attached.



Lecture on Yoga for Self and Society



Lecture on Yoga for Self and Society





Yoga in standing pose by RC Madurai officials



Yoga – Meditation by RC Madurai officials

## Mumbai

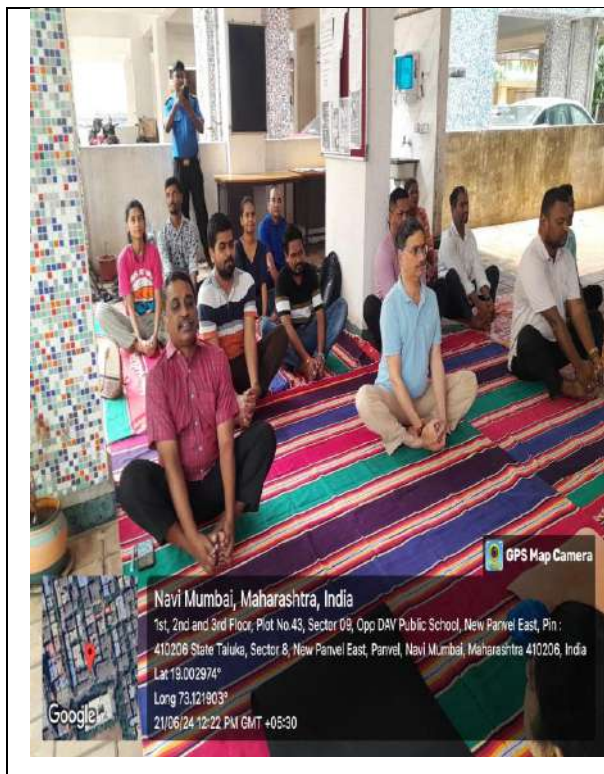
### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

Indira Gandhi National Open University Regional Centre Mumbai celebrated 10th International Yoga Day on 21st June 2024 at Regional Centre premises. Yoga session was organized with help of two Yoga experts at the Regional Centre during which the experts taught different Yoga Exercises to the participants. The event was attended by 26 participants (including staff and learners). Dr. Rahul Mishra, Regional Director thanked the Yoga Experts and informed the participants about the importance of Yoga in day-to-day life of an individual.

The session ended with a Vote of Thanks.







## Nagpur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The International Yoga Day was celebrated at IGNOU Regional Centre Nagpur on 21<sup>st</sup> June 2024 through face-to-face mode. The whole RC staff participated in the programme. Dr. Laxman Kumarwad, Regional Director was the resource person. The programme was introduced by the Yoga Expert Dr. Anil Wagh by his welcome speech emphasizing the concepts of celebration of International Yoga Day in 2014 and its importance. The resource person delivered an awareness speech on Yoga focusing on the historical background of Yoga, the Significance of Yoga practices in the current scenario, the Relevance of the Yoga motto of this year 2024 “Yoga for Self and Society”, the secular concepts of Yoga, the implementation of Yoga practices in all religions, Implications of Yoga in treatment therapies and some important Yoga theories. Also, the participants were given simple Yoga practices, especially on Pranayama by making them experience its significance. The participants were encouraged to lead a harmonious life through Yoga to make a harmonious society. The programme came to an end with the vote of thanks by Mr. Chandrashekhar Rajgure, SO.



## NOIDA

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

10<sup>th</sup> International Yoga Day was celebrated by IGNOU Regional Centre, Noida on 21<sup>st</sup> June, 2024. On this occasion, demonstration and lecture on the topic “Yoga for Self and Society” was organized in face to face mode in order to create awareness about yoga's positive impact on physical and mental well-being.

Sh. Kumar Sushamakar, an esteemed yoga expert was invited as the resource person on this important occasion.

The programme started with the welcome address by Dr. Amit Chaturvedi, Senior Regional Director, IGNOU RC Noida. He highlighted the significance of Yoga for individuals and society.

The resource person Sh. Kumar Sushamakar commenced the session by providing a brief introduction to yoga, its origin and definition. He explained how yoga integrates physical postures

(Asanas), breathing techniques (Pranayama), and meditation to promote holistic well-being. The lecture delved into the countless benefits of practicing yoga regularly. Sh. Sushamakar emphasized upon the role of yoga in stress reduction, improvement of flexibility, gaining physical and mental strength. He shared how yoga enhances mental clarity, focus, and emotional balance. Following the lecture, the yoga expert demonstrated various yoga asanas and guided participants through every pose. He also explained the importance of every yoga asana to the participant while demonstration.

The programme was attended by all the officials and staff members of RC NOIDA who actively performed the asanas and received personalized guidance from the yoga expert. They gained valuable insights into yoga's principles and techniques that empower them to integrate yoga into their lives for improved well-being. The programme was coordinated by Dr. Anjana, Deputy Director, RC NOIDA.



Resource Person Sh. Kumar Sushamakar delivering lecture on the topic “Yoga for Self and Society”





Yoga expert demonstrating Asanas



Practicing of asanas by Dr. Amit Chaturvedi, Sr. RD, RC NOIDA and other officials



Participants performing asanas

## Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024



Certificate for participation of Dr Kameshwari Moorty , Sr. Regional Director, RC Panaji.









## Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10<sup>th</sup> International Day of Yoga was celebrated in the premises of IGNOU Regional Centre, Patna on 21.06.2024. Two activities were organized by the Regional Centre in collaboration with Regional Evaluation Centre, Patna and Regional Centre, Bhagalpur. The 1<sup>st</sup> event was organized at 09.00 am in Room No. 208. It was one hour Yoga Session by Mrs. Reena Kumari, Yoga Expert and Sr. Academic Counsellor of the CPY Programme. All the members of the staff of the Regional Centre, Patna, Regional Evaluation Centre, Patna and Regional Centre, Bhagalpur participated in this session. Mrs. Reena Kumari introduced different Asanas to the participants like Tarasan, Triyak Tarasan, Katichakrasan, Bhujangasan, Setubandhasan, Brikshasan, Shashankasan, padahastasan, trikonasan, Shvashan and yogic activities like Anulom Vilom, bheramari Pranayam to the participants. She demonstrated the Asanas and activities and the participants practiced the activities and Asans. Dr. Abhilash Nayak, Sr. Regional Director thanked Mrs. Reena Kumari for sparing her time and providing practice in Yoga to the staff.

The 2<sup>nd</sup> activity was a talk on “Yoga for a Healthy & Stress Free Life”. It was organized at 03.00 pm in the Conference Hall of the Regional Centre. All the members of the staff of the Regional Centre, Patna, Regional Evaluation Centre, Patna and Regional Centre, Bhagalpur participated in this session and took advantage of the inputs given by the Yoga Expert Sh. Sunil Kumar Manjul, Secretary, Mithila Art Association, Patna. Sh. Manjul highlighted the importance of different Asans & Mudras of Yoga for a healthy and stress-free life. Mr. Sanzaya Patel, Dy. Registrar proposed a formal Vote of Thanks to Sh. Manjul and all the participants for making this event a success.



**Mrs Reena Kumari Yoga Expert deomntrating the Asanas**



**Mrs Reena Kumari Yoga Expert deomntrating the Asanas**





Staff of RC Patna, REC Patna and RC Bhagalpur practicing the Asanas



Staff of RC Patna, REC Patna and RC Bhagalpur practicing the Asanas



Shri Sunil Kumar Manul, Yoga Expert and Secretary, Mithila Art Association delivering a Talk on “Yoga for a Healthy and Stress-Free Life”



Staff of RC Patna, REC Patna and RC Bhagalpur participating in the talk on “Yoga for a Healthy and Stress-Free Life”

## Port Blair

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On 21<sup>st</sup> June 2024 IGNOU RC Port Blair has celebrated 10<sup>th</sup> International Day of Yoga at Regional Centre, Port Blair, VIP Road, Opposite Air Cargo Complex. The program was attended by Regional Director Prof. (Dr.) Sunil Jacob, ARD Dr Sudarshan Raja, ARD Dr Uday Kumar and all



other staffs of the RC, Port Blair. Dr. V. Aruna, bachelor's in naturopathy and Yogic Science and a certified Yoga teacher instructed the participants about the methods of yoga. Dr. Shweta, who had PhD from IIT Roorkee, 3 times Gold Medalist in Yoga & Certified Yoga Teacher has delivered talk on the need of yoga in the present-day scenario with an emphasis on the theme of the year 'Yoga for Self and Society'. She also explained how practice of Yoga in everyday life change an individual and people around them. The program started at 07:15 am at the Multi-Purpose Hall of Regional Centre, Port Blair. RD Prof. (Dr.) Sunil Jacob, ARD Dr Sudarshan Raja and ARD Dr Uday Kumar also delivered talk on yoga. Dr. Aruna has started the practice session by introducing about types of Asanas, their origins and importance in contemporary life. She conducted the yoga session for more than an hour and practiced various asanas. At the end of the program, a light snack was also provided to all the participants.

Figure 1: YOGA DAY CELEBRATED AT RC-PORT BLAIR



Figure 2: YOGA DAY CELEBRATED AT RC-PORT BLAIR



Figure 3: YOGA DAY CELEBRATED AT RC-PORT BLAIR



Figure4: YOGA DAY CELEBRATED T RC-PORT BLAIR



## Pune

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

10<sup>th</sup> International Yoga Day was celebrated at Regional Center Pune on 21<sup>st</sup> June 2024 on the eve of 10<sup>th</sup> International Yoga Day Dr. Munish Kumar Regional Director was the expert. Dr. Kumar delivered and demonstrated yoga and Asanas to prevent the life style diseases and healthy wellbeing.

He performed and taught the following yoga and Asanas:

- Pranavanad
- Bhstrika
- Kapala bhati
- Bhramari
- Anuloma Viloma
- Sasakaasan
- Vajrasan
- Serrshasan
- Sukhasan and

- Suryanamaskar

All Regional Center Staffs & IGNOU learners have also performed the above Asanas. They were advised to do yoga regularly at home for at least 20 minutes every day and promote YOGA in their society. Programme was concluded with the Vote of thanks proposed by Dr. Savita Beniwal ARD RC Pune.



## Raipur

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The Regional centre Raipur has observed the International Yoga Day on 21.06.2024 at 9.30 am. In this celebration the Regional Centre invited Miss Anamika Sharma the Yoga Teacher to teach the



staff of the Regional Centre Raipur about the practice of Yoga. In her Yoga class she focused on the combination of mind and health for better life. She also briefed the staff through Yoga the stress and tension of work pressure can be minimized as a result healthy life style can be maintained by the staff. In her yoga tips she taught the staff various postures for controlling the mind and body for a better life which is required by a human being. She also insisted upon daily practice of yoga atleast for 20 minutes for reducing the strees and tension. With this the meeting was concluded.



## Rajkot

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Rajkot organized 'International Yoga Day' on today (21<sup>st</sup> June, 2024) at the Regional Centre premises. Dr. Jitendra Singh, Regional Director addresses the importance of yoga in day-to-day life.

All staff members of IGNOU Regional Centre Rajkot celebrated the International Day of Yoga 2024 in the Regional Centre Rajkot premises by performing the surya namaskar, padmasana, bhujangasana, stretching exercise56s, breathing exercises, etc.





## Ranchi

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10<sup>th</sup> International Yoga Day was celebrated on 21<sup>st</sup> June 2024 at IGNOU Regional Centre, Ranchi. Yoga Practice session was held at the RC premises in the morning according to the Common Yoga Protocol. Mr Rajesh Kumar, a qualified and experience Yoga wellness Instructor from YSM, Ranchi guided the participants to do different *asanas* and *pranayama* etc. All the staff of IGNOU Regional Centre, Ranchi participated in this event.

Further, Mr Rajesh Kumar delivered a small talk on the various benefits of doing Yoga regularly.

The event was ended with thanking Mr Rajesh Kumar for his time.





### **Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024**

The 10th International Day of Yoga (IDY) on 21st June 2024 was celebrated with enthusiasm and fervor at IGNOU Regional Centre Saharsa.

Due to continuous rain in Saharsa since the morning, the event commenced slightly later than planned. As the rain subsided, the preparations for the Yoga Day celebration began.

The event took place on the rooftop of the Regional Centre, where all staff members, including the Regional Director ([Dr Mirza Nehal Ahmad Baig](#)) and the Assistant Regional Director (Dr. Deepak Goswami), actively participated in various yoga exercises. The opening remarks were delivered by the Regional Director and the Assistant Regional Director, who both emphasized the significance of yoga in today's fast-paced and stressful life.

The Regional Director highlighted the numerous benefits of yoga and encouraged the staff to dedicate at least 45 minutes daily to physical exercise and yoga. He stressed the necessity of maintaining a healthy body and mind to improve overall well-being and productivity.

The Assistant Regional Director reiterated the RD's message, urging all staff members to recognize the needs of their bodies and incorporate regular exercise, yoga, and meditation into their daily routines. He emphasized the value of self-care and the long-term benefits of a disciplined yoga practice.

At the conclusion of the event, all staff members took a pledge to commit at least 45 minutes each day to physical fitness activities. The celebration ended on a positive note with refreshments (coconut water and fresh fruits) served to all participants.

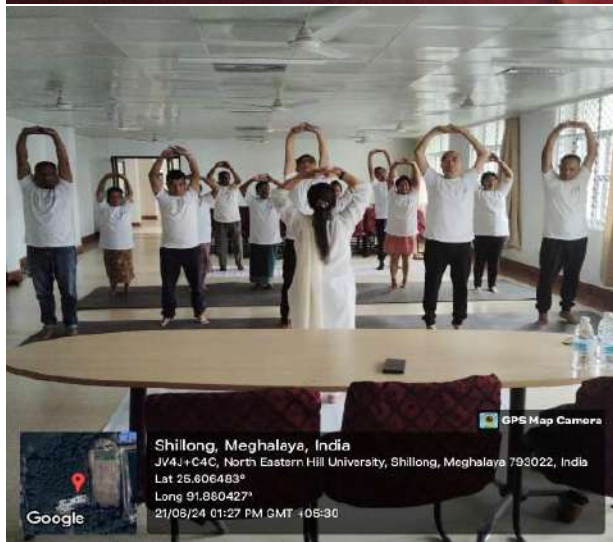


## Shillong

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Shillong has celebrated the Xth International Yoga Day on 21<sup>st</sup> June 2024 at 12.30 p.m. by organizing a lecture on the theme of the year “Yoga for Self and Society”. The lecture was delivered by Dr. Anamika Upadhaya, a Yoga expert from the North Eastern Hill University (NEHU). After the lecture, basic yoga postures were demonstrated by the yoga experts

to the participants for their physical, mental, emotional and spiritual well being of a person. The program was attended by the staff of IGNOU Regional Centre, Shillong.





## Shimla

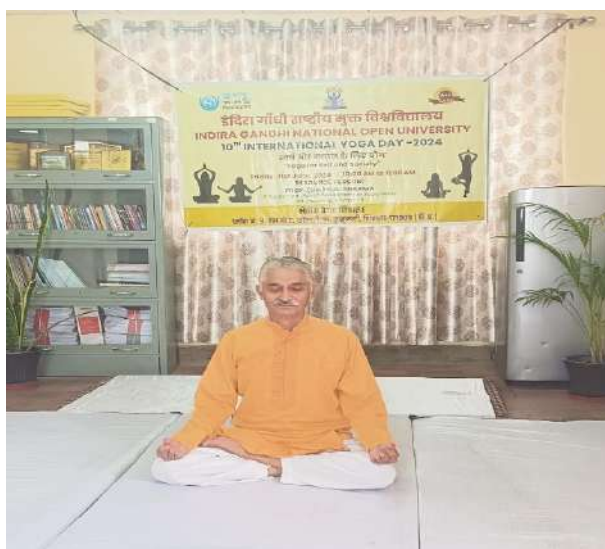
### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre, Shimla celebrated 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2024. On this occasion a lecture-cum-demonstration session was organized. Prof. (Dr.) G.D. Sharma, Ex-Chairperson, Department of Yoga Studies, HP University, Shimla was the resource person. At the outset, Sr. Regional Director, Dr. Joginder Kumar Yadav welcomed the resource person and gave briefed about the celebration of International Day of Yoga.

Prof. Sharma highlighted on the celebration of International Day of Yoga and briefed about the importance of Yoga in day-to-day life of human being. While speaking on the importance of Yoga he also gave some important tips as how to lead a healthy, cheerful & tension free life. Starting with “Oum” uccharan, the session followed with demonstration i.e. ‘Anulom-Vilome’, ‘Kapalbhati’, ‘Sarvangasan’, ‘Vagrasan’, ‘Mandukasan’ etc. The participants/ staff members also joined the demonstration session and completed all the exercises as suggested by the resource person. In the end of the session participants interacted with the resource person and asked various questions. Prof. Sharma clarified the question/doubts of participants very nicely. The session was very useful, knowledgeable and interactive wherein the participants enjoyed a lot. Dr. Mohan Sharma, Deputy Director presented a formal vote of thanks to the resource person and participants.



Resource person



Demonstration session



## Siliguri

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Siliguri celebrated the 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024 at the Regional Centre premises in the presence of IGNOU learners and staff members. The programme was inaugurated by Dr. Pradip Debnath, Regional Director. Dr. Deepak Kumar Singh, Assistant Professor, Dept. of Education, A. C. Training College; Jalpaiguri was the Chief Guest and Master trainer of this programme.

Dr. Pradip Debnath, RD welcomed the chief guest and all participants. He explained the significance of Yoga day. He stated that “Yoga is an invaluable gift of India's ancient tradition”. He spoke about the origin and history of yoga through centuries and how it helped people lead a healthy life. He addressed that Yoga had been mentioned in Rigveda, Upanishad and Yoga Sutras in Patanjali to help the people understand the importance of health, and to inculcate a good practice of well-being. He added that today's world Yoga has greater importance. He mentioned that Yoga enhances our physical fitness as well as mental health, and removes all kinds of stress, anxiety and keeps our mind in peace.

The chief guest cum master trainer gave a motivational speech on “Integrated Yoga in day-to-day life”. He nicely explained how integrated yoga helps us to improve our healthy life in day to day. He mentioned that meditation is the only way to lead a stress- and anxiety-free life. His demonstration of various yoga asanas was wholesome. All participants joined the programme. At the end of programme, Dr. Pravin Pralayankar, ARD thanked the resource person, learners and staff members.



Speech of master trainer



Omkar chanting





Exercise



Welcome address by RD

## Srinagar

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On 10<sup>th</sup> International Yoga Day 2024, IGNOU Regional Centre Srinagar celebrated the event with full enthusiasm and fervour. Dr. A. H. Rizvi Regional Director elaborated about the philosophy of yoga and its eight fold paths, the way how to connect soul with supreme power. He also stressed upon the importance of yoga in our day to day life. He also demonstrated to the audience various asanas and pranayama, focusing on their health benefits and proper execution. He also delivered informative talks on the scientific benefits of yoga, its role in stress management, and its significance in maintaining overall well-being.

The International Yoga Day celebrations at IGNOU Regional Centre Srinagar were a resounding success, fostering a deeper appreciation for yoga's holistic benefits and promoting its practice as a means to achieve physical fitness, mental clarity, and spiritual growth. The event not only celebrated an ancient tradition but also reaffirmed its relevance in contemporary life, encouraging all participants to embrace yoga as a pathway to well-being.

The event was organized in the premises of the centre and attended by students, officers and staff, aimed to highlight the transformative power of yoga in everyday life.

Overall, the event at IGNOU Regional Centre Srinagar was a testament to the transformative power of yoga, inspiring attendees to incorporate yoga into their daily lives for enhanced well-being and vitality.

The officers and staff were happy with their fitness and peace of mind which they attained during the proceedings.



## Trivandrum

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

IGNOU Regional Centre Trivandrum has celebrated the 10th International Day of Yoga by organizing a Lecture cum demonstration on the theme “Yoga for Self and Society”

**Dr. M. Rajesh**, Senior Regional Director, IGNOU Regional Centre Trivandrum has delivered the presidential address. In his address he stressed upon the importance of practicing yoga in our day-to-day life.

The Yoga demonstration was handled by **Ms. Soorya S**, Yoga Acharya, Sivananda Yoga Vedanta Centre, Trivandrum. She has demonstrated various Yogic Exercises to the participants and stressed its importance in maintaining our health. The staff members of Regional Centre and IGNOU learners have participated in this programme.

The programme has ended with a vote of thanks by **Dr. Priya Pradeep**, Assistant Regional Director, IGNOU Regional Centre, Trivandrum.



## Varanasi

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

On the occasion of 10<sup>th</sup> International Yoga Day on 21st June 2024, IGNOU Regional Centre Varanasi organized one hour Yoga session in the morning hours at RC premises. All the officials & staff of Regional Centre Varanasi led by Regional Director Dr. Upendra Nabh Tripathi participated and practiced different Yogasana steps.

Dr. U. N. Tripathi, Regional Director highlighted the importance of Yoga in daily life and told that this is the one easy way to stay healthy and overcome from tension at the daily life. Dr. S K Pandey, ARD, RC demonstrated some simple yoga steps to remain fit and healthy in busy life.



Dr. U. N. Tripathi, Regional Director demonstrated different Yogasanas like Surya Namaskar, Pranayam and Meditation and said that everybody must do Yoga and practice meditation regularly to feel better and lead a long and healthy stress-free life.



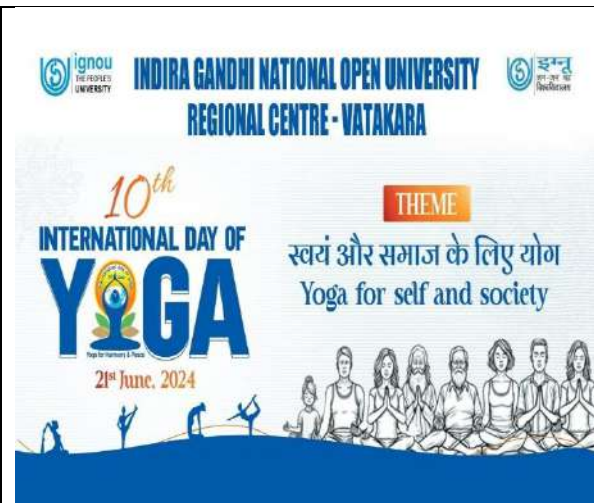
## Vatakara

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

Regional Centre Vatakara organised activities in connection with the 10<sup>th</sup> International Yoga Day. A talk on *Yoga for Self and Society* was organised on the occasion. Yogacharya, Dr. Balakrishnan delivered a very enriching and interesting session wherein he highlighted the benefits of doing Yoga in daily life. He highlighted with interesting examples where Yoga has helped many people in the society to overcome their illness and regain good health. A Yoga demonstration of some basic Yogasanas, Suryanamaskar and Pranayama procedures was given by the Yogacharya. The

staff of Regional Centre actively participated in the Yoga Day activity and also raised their queries and doubts which were clarified by the Yoga expert.

The Yoga expert was initially welcomed by Dr.Sindhu P Nair, Regional Director. Introduction of the Yogacharaya was done by Dr.Prameela.O, Assistant Regional Director. Dr. Chandan Kumar, Assistant Regional Director gave the feedback about the interesting talk and demonstrations. Sh.Praveen Kumara, Deputy Registrar proposed the Vote of thanks on the occasion. The expert encouraged all participants to practice Yoga as a routine activity in their daily life.



IGNOU RC Vatakara -10<sup>th</sup> International Yoga Day



Talk by Yoga Acharya, Dr.Balakrishnan



Demonstration by the Yoga Acharaya



RC staff attending the Yoga Session



### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

10th International Yoga Day was Celebrated at IGNOU Regional Centre, Vijayawada.

A meeting was conducted in the Regional Directors Chamber before the commencement of the Yoga Practice. Dr. D R Sharma, Senior Regional Director initiated the meeting with inaugural remarks. He has explained the importance of yoga and the main **theme** for the 10th International Yoga Day i.e. *Yoga for Self and Society*.

Mr. M. Rajesh, Yoga Expert having National and International reorganization was invited for this event as an expert. The detailed introduction of the Guest was given by Shri Chennu Balachander, Assistant Registrar, Regional Centre Vijayawada.

Shri Rajesh stressed upon the importance of the Yoga in the daily life for the smooth dispatch of duties and to lead the peaceful life with sound, mental and physical health.

He has explained pranayama various asanas for naadisuddhi and increase the concentration power of the employees. He has advised all the staff members to practice the Yoga in the daily life continuously at least for 15 minutes in a day. The session was continued after the theory.

All the staff members have participated in the Yoga session by doing the different pranayama and asanas. At the end of the session, all the staff members were served with ragi malt (a millet juice), which is having good content of Dietary fiber, Iron and Calcium.

Meeting was concluded by vote of thanks proposed by Dr. K.Sumalatha, Deputy Director.







## Vishakhapatnam

### Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024

The 10th International Day of Yoga celebrations were held today at the IGNOU Regional Centre at MVP Colony, Visakhapatnam. Dr. R. Tulasi Rao, Faculty, Department of Yoga and Consciousness, Andhra University, Visakhapatnam was the Chief Guest and delivered a Lecture on “Yoga for Self & Society”. The program was chaired by Dr. Dharmarao Gonipati, Regional Director and he inaugurated the programme with his remarks on the importance of International Yoga Day and benefits of Yoga in the day-to-day professional life to reduce the stress. In the lecture, Dr. Tulasi Rao, the Chief Guest has explained the importance of Yoga in facing the challenges encountered by Human beings in their day-to-day life and its requirement for the employees in the Work Place There was a demonstration session after the lecture and the Guest also presented various Asanas for the employees.

An exhibition depicting the programmes of Yoga Day celebrations and quotations on Yoga and its importance. The programme was conducted in face-to-face mode and the Photographs are placed in YouTube, FB and Twitter handles. Dr. E. Krishna Rao, Deputy Director, Ms. Dr. TVR Chandra, Founder Hamsa Foundation, Hyderabad and other RC staff participated in the event.



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**Overall Guidance & Supervision:**

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Dr. Umesh Chandra Pandey, Director, Regional Services Division

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Dr. Vinita Katiyar, Regional Services Division, IGNOU New Delhi

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Dr. Vinita Katiyar, Regional Services Division, IGNOU New Delhi

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**Graphics and Design**

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Dr. Vinita Katiyar, Regional Services Division, IGNOU New Delhi

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**Data and Photographs**

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IGNOU Regional Centres