



**Report  
On  
Celebration  
Of  
International Yoga Day  
(IYD)  
At  
Regional Centres  
21.06.2023**

**REGIONAL SERVICES DIVISION, IGNOU  
NEW DELHI**

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## 1. Agartala

IGNOU Regional Centre Agartala organized ‘**International Yoga Day**’ on today (21<sup>st</sup> June,2023) at the Regional Centre premises. The Assistant Registrar of RC Agartala welcomed the staff of RC and explain the significance of this special day. The Assistant Registrar in his speech said that Yoga is an ancient meditative technique that cleanses, heals and harmonizes the body from the core. Also mentioned on the utility of the Yoga and said that Yoga is a practice that is widely accepted even in Western cultures for its tremendous capacity to bring about a great improvement in mind and body balance, wellness of the mind, and an overall sense of calmness. Staff members actively participated in the programme at the Regional Centre. Some of the photographs in this regard are attached herewith.



## 2. Ahmedabad

The Regional centre Ahmedabad celebrated International Yoga Day on 21<sup>st</sup> June 2023 and all the staff members have actively participated. An expert having Master Degree in Yoga- Shri ChavdaKrushna Sinh J was invited to share his views on Yoga and health. He practically performed various Asanas and explained its benefits in daily life. The practical session was followed by his speech on importance of Yoga in life and the traditions followed in Indian culture.

The Regional Centre also organized one Lecture on 19<sup>th</sup> June 2023 on Veda and Yoga. Dr.NehaRaval, Psychologist, having certificate from the Lakulish University, Ahmedabad talked about the Yoga and how it has been narrated in Vedas.







### 3. Angul

IGNOU Regional Centre Angul celebrates International Yoga Day with series of activities in collaboration with Regional Evaluation Centre Bhubaneswar

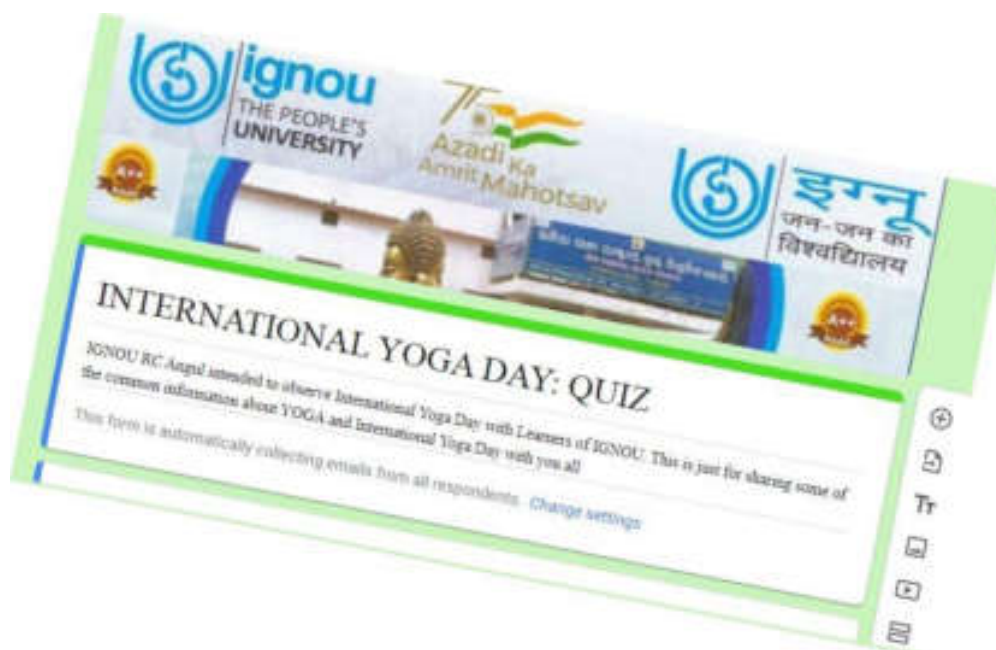
- A Quiz for Students of RC Angul
- A Yoga Shibir in the campus of REC Bhubaneswar
- On Online Lecture for all B. Ed Students of IGNOU in Collaboration with SC 2164P CTE Angul



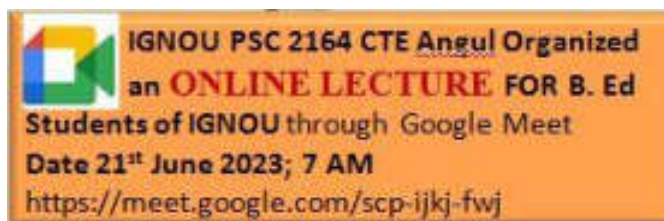
For the first time initiative was taken to make an active collaboration in celebration with Regional Evaluation Center Bhubaneswar. All staff of REC Bhubaneswar participated actively in planning, organizing and implementation of activities on this occasion.



1. Students of RC Angul were involved and associated with this celebration through a ONLINE QUIZ with 20 questions. Many of the Bachelors, Masters and other students of certificate & Diploma programmes participated in this Quiz



2. For the first time LSCs of IGNOU were also involved and associated with RC in celebration of this International Yoga Day. PSC 2164 CTE Angul organized an ONLINE Lecture **“YOGA & ITS IMPORTANCE FOR STUDENTS”** for all B. Ed Students of RC Angul.







### 3. Bhagalpur

IGNOU Regional Centre, Patna and Bhagalpur celebrated the International Yoga Day on 21/06/23 jointly.

The following activities were organized:

- Practical session on Yoga
- Quiz Competition on Yoga
- Talk on significance of Yoga in the 21<sup>st</sup> century.

The staffs of Regional Centre, Patna, Regional Centre, Bhagalpur & Regional Evaluation Centre, Patna and some students actively participated in all the 3 activities.

In the 1<sup>st</sup> activity, Ms. Reena Kumari, Academic Counsellor of IGNOU for the CPY Programme demonstrated different kinds of Yoga Aasanas which the participants practiced under her guidance. The Aasans, she demonstrated included Surya Namaskar, Bazra Aasan, Shabaasan and some aasanas for reducing stress and obesity.

The 2<sup>nd</sup> activity “Quiz Competition on Yoga’ was conducted by Mr. Anand Kumar, Asstt. Registrar of Regional Centre, Patna. Mr. Ranjeet Kumar Basu, Assistant of REC, Patna, Mr. Piyush Raj, a student of BBARL and Mr Alok Kumar Jha, SPA, RC, Patna got the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> prizes respectively in the Quiz Competition.

The 3<sup>rd</sup> activity “Talk on significance of Yoga in the 21<sup>st</sup> century” was conducted by Sh. B.K. Sanjay Kumar, Chief Coordinator for HRD Network, Patna Chapter of the Prajapati Brahamkumari Ishwariye Vishwavidyalaya. During his presentation, he highlighted the spiritual signification of Yoga with special focus on Rajyoga being practiced at Prajapati Brahmakumari Ishwariye Vishwavidyalaya. He appreciated this initiative of Regional Centre, Patna and Regional Centre, Bhagalpur.

Yoga session



Quiz session



Yoga Session



Lecture session



#### 4. Bhopal

The International Yoga Day 2023 was celebrated jointly by IGNOU Regional Centre & Regional Evaluation Centre Bhopal. Two sessions was organized which mainly focused upon the need of Yoga in daily life and how skills can be sharpen by practice of Yoga even at the work place.

The first session was organized at Open Courtyard of REC, Sanchi Complex Bhopal where Yoga Instructor & Teachers from The Art of Living, Bhopal interacted with the Staff & Officials of REC. They discussed about the importance of Yoga in disciplined life and the need of the hour to devote atleast half an hour for practicing Yoga. The teachers also elaborated “Patanjali Yoga Sutra” & discussed the various aspects of “Sudarsan Kriya”. This was followed by practice of Yogic Exercise including different types of Pranayam and Yogic Exercise related to mental and physical flexibility as well as alertness. The vote of thanks at REC was given by Dr. Bini Toms Senior Regional Director and In charge REC Bhopal.

The next session was organized as “Yoga Shivar” at auditorium of IGNOU RC Bhopal, where a team of Yoga experts from Yoga Sadhna and Samaj Kalyan Kendra, Bhopal gave a detailed demonstration of Yogic exercises as per the Yoga Protocol. This session was attended by officials of IGNOU RC Bhopal and by few students. The instructors not only trained about the exercises, but also explained the benefit of each exercises. The focus was mainly on those exercises including the relaxation exercises, 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.



Instructors from Art of Living discussing about Yoga at IGNOU REC, Bhopal

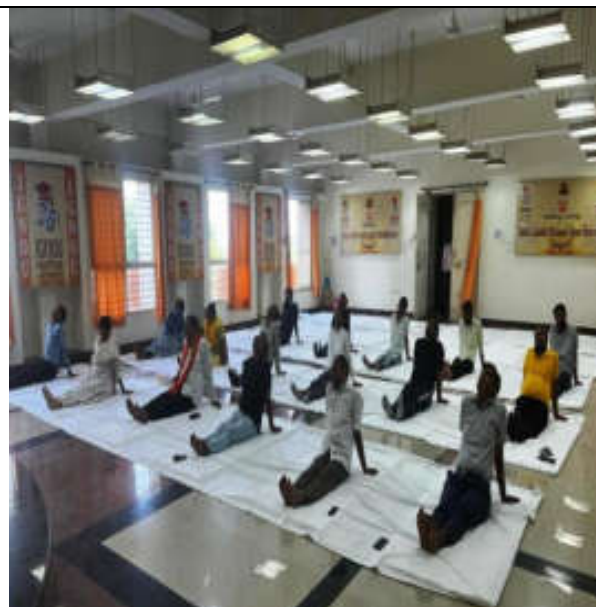


Officials & Staff performing Yogic Exercise at REC Bhopal





Dr. Bini Toms, RD introducing the Yoga Instructors during the “Yog Shivar” organized at IGNOU RC Bhopal



Officials, Staff & students practicing Yoga during IYD 2023 IGNOU RC, Bhopal

## 5. Bhubaneswar

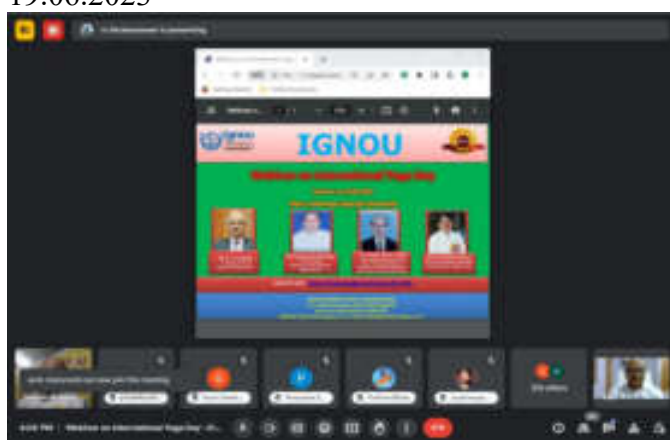
International Day of Yoga was celebrated at RC-Bhubaneswar on 21.06.2023. All the staff members assembled in the Conference Hall and practiced various asans and pranayams. A Yoga teacher, Shri Radhashyam Biswal was specially invited to instruct the staff members to do yogic exercises on the day. The event was initiated by the Regional Director, Dr S K Tripathy who briefed the participants about the importance of Yoga and its usefulness in building ethical and moral values alongside mental and physical health. All the staff members participated enthusiastically to make the event memorable.

On the eve of International Day of Yoga a webinar was also organized on 19.06.2023 on the topic “**Asthanga Yoga for Humanity**” at 4 PM through Google Meet. The RC and LSC functionaries, academic counsellors and students were invited to participate in the webinar in which more 250 participants were present. Dr Suresh Kumar Mohapatra, Shri Pranabandhu Behera and Dr Prafulla Kumar Tripathy from Bharatiya Yoga Sansthan, Odisha Prant were invited to deliver talk on various aspects of Asthanga Yoga. The programme started with a warm welcome by Dr S K Tripathy, Regional Director to all the participants and all the resource persons followed by the presentation of the experts. Dr Tripathy narrated the history of International Day of Yoga and said that Yoga has become a way of life not only in India but also in many parts of the world. It has changed the life of millions of people and helped building sound mental and physical health. Sri Suresh Kumar Mohapatra presented on Satya, Ahimsa and duty of human beings and related yoga with various aspects of human life. Shri Pranabandhu

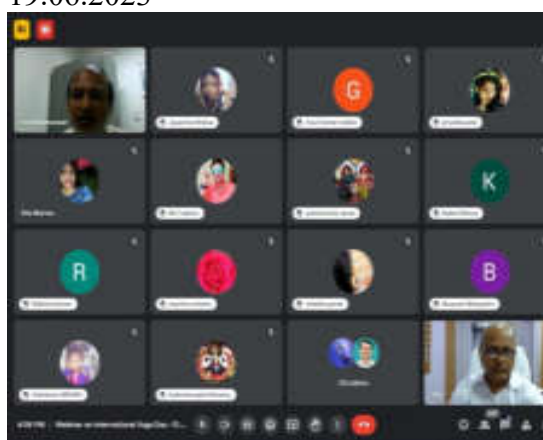
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Behera gave a detailed note on how to prepare oneself before doing various yogic exercises. He also told on what kind of food and healthy habits one must practice for doing yoga. The 3<sup>rd</sup> speaker, Dr Prafulla Kumar Tripathy spoke on Asthanga Yoga for Humanity and discussed in detail the functions of eight organs and different exercises to make them more vibrant for a successful healthy life. After the presentation of all the experts a question-answer session was organized, and all the questions raised by the participants were answered by the three experts invited to the webinar. The programme ended with Vote of Thanks by Dr P K Jena, Assistant Regional Director.

Webinar on Astanga Yoga for Humanity on 19.06.2023



Webinar on Astanga Yoga for Humanity on 19.06.2023



Webinar on Astanga Yoga for Humanity on 19.06.2023



Celebration of IDY on 21.06.2023 at RC Bhubaneswar





Celebration of IDY on 21.06.2023 at RC Bhubaneswar



Celebration of IDY on 21.06.2023 at RC Bhubaneswar



## 6. Bijapur

IGNOU Regional Centre Bijapur celebrated the 9th International Day of Yoga on 21st June 2023 at RC campus. Dr.A.Varadarajan, Regional Director addresses the importance of yoga in day-to-day life and highlighted as yoga is a journey and inhale the future and exhale the past to lead happy life and briefed the theme **“Yoga for VasudhaivaKutumbakam”** of this year yoga day.

All staff members, Dr.B.N.Devendra, ARD, and Shri.J.Thirumurugan, AR were actively participated in the yoga asana's at Regional Centre Bijapur. The programme concluded with vote of thanks by Shri. J.Thirumurugan, AR. The relevant Photographs attached for kind information please.





## 7. Chandigarh

IGNOU Regional Centre Chandigarh has celebrated Yoga day on 21<sup>st</sup> June 2023, On this occasion Dr. Bhanu Pratap Singh, RD, RC Chandigarh has briefed about the importance of Yoga in the human life, he has also emphasized the importance of Yoga in reducing stress increasing the endurance of mind and body. After the speech of 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) premises. On this very specious day all the RC staff had taken the oath to perform Yoga every day. From RC Chandigarh, Sh. Sadhu Ram Bhatia, Tilak Raj, Mohan Lal, Sunil Kumar, Ms. Jyoti & Rohit Goswami along with all daily wage staff and guards has taken active participation to make the Yoga Day successful. Some of the pictures of celebration of Yoga Day are attached.





In the afternoon a virtual lecture was organized on the importance of Yoga and its benefits. The lecture was delivered by Yoga guru Sh. Nilesch Mudgal Ji. In his lecture he emphasized on the importance of Yoga for physical, mental and spiritual development of human body. Dr. Bhanu Pratap Singh, RD, RC Chandigarh thanked Sh. Nilesch Mudgal Ji for sparing his valuable time for delivering such a meaningful lecture. On this occasion from RC Chandigarh, Sh. Sadhu Ram Bhatia, Tilak Raj, Mohan Lal, Sunil Kumar, Ms. Jyoti & Rohit Goswami has actively participated and interacted with Yoga guru. Some of the pictures of celebration of Yoga day are attached.

## 8. Chennai

IGNOU Regional Centre, Chennai organized the webinar titled "Yoga for Humanity: VasudaivaKudumbakam" commemorating International Yoga Day. The Webinar was attended by the students and staff of the Regional Centre. The webinar commenced with an inaugural address by Dr K Panneerselvam, Senior Regional Director, highlighting the importance of yoga in fostering physical, mental, and spiritual well-being.

Dr S Selvalakshmi, Associate Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai delivered the key note address focusing on the concept of Vasudaiva Kudumbakam, which emphasizes the idea of the world being one global family.

In her key note address, she emphasized that yoga, a practice that originated in ancient India, has transcended borders and become a universal language of well-being. It encompasses physical postures, breath control, meditation, and a way of life that promotes balance and harmony. She also stated that the essence of Vasudaiva Kudumbakam lies in the understanding that we are all interconnected. Regardless of our backgrounds, cultures, or beliefs, we share a common bond as

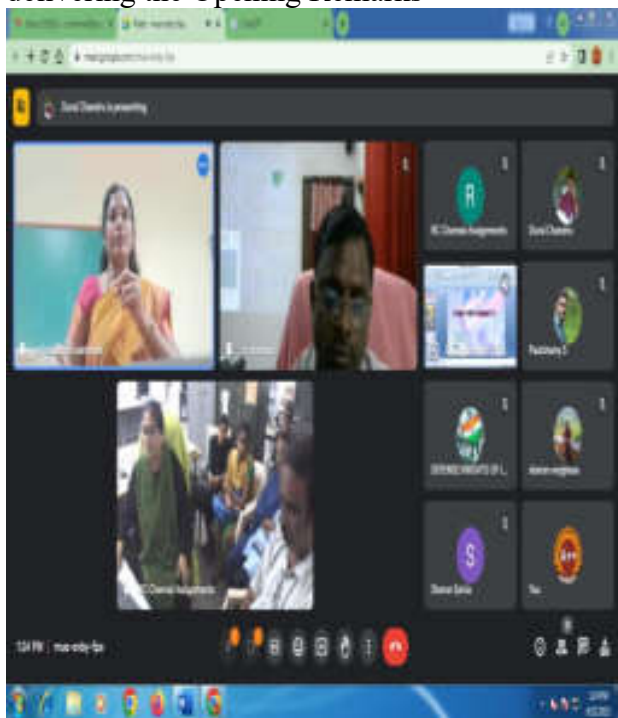


human beings. Yoga, with its profound teachings and practices, reminds us of this fundamental truth. Through Yoga for Humanity: Vasudaiva Kudumbakam, we come together as a global community to celebrate our shared humanity. We embrace diversity and inclusivity, recognizing that the strength of our world lies in unity.

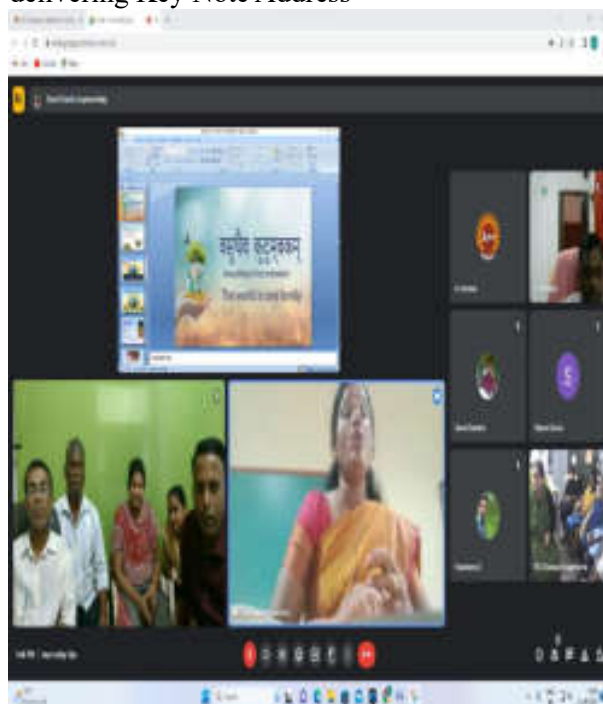
Dr Selvalakshmi said that when we practice yoga, we not only enhance our physical and mental well-being but also contribute to the greater good. By nurturing ourselves, we become better equipped to nurture others and the world around us. Yoga teaches us compassion, kindness, and empathy. It empowers us to live with mindfulness and make conscious choices that benefit not only ourselves but also society as a whole. When we practice yoga with the intention of Vasudaiva Kudumbakam, we sow the seeds of peace, harmony, and understanding.

The webinar concluded with a Vote of Thanks proposed by Dr Sk Zareena, ARD. In conclusion, the "Yoga for Humanity: Vasudaiva Kudumbakam" webinar organized by RC Chennai on International Yoga Day was a resounding success.

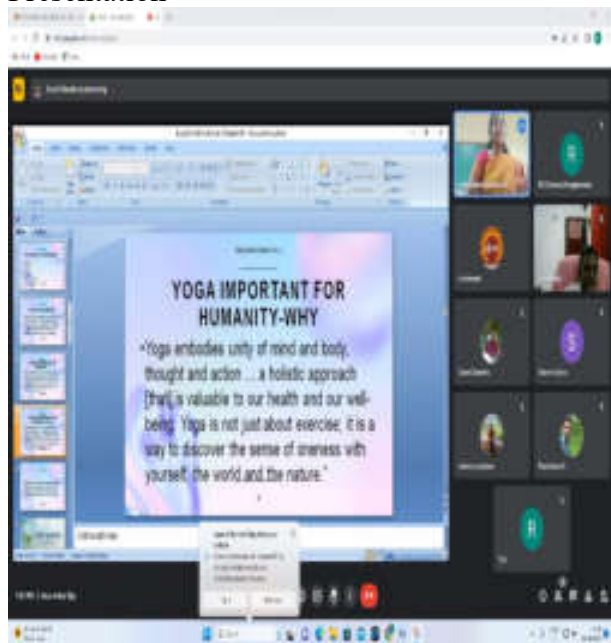
Dr K Panneerselvam, Sr. Regional Director delivering the Opening Remarks



Dr S Selvalakshmi, Associate Professor, Tamil Nadu Physical Education and Sport University, Chennai delivering Key Note Address



Participants of the Webinar watching the Presentation



Speaker explaining the concept through a presentation.



## 9. Cochin

The International Yoga Day for the year 2023 at RC Cochin was held virtually. The virtual meeting was held through *Google Meet* and made live.

A Work Order was issued on 20-06-2023 to involve all officials for the Virtual Meeting.

Sh. K J Joseph, SO gave the Welcome Address. A brief about the International Yoga Day was highlighted by Dr. J S Dorothy, Regional Director.

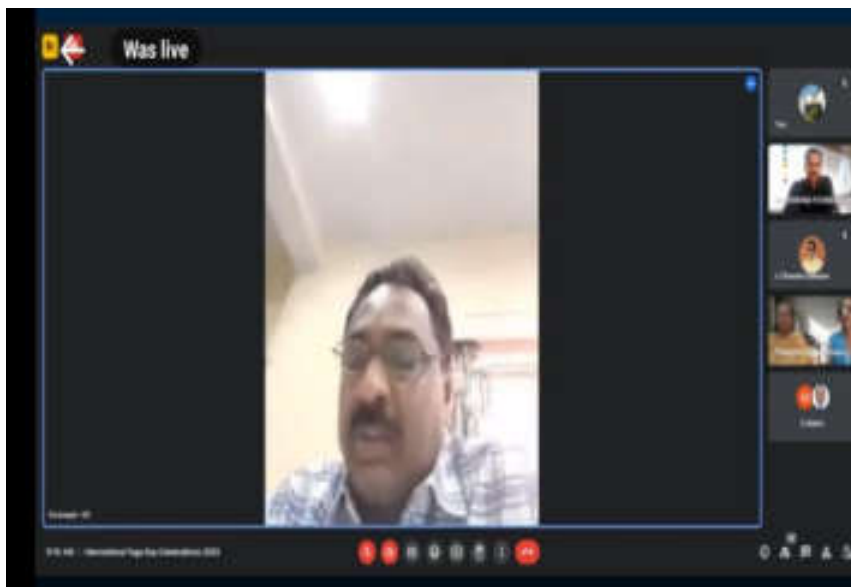
Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture, Cochin delivered a lecture and demonstration on Yoga. During the Lecture and Demonstration on Yoga, Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture briefed about the importance of Yoga in the betterment of Physical, Mental and Spiritual wellbeing. Suitable demonstrations apt for the theme was rendered. Various yoga exercises suitable for adults was also imparted.

Dr. V T Jalajakumari, ARD and Dr. Praseetha Unnikrishnan, AD gave reflections of previous experience/ Session as in Cochin Regional Centre during the year 2016, during the tenure of Dr. M Rajesh as Regional Director, face-to-face exposure has been given using the same expert. Dr. S Vijayaragavan, ARD didn't login. The Vote of Thanks was proposed by Sh. K Muraleedharan, SO. The whole meeting was compered by Dr. L. Chandra Sekaran, PS.

The creation of *Google Meet* Link, Twitter, FB Live, uploading on YouTube was executed by Sh. Muhammad Ansar TA, AE (DP).



The new normal situation of Virtual Interaction contributed to the digital resource which has been uploaded in Regional Centre YouTube Channel at the Web link <https://www.youtube.com/watch?v=VZyvFn81nPQ&t=66s> . The report of the proceedings was prepared by Dr.Praseetha Unnikrishnan, AD.



## 10. Dehradun

On the occasion of 9<sup>th</sup> International Yoga Day, 21 June 2023 a Training Session on Yoga was organized in face to face mode by IGNOU Regional Centre Dehradun in the office premises at 11am to 12:30pm. All the Academics and staff members participated in the training session.

As Yoga Trainers, Sri Om Kumar Duseja and Ms. Maya Verma 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 parts of the body. During the demonstration, Sri Om Kumar explained the participants about different steps of *Ashanas* and *Pranayamas* while Ms. Maya Verma demonstrated the related body posture before the participants.

All the Academics and Staff members practiced Yoga (*Ashana and Pranayams*) under the supervision of Yoga Trainers. They practiced different *Ashansa* 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*, *Trikonashana*, *Vajrashana*, and *Anulom-Vilom Pranayama*. T

his 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.

At the end Dr Anil K Dimri, Sr Regional Director thanked Sri Om Kumar and his team for sparing their time for the cause.

Some pictures of the event are appended below:



## 11. Delhi-1

RC Delhi-1 celebrated the 9th International Yoga Day by organizing a special session of Mr. Ravi Shrivastava, Teacher and Physical Fitness expert and Ms. Hemlata Sharma, Internationally Certified Yoga Instructor (RYT 200). Dr. Ashok Sharma, Regional Director, IGNOU RC Delhi-1 introduced the Yoga Experts and requested for conduct of the session on the International Yoga Day.

Mr. Ravi Shrivastava, Teacher and Physical Fitness expert and Ms. Hemlata Sharma, Internationally Certified Yoga Instructor (RYT 200) conducted the session and explained some useful exercise in daily routine to be physically and mental fitness. They also shared some

exercise for high BP, thyroid, sugar, weight loss and pain legs and fingers due use of mouse/keyboard.

Dr. Ashok Sharma, Regional Director addressed to all the staffs that Yoga should not be practiced only on a single day but it should be regularly practiced on daily basis by all the staff members. He also said that we are not having any substitute for our body so we should maintain it. Dr. Vikas Singhal, ARD coordinated the session and proposed vote of thanks to Mr. Ravi Shrivastava and Ms. Hemlata Sharma for taking a very nice session and sharing of many useful daily exercises. He also thanked all the staff members for participation in the session. Dr. Arshia Hussain, ARD also participated in the session.



## 12. Delhi-2

Today, on 21st June 2023, IGNOU Regional Centre Delhi-2 celebrated 9th International Day of Yoga. It was attended by officials of the Regional Centre Delhi-2. LSC functionaries.



Dr. Meena Singh, Assistant Regional Director, Regional Centre Delhi-2 welcomed all the participants and Yoga expert Dr Ayush Chandra, Consultant Diabetologist, Nivaran Health and Certified Yoga Expert, Ministry of Ayush, Government of India.

Dr. Kana Sharma Sr. Regional Director, IGNOU Regional Centre Delhi-2 highlighted the popularity of yoga across the world and the way people have adopted it in other countries. She also explained the relationship between the body and yoga for keeping the body and mind fit and sound.

The distinguished Yoga Expert, Dr Ayush Chandra Sharma gave a lecture on how to adopt yoga in day to day life. He explained and demonstrated certain yogic postures and exercises like: yogic exercises for warm-up, Anulom -Vilom , Bhastrikasan ,Pranayama , Dhyana Mudra which are very useful in bringing calmness to body and mind.

After the talk on “**Yoga for Life**” and Yoga demonstrations at the end, there was an interactive session in which queries of the participants were resolved by the speaker. The Programme was ended by a Vote of Thanks by Dr. Rita Chauhan, ARD. Few glimpses of the event are attached for information and reference.



### 13. Delhi-3

As per the communication dated 15<sup>th</sup> June 2023 received from Director, RSD, Regional Centre Delhi-3 observed and celebrated the International Yoga Day on 21<sup>st</sup> June 2023 at 1.00pm wherein all Academics and staff members of Regional Centre participated. Acharya Shishir Pokhriyal, an expert of Yoga and Meditation and also an Academic Counsellor of CPY programme at RCSC 38039, was invited to demonstrate various Yogic exercises and impart lecture on Yoga and healthy living.

Dr. A M Saklani, Regional Director welcomed Sh. Pokhriyal and all the participants and briefed about the importance of Yoga in our day to day life and how the Yoga has become a way of life world over and also as to how it has been helping millions to overcome the physical and mental fatigues caused by a number of factors arising out of modern day life more particularly after COVID-19 pandemic.

Sh. Pokhriyal stated that Yoga is the essence of our life 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. Thereafter, he demonstrated various Yogic exercises and guided the participants to perform various Aasnas and Pranayam.

Select photographs of the event are given below.



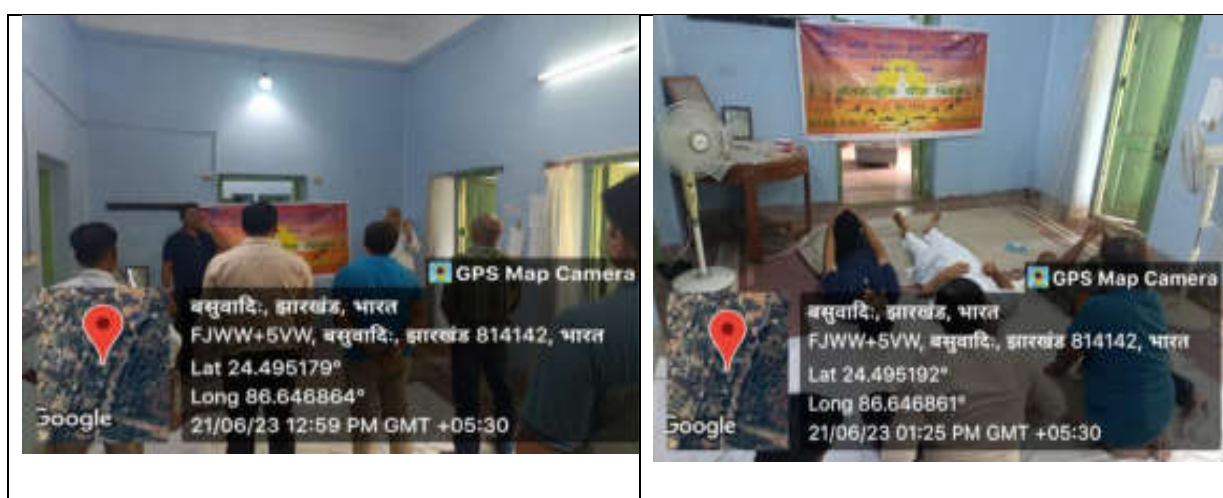


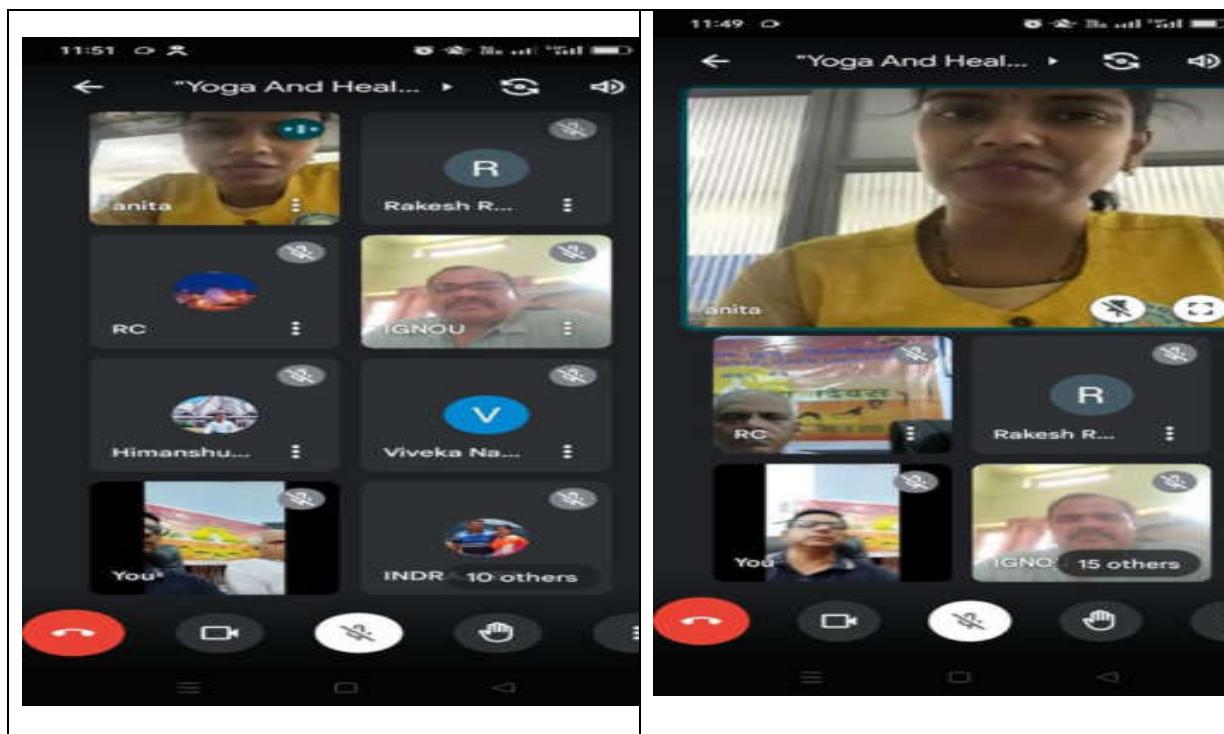


## 14. Deoghar

On occasion of International Yoga Day one online meeting held with Co-ordinators and staff of Regional Centre. In the meeting Dr. Anita Kumari, Expert and Counselor of Orchid Medical Centre, Ranchi was invited to address on topic of “**Yoga and Healthy Life Style**”. She shared in details the importance and benefit of Yoga in physical, mental and psychological aspects of our lives. At last she answered with participants and assured the queries raised by them.

Another event was Yoga session held at Regional Centre premise in which Dr. Saroj Kumar Mishra, ARD demonstrated various Yoga Asanas and Pranayam which are beneficial for physical fitness.





### 15. Guwahati

IGNOU Regional Centre Guwahati, has celebrated the International Day of Yoga, 2023, by organising a Lecture cum Demonstration of Yoga on 21<sup>st</sup> June ,2023 at 3.00 to 4.30 PM in the Conference Hall of the Regional Centre.

Yoga Experts from the Mahapurusha Srimanta Sankaradeva University, Ms. Himasri Kalita and Ms. Dikshita Kalita were the resource persons spoke on the theme of the International Day of Yoga 2023 that is “Yoga for Vasudhaiva Kutumbakam”, a very beautiful and inspiring theme “One Earth, One family and One future”. Yoga is not just Asana or Pranayama. It is the union of the soul, mind and body. It a process in which we integrate our body- mind-intellect with the larger identities like family, society and nation and the entire creation. 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 persons demonstrated loosening/warming of body, surya namaskar, asanas and pranayama. It was attended by all the staff of the regional Centre. The programme was conducted very successfully and beneficial for all the staff.



## 16. Hyderabad

On the eve of the 9<sup>th</sup> International YOGA Day, the IGNOU Regional Centre, Hyderabad has organized YOGA Session for two days on 20<sup>th</sup> & 21<sup>st</sup> June, 2023. All the staff present to the duties have attended the YOGA Session. The theme of 2023 is Yoga for “VasudhaivaKutumbakam” and “Har Aangan Yog”

RC, Hyderabad has invited Dr. P. Nagaraju, Director, Pramanik YOGA & Assistant Professor, BVRIT, Hyderabad as Chief Guest for giving lecture on “YOGA IN DAILY LIFE” on 20<sup>th</sup> June, 2023.

Dr. P. Nagaraju, spoke on the significance of the YOGA, Yogasanas, Pranayama and Meditation and how the Yoga is helpful in our daily life. The speaker impressed the staff members on the need of taking YOGA as a part of their daily life to maintain the equilibrium of Mind, Heart and Soul.

The positive impact of the YOGA has been demonstrated and explained through YOGA Sutras and Asanas. Thus the YOGA day has been celebrated with much sanctity at the premises of Regional Centre, Hyderabad.

The Regional Director Dr. K. Ramesh thanked Dr. Nagaraju for accepting the invitation and impressed the staff of RC, Hyderabad with his lecture and demonstration of YOGA Asanas, Pranayama and filled all the staff members with rejuvenated energy.

On 21<sup>st</sup> June, 2023, the session was addressed by Dr. K. Ramesh, Regional Director who himself is a trainer spoke about the origin of International Yoga Day and the impact of Yoga in our daily life. He also emphasized as to how the YOGA, Yogasanas, Pranayama and Meditation plays a major role in our day-to-day activities. Dr. Raju Bolla, ARD spoke on prominence of Yoga. He also coordinated the entire activity of organizing the 9<sup>th</sup> International Yoga Day at RC, Hyderabad. The staff expressed their happiness over the benefit they got after undergoing Yoga



Asanas on 20<sup>th</sup> June 2023 in the RC, Hyderabad.

A few photographs taken on the occasion are also attached.



## 17. Itanagar

IGNOU Regional Centre, Itanagar celebrated ninth International Yoga Day today i.e 21.6.23. In view of the ongoing examination, it was decided to celebrate the programme with in-house activities only. No outside expert was called.

All the officials assembled, and a discussion was organized on the benefit of Yoga. Several staff members enthusiastically elaborated their experience with Yoga. They told that by practicing Yoga, they have got many health benefits. Some of them suffered from several ailments, but after practicing Yoga they have got cured. Several staff members said that they are encouraging their near and dear ones to practice Yoga. After the discussion, the staff members did Yoga asana.





Group Photo after Yoga Asana



Siddha asana



Standing bow pullig pose



Pranayama

## 18. Jabalpur

Regional Centre Jabalpur celebrated International day of Yoga at Regional Centre on June 21, 2023. On this Occasion Regional Centre Invited Yoga Expert and Academic Counselor in CPY, **Mrs. Neelima Thakur**. IGNOU learners were also invited; they actively participated in the Programme. All the Academics and staff at Regional Centre participated in the function.

The programme was started with yoga day Pledge. **Regional Director, DrSomasiSrinivas** welcomed the Yoga Expert MrsNeelima Thakur. DrSomasiSrinivas delivered a speech on importance of Yoga and its health benefit, in his speech he elaborated upon how Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance and assists us in coping with everyday demands and challenges. Later

important Exercises, Aasanas (Postures) were demonstrated and performed by the participants good for physical and mental fitness specially focused on youth development and the country through regular Aasnas and ancient Indian health System.

After the programme light refreshment of Fruit and Milk apt to the Indian culture was offered to all Participants. The Programme was coordinated by **Dr Anita (Tanwar) Pahadiya**. Assistant Regional Director. All the staff members actively participated.

REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY (IYD) AT REGIONAL CENTRES





## 19. Jaipur

09<sup>th</sup> International Yoga Day was celebrated in collaboration with IGNOU Study Centre, SC 23153, ISIM Mansarovar, Jaipur with a theme "Yoga for VasudhaivaKutumbakam" on 21.06.2023. Yogi Manish Vijayvargiya, Yoga Director, Yoga Peace Sansthan, Jaipur was invited to give practical demonstration of Yoga Aasans & Pranayama. Live demonstrations of various Aasans were given by Yogi Manish Vijayvargiya with their advantages, relevance and implications in day to day life. He explained how YOGA, pranayama and meditation can be useful in achieving mental peace, happiness, harmony and auto immunity in stressful and busy life of a person. He motivated all the participants to read Bhagavad Gita and to spare at least 20 minutes daily for practicing yoga and make it a way of life.

Dr. Mamta Bhatia, Sr. Regional Director welcomed invitee and the participants on the occasion and expressed her gratitude towards Hon'ble Vice Chancellor, Hon'ble Pro-Vice Chancellor(s) and Director RSD for guiding and motivating to arrange such activities at Regional Centre. She also expressed her gratitude towards the Chief Guest on the occasion for demonstrating such useful Yoga Aasans.

Sh. Sher Singh, Assistant Regional Director, Dr. Pawan Kumar, Assistant Registrar and Administrative Staff Members, Dr. Manju Nair, Coordinator, Part Time Staff Members and some Academic Counsellors of IGNOU RC Jaipur were present during the sessions on the occasion of Yoga day. The learners enrolled in various programmes of IGNOU also joined and benefited from it.



Dr. Mamta Bhatia, Sr. Regional Director welcomed Chief Guest Sh. Yogi Manish Vijayvargiya



Group photo during 09th International Yoga Day 2023





Laughter Therapy during 09th International Yoga Day 2023

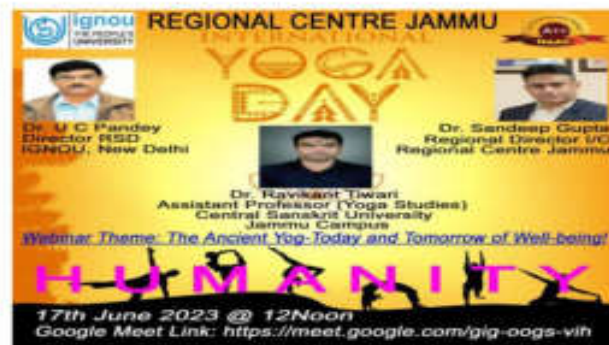


DhyanaAsan during 09th International Yoga Day 2023

## 20. Jammu

Sr,

In anticipation of the International day of Yoga 2023, Regional Centre Jammu organized a **Webinar on the theme "The Ancient Yog: Today and Tomorrow of Well-being!" on 17.06.2023.** Dr. Ravikant Tiwari, Assistant Professor of Yoga Studies, Central Sanskrit University, Jammu campus was the resource person on the occasion who joined the webinar virtually from his campus. The webinar was organized through the Google Meet in which officers and staff of the Regional Centre, Coordinators of the LSCs and a number of students participated virtually. The resource person enlightened about the Yoga being an ancient practice for living a healthy life that combines physical and spiritual disciplines connecting the body and mind. He explained about the Yog Sutras of Maharishi Patanjali and how Yoga evolved over the time.





## 21. Jodhpur



## 22. Jorhat

The 9<sup>th</sup> International Yoga Day (IYD) 2023 was observed at IGNOU Regional Centre Jorhat on 21<sup>st</sup> June 2023. On account of Yoga Day, Regional Centre Jorhat has conducted a Training Session on Yoga for the learners of Certificate Programme in Yoga (CPY) 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 at 9.00 A.M with the Invocation prayer followed by

loosening/warm up exercise like neck movement, shoulder movement, trunk movement and knee movement. 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 2023. The various Yogasanas/postures performed are such as-

**Sitting Postures:**

1. Utkatasana
2. Ardhadhakrasana
3. Vajrasana
4. Uttanamandukasana
5. Ardhastrasana
6. Utrasana

**Standing Postures:**

1. Tadasana
2. Vrksasana
3. Ardhadhakrasana
4. Trikonasana

**Supine Postures:**

7. Uttanapadasana
8. Setubandhasana
9. Pavanamuktasana
10. Savasana

**Prone postures:**

1. Makarasana
2. Bhujangasana
3. Salabhasana

After yogasanas, pranayams were performed like Kapalabhati, Nadisodhanapranayam, Anuloma Vilomapranayam, Sitalipranayam, Bhramaripranayam 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 Santih Path followed by vote of thanks offered by the Senior Regional Director.



## 20. Karnal

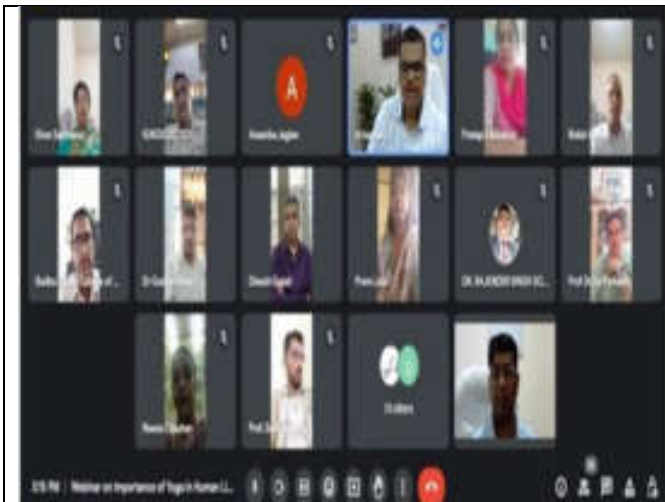
On the occasion of 09<sup>th</sup> International Yoga Day, a Webinar on "Importance of Yoga in Human Life" on 20<sup>th</sup> June 2023(03 to 04 PM). Sh Dinesh Gulati, Member, Yog Aayog, Haryana was invited as Resource person. Approximately 50-60 participants i.e. Academics and Staff of Regional Centre Karnal and other RCs, Coordinators/PICs, Academic Counselors and IGNOU learners of the region participated in the this webinar.

A live Yoga Practice Session was organized by RC Karnal on 21<sup>st</sup> June 2022. 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 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.



Photograph Webinar on "Importance of Yoga in Human Life" on 20<sup>th</sup> June 2023(03 to 04 PM)



Photograph of today live session of Yoga



Photograph of today live session of Yoga



Photograph of today live session of Yoga

## 21. Khanna

On the occasion of 9<sup>th</sup> International Yoga Day, all the staff members of RC, Khanna assembled in the conference room and performed various asanas by watching Swami Ramdev's uploaded video on YouTube. The title of the video was to reduce Obesity, to cure Diabetes and to make Spinal Cord healthy and fit. Link of the video is given below: - <https://youtu.be/qhxTDaBLQ9U> Eleven Asanas were performed by the participants during this Yoga Session. Various benefits of Yogawere 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 with back pain relief. Yoga is as good as basic stretching for easing out pain and improving mobility in people with lower back pain.
- Yoga benefits heart health. Regular yoga practice reduces body-wide inflammation 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.

All the participants were familiarized with various asanas like Vakrasana, Bhujangasana, Mandukasana, Pawanmuktasana, Gomukhasana, Makarasana, Chakrasana, Markatasana, etc. These asanas can cure diabetes and spinal cord disc problems, if practised rigorously by the diabetic patients and the people suffering from spinal cord problems.

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





## 22. Kolkata

The ninth International Yoga Day was celebrated at Regional Centre Kolkata. On this occasion, in order to raise awareness of the many benefits of practicing yoga among the staff members, a lecture cum demonstration by Yoga Expert Sri Ranet Marjit has been organized by the Regional Centre Kolkata premises on June 21, 2023 at 5.30 pm. All the staff members have whole heartedly participated in the event.

The event at RC Kolkata started with the welcome address by Dr. Shiva Kumar GN, Senior Regional Director. He pointed out that the word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. This year, the theme for International Day of Yoga was 'Yoga - Vasudhaiva Kutumbakam'. He pointed that yoga is a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being.

Sh. Ranet Marjit demonstrated a number of simple yoga exercises and urged everybody to follow these simple yoga practices in daily life. He described yoga as an ancient physical, mental and spiritual practice that is originated in India. He explained that yoga embodies unity of mind and body, yoga is not just about exercise; it is a way to discover the sense of oneness with oneself, the world and the nature.

In his valedictory address Dr. Santanu Mukherji, Assistant Regional Director expressed his sincere gratitude to the Yoga Expert Sri Ranet Marjit for his demonstration. He also appreciated the staff members for making the event successful.





### 23. Lucknow

Indira Gandhi National Open University, Regional Centre, Lucknow has organized various activities to celebrate 9<sup>th</sup> International Yoga Day from 19<sup>th</sup> June to 21<sup>st</sup> June, 2023. On 19<sup>th</sup> June and 20<sup>th</sup> June, 2023 series of talk on Yoga have been organized through Gyanvani FM Radio Channel 105.6 Mhz. On 19<sup>th</sup> June 2023 a talk on the topic, “Vidyarthi Jeevan mein Yog Ka Mahatva” has been organized and Dr. Bharat Raj Singh & Shri Mukesh Singh have discussed on the importance of Yoga in student life. A talk on the topic, “TanavPrabandhanmein Yoga Ki Bhomika” was given by Ms.Preeti singh on 20<sup>th</sup> June, 2023.

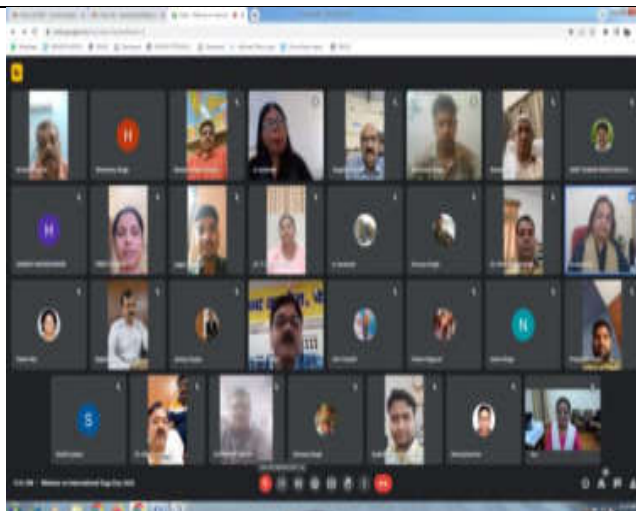
Regional Centre, Lucknow has organized a National Webinar on the topic Role of Yoga & Exercises for Better Health on Tuesday, 20<sup>th</sup> June, 2023 through Google Meet Platform. Prof. T. Onima Reddy, Professor, Deptt. of Physical Edu., BHU, Varanasi was the Chief Guest of the webinar. Sr. Regional Director Dr. Manorama Singh, Asstt. Regional Directors Dr. Reena Kumari & Dr. Anamika Sinha and learners have joined the webinar.

On the occasion of 9<sup>th</sup> International Yoga Day, IGNOU, Regional Centre, Lucknow has organized a Workshop on Yoga Practices in the Campus. Mr. Mukesh Singh, Yoga Instructor was the Chief Guest of the Workshop, 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 along with learners of January 2023 session have participated in the workshop.





Talk on Importance of Yoga through Gyanvani FM Channel



National webinar on Importance of Yog and Exercises in Daily



Workshop on Yoga



Workshop on Yoga

## 24. Madurai

RC Madurai celebrated the 9<sup>th</sup> International Yoga Day in the Regional Centre premises. Dr. M. Shanmugam, Regional Director presided the celebrations and welcomed the Yoga Expert Dr. M. Mathivanan, who is also an Academic Counsellor of IGNOU. All the RC officials participated in the celebrations. The Yoga Expert explained the initiatives taken by the Indian Government to propose a resolution in the United Nations to establish the celebration of International Yoga Day. He then quoted some instances from Ramayanam & Mahabharatam to emphasise that Yoga originated in India. He informed that Yoga is a physical, mental and spiritual practice that improves flexibility of the body, blood circulation, memory and keeps us fit, if performed regularly. He performed and guided RC officials to do some basic relaxing exercises, exercises for eyes & backbones, Naadi-Sudhi and Kapalbhathi Pranayama. Snapshots taken during the event are attached.



## 25. Mumbai

The International Yoga Day Celebrations, IGNOU Regional Centre Mumbai has organised following activities.

- Webinar on “YOGA AND ITS IMPORTANCE”, 20th June 2023 at 11.00AM
- Yoga Session with the collaboration of Patanjali Yoga Samithi, Panvel on 21.06.2023

**Webinar:** An online talk on “YOGA AND ITS IMPORTANCE”, was organized 20th June 2023 at 11.00AM through Google meet for IGNOU students, academic counselors, study centre functionaries and other stakeholders.

In the webinar Dr E Krishna Rao, Regional Director (i/c) has given the welcome address and initial remarks. In his speech he has highlighted the importance of yoga in the human life and practices of India from ages. He has highlighted that the government of India and state governments are giving high importance and priority to health sector along with other important



sectors. Further, central and state governments are striving to make India as health India by adopting different technologies in health sector along with Indian medical traditional practices. He urged the students and staff to adopt the yoga in our daily life activities and take lead in make India as healthy India

The talk was delivered by Dr. Umashankar Kaushik, Assistant Professor in Yogashastra, Somaiya Vidya Vihar University, Mumbai-400077. In his lecture the speaker discussed about the history of yoga through different ages in general and in Maharashtra in particular. The science behind yoga and different yogic poses and concepts were also explained by the speaker (e.g. Kundalini). He further stressed on different types of yoga in general and hatha yoga in particular

The webinar was attended by students, RC staff, Central Sanskrit University (CSU) Mumbai campus faculty academic counsellors and study centre staff.



**Yoga session and Demonstration:** on 21st June 2023 live yoga demonstration session was organized with the collaboration of Patanjali Yoga Samithi Panvel for students and RC staff. The guests were welcomed by Dr. P Namboothiripad, Asst. Regional Director.

Dr E Krishna Rao, Regional Director (i/c) has given the welcome address and initial remarks. In his speech he has highlighted the importance of celebration of International Yoga day across the globe and role of yoga in the context of human health. He has highlighted that IGNOU as per the directions of Hon'ble Vice Chancellor all the Regional Centres are celebrating this International Yoga Day (IYD 2023) across the country by organizing webinars, conducting awareness meetings, organizing yoga sessions, conducting competitions for staff and students on different themes related to the YOGA.

From the Patanjali Yoga Samithi Panvel three representatives namely Mr. Jitendra Tiwari, Lt. Col. Dr. Kaushik (Retd.) and Mr. Singh Rawat (Ex Navy) have participated and demonstrated the Yoga. Dr. Kaushik has taken session on different techniques, mudras such as Vrajasana,

## REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY (IYD) AT REGIONAL CENTRES

Kapalbharati, Salabhashana, Pranayam, etc. This session has been attended by good number of students' along with the Regional Centre staff.

Mr. Sanjay Kumar, Assistant was the Master of Ceremony and Vote of Thanks was given by Mr. Shashank Tripathi, JAT.

The programme ended with National Anthem.







26. Nagpur

The 9<sup>th</sup> International Day of Yoga is celebrated in IGNOU Regional Centre Nagpur with traditional fervour. All the Staff Members including Senior Regional Director assembled in the Teleconference Room of the Regional Centre by 9 am. Dr. Anil Wagh, well known Yoga Guru started the session with **“Importance of Yoga and its Role in Indian Culture”**. He made practical demonstration of various yoga exercises and all others followed. He also explained about the Seven Chakras in the body and performed yoga by focusing on each Chakra.

All the Staff Members including the consultants and Academic Counsellor enthusiastically participated. They interacted with the experts and got clarified specific exercises for the respective ailments.

Dr. P. Sivaswaroop, Senior Regional Director felicitated the Yoga Guru with Shawl Shreefal and Memento. He said that the Government of India has suggested **“Y-Brake”** (Yoga Brake) to de-stress, refresh and refocus in the office. Today’s small exercises can be implemented for this Y-Brake.



Dr. Anil Wagh explaining the Importance of Yoga Day



Participants performing Dhyana Yoga



Participants performing Yoga exercises



The Yoga Guru Dr. Anil Wagh felicitated with Shwalee Shrifal and Momento.

## 27. NOIDA

9<sup>th</sup> International Yoga Day was celebrated by IGNOU Regional Centre, Noida on 21<sup>st</sup> June, 2023. On this occasion, an online lecture and demonstration on the topic “Yoga for Holistic Well-Being” was organized to promote the practice and benefits of yoga. This event aimed to create awareness about yoga's positive impact on physical and mental well-being, and it was conducted by an esteemed yoga expert namely Ms. Rakhi, who is also an approved academic counselor for Certificate Programme in Yoga offered by IGNOU.

The programme started with the welcome address by Dr. Amit Chaturvedi, Senior Regional Director, IGNOU RC Noida and he highlighted the significance of International Yoga Day. It was followed by recitation of IGNOU Kulgeet.

The resource person Ms. Rakhi commenced the session by providing a brief introduction to yoga, its origin and definition. She 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. The expert emphasized how yoga contributes to stress reduction, flexibility, strength, and overall fitness and she discussed how yoga enhances mental clarity, focus, and emotional balance. Following the lecture, the yoga expert conducted a live demonstration of various yoga asanas and guided participants through each pose.

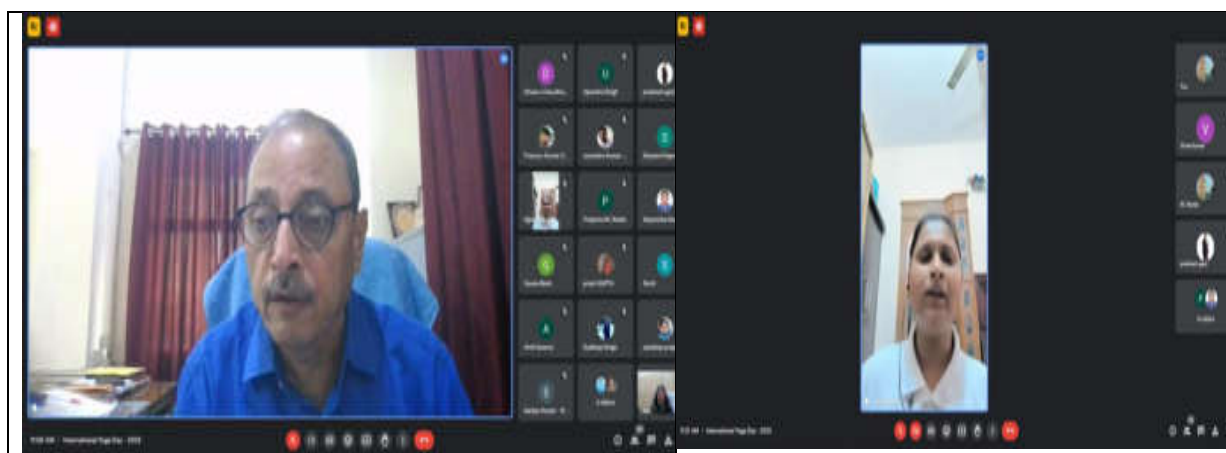
Participants actively engaged in the session and received personalized guidance from the yoga expert. They gained valuable insights into yoga's principles and techniques, empowering them to integrate yoga into their lives for improved well-being.



The meeting was attended by a total of 37 participants including Sh. Anil Kumar (Assistant Registrar, RC NOIDA), Dr. M. Safdare Azam (ARD, RC Aligarh), other officials and staff RC NOIDA and Aligarh and few learners. The programme was coordinated and vote of thanks was proposed by Dr. Anjana, Assistant Regional Director, RC NOIDA followed by National Anthem.

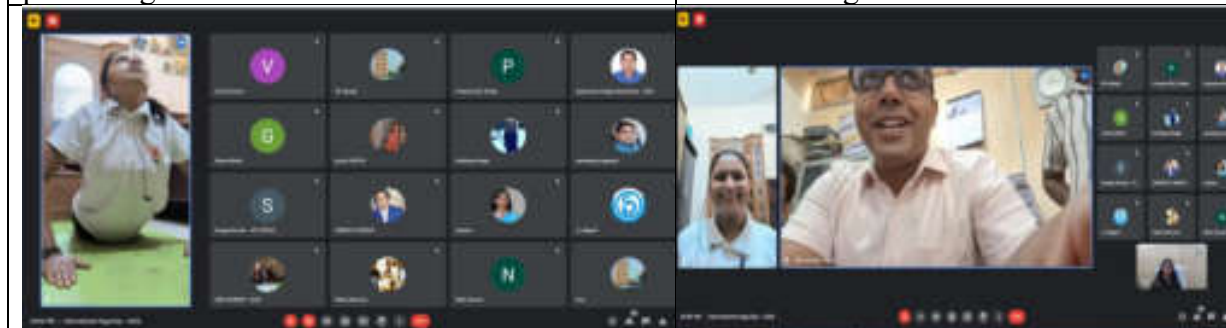
The meet was organized through the google meet and recording has been uploaded at the youtube channel of RC Noida under following URL:

<https://www.youtube.com/watch?v=XKzILbOwmuQ>



Dr. Amit Chaturvedi, Sr. RD, RC NOIDA presenting the welcome address

Resource Person, Ms. Rakhi presenting lecture on Yoga



Yoga expert demonstrating Asanas

Sh. Anil Kumar, AR, RC NOIDA interacting with the resource person

## 28. Panaji

The Regional Centre Panaji celebrated the International Day of Yoga on 21<sup>st</sup> June 2023 at 9:30 AM in the Office premises. Dr. G. Shrinivas, Regional Director I/c briefed about the Yoga Day and its uses and benefits in our day to day life. He also stated in his brief speech about Yoga that It leads to the healthy development of mind, body and soul by mastering certain yoga postures or asanas with breathing techniques. Pranayama needs special mention. It is the simplest form of yoga which is done before any asana. It teaches you how



you can do wonders to your body by gaining control over your breath. The primary objectives about his speech on the youth are as below:

- Improves your brain functions, memory, and concentration.
- Helps you to gain flexibility and improves your posture.
- Helps in improving blood circulation which is needed for the healthy development of your mind and body.
- It plays a very important role in helping you to cope with stress.

Then the staff of RC performed the Yoga asana (depicted in the photographs) and also mentioned their benefits of each yoga asana performed by them.

The vote of thanks was given by Shri. Ramanjaneya, Assistant Registrar of RC-Panaji, he mentioned the key note that keeping all the benefits in mind, the International Yoga Day has come into existence and is celebrated worldwide on the 21st of June to spread the awareness of the positive influences of yoga globally. And the programmed were concluded at 10:30 AM.



IGNOU RC-Panaji Staff Group Photo at IDY-2023



RC-Staff performing Yoga Tree Pose



Shri. Ramanjaneya, Asst. Registrar performing Yoga Pose



Ardhakati Chakrasana performed by RC-Staff

## 29. Patna

Regional Centre Patna & Bhagalpur jointly celebrated the International Day of Yoga by organizing the following activities:

- Practical session on Yoga
- Quiz Competition on Yoga
- Talk on significance of Yoga in the 21<sup>st</sup> century.

The staffs of Regional Centre, Patna, Regional Centre, Bhagalpur & Regional Evaluation Centre, Patna and some students actively participated in all the 3 activities.

In the 1<sup>st</sup> activity, Ms. Reena Kumari, Academic Counsellor of IGNOU for the CPY Programme demonstrated different kinds of Yoga Aasans which the participants practiced under her guidance. The Aasans, she demonstrated included Surya Namaskar, Bazra Aasan, Shabaasan and some aasans for reducing stress and obesity.

The 2<sup>nd</sup> activity “Quiz Competition on Yoga’ was conducted by Mr. Anand Kumar, Asstt. Registrar of Regional Centre, Patna. Mr. Ranjeet Kumar Basu, Assistant of REC, Patna, Mr. Piyush Raj, a student of BBARL and Mr Alok Kumar Jha, SPA, RC, Patna got the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> prizes respectively in the Quiz Competition.

The 3<sup>rd</sup> activity “Talk on significance of Yoga in the 21<sup>st</sup> century” was conducted by Sh. B.K. Sanjay Kumar, Chief Coordinator for HRD Network, Patna Chapter of the Prajapati Brahamkumari Ishwariye Vishwavidyalaya. During his presentation, he highlighted the spiritual signification of Yoga with special focus on Rajyoga being practiced at Prajapati Brahmakumari Ishwariye Vishwavidyalaya. He appreciated this initiative of Regional Centre, Patna and Regional Centre, Bhagalpur.





### 30. Port Blair

The International Yoga Day- 2023 has been celebrated at IGNOU Regional Centre, Port Blair on Wednesday, 21<sup>st</sup> June, 2023. The Programme Yoiga Utsav was organized in the RC Premises at 7.00 AM onwards. The staff members both Regular and outsourcing along with the staff of other Departments viz., ANIIDCO, ALHW, Port Blair has also participated in the function. Dr. RVR Murthy, Regional Director invited the participants and spoke about the significance of observance of International Yoga Day and extended a warm welcome to the participants. The Yoga Expert Shri. N. Sera Arasan, Yoga Physician from Vasumathy Yoga Clinic, Dairy Farm-Port Blair has delivered special lecture on Yoga: An Approach to Healthy Life and Yoga for Humanity”.

Further, Shri. N. Sera Arasan, Yoga Physician has also demonstrated various Hashanahs of yoga through displaying charts and mantras. All the participants of IGNOU Regional Centre, Port Blair has participated in the yoga demonstration practice session.

The programme was concluded with vote of thanks.





### 31. Pune

9<sup>th</sup> International Yoga Day was celebrated at Regional Center, Pune on 21<sup>st</sup> June 2023. As per the design shared by RSD, a banner was prepared and installed in the Hall. Dr Kajal Gupta, Medical Officer (O/s), NIN, Pune was invited to deliver a lecture on Yoga for Day-to-day life management. The program started at 11.30 a.m. with the introduction of expert and explaining the theme of 9<sup>th</sup> International Yoga Day by Dr. D.R. Sharma, Sr. Regional Director.

Dr. Kajal Gupta delivered a talk explaining the importance of panchakosha i.e. Annamaya, Pranamaya, Manomaya, Vidyanamaya and Anandmaya koshas. Explaining these things, she has stressed upon proper intake of food, water, and breathing exercises to control the mind. Giving illustrations from Geeta, she explained that the mind can be controlled when proper and limited food is taken and sufficient rest is observed. For this, she has suggested to start the breathing exercise first which is called as pranayama, at least four minutes a Day.

After the talk, there was interaction session and doubts expressed by the staff members were clarified by the expert to with regard to seating posture for breathing exercise and quantity of

water intake per day etc. A few of the staff members have performed different Asanas. The entire talk was streamed live on Regional Centre face book account.



### 32. Raipur

As per the direction of the Director RSD, the Regional Centre Raipur observed International Yoga Day on 21.06.23. In this workshop Dr. Bijaya Kumar Sahoo, ARD coordinated the programme and invited Dr. H Sangeeta Majhi to preside over the One Day Workshop. The workshop was organised in offline, and the students were invited to join the workshop at the Regional Centre Raipur. The Resource Person was Ms. Jayashree Khakhria from Jolly's Yoga Centre accepted our invitation and attended the workshop as the Resource Person. The Regional Director Dr. Majhi exhorted the students and the staff of the Regional Centre regarding the importance of Yoga in our day-to-day life. In her short speech she highlighted the yogic practices since time immemorial and the Rishi and Munni of ancient period meditated in the deep forest and in the glacier without caring the danger of environment and their immunity system was strong and energized that without food also they could sustain for month and month. Therefore, she advised all the students and the staff of the Regional Centre Raipur to practice yoga every day during workplace or during leisure time so that the individual and the society will be free from disease and all kinds of tension, hypertension, stress and work pressure etc. The main objective is to eradicate all those issues of the students, people and senior citizens through practice of recommended yogic postures. On request of the resource person spoke on the occasion. In her speech she iterated various postures recommended for the students and the staff of the Regional Center Raipur. Finally, the resource person Jayashree Madam demonstrated different postures for different parts of the body. Then after the vote of thanks was delivered by Sri Pradeep Kumar Das, AR and officially the workshop was concluded.





### 33. Rajkot

The International Day of Yoga (IDY) is celebrated every year on 21st June.

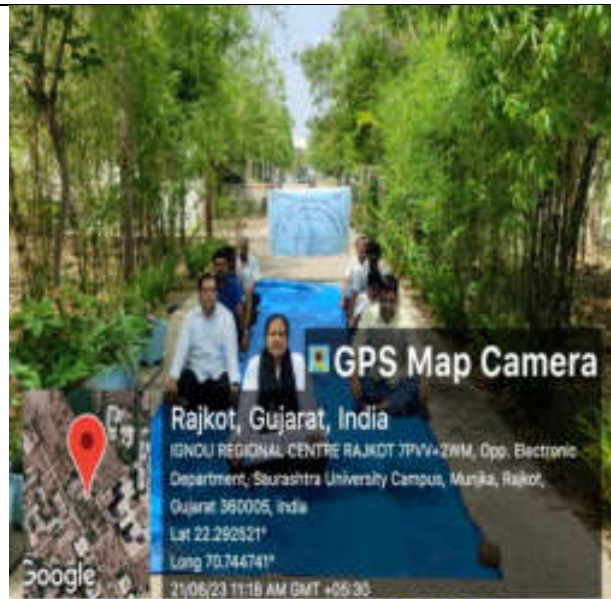
Regional Centre Rajkot celebrated International Day of Yoga on 21-06-2023 at Regional Centre Rajkot.

Schedule of activities are as follows:

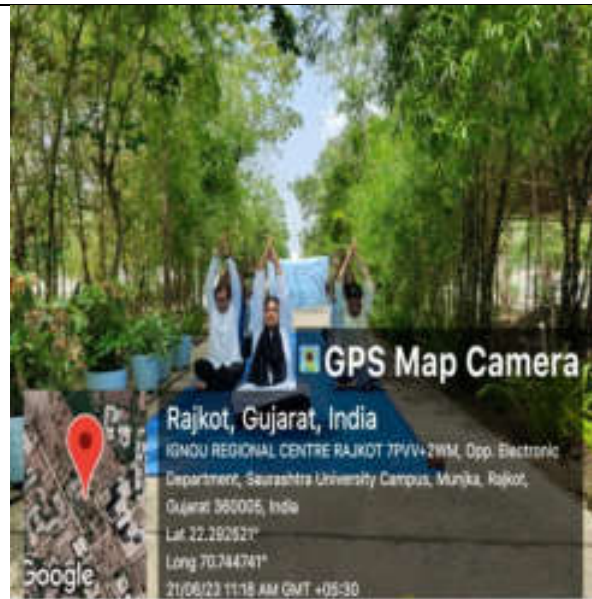
- 11:00 am to 11:30 am: Yoga practice by Regional Centre staff, invited guests and students.



- 11:30 am to 12:00 pm: All the participant members sharing their views about benefit of Yoga, Pranayama & Meditation for healthy living with healthy heart.  
Learners and public were invited.



Performing Pranayama at Regional Centre, Rajkot



Celebration of Yoga Day at Regional Centre, Rajkot



Regional Centre, Rajkot staff performing Yoga



Regional Director, Officers and RC - Staffs performing Yoga at RC, Rajkot

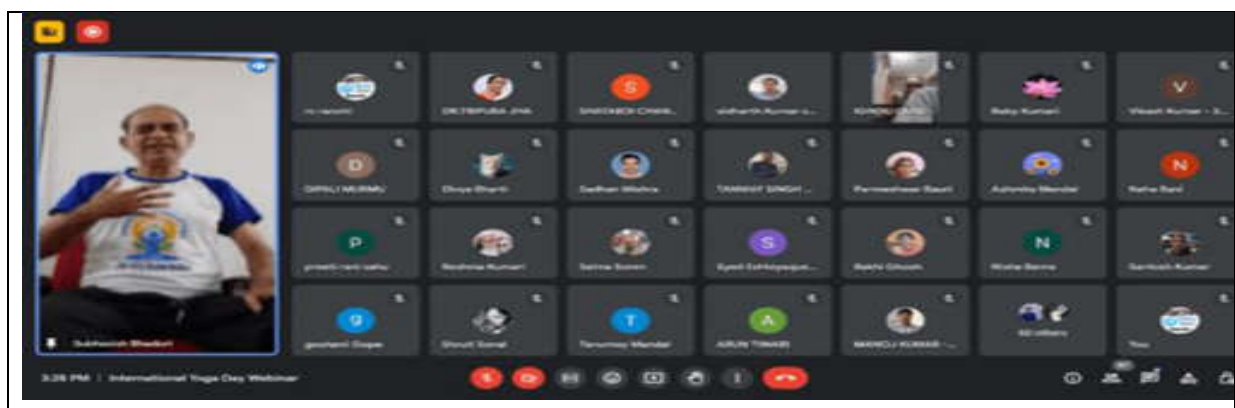
### 34. Ranchi

IGNOU RC Ranchi organised Yoga practice at 8:00am in the RC premises where in the RC staff participated.

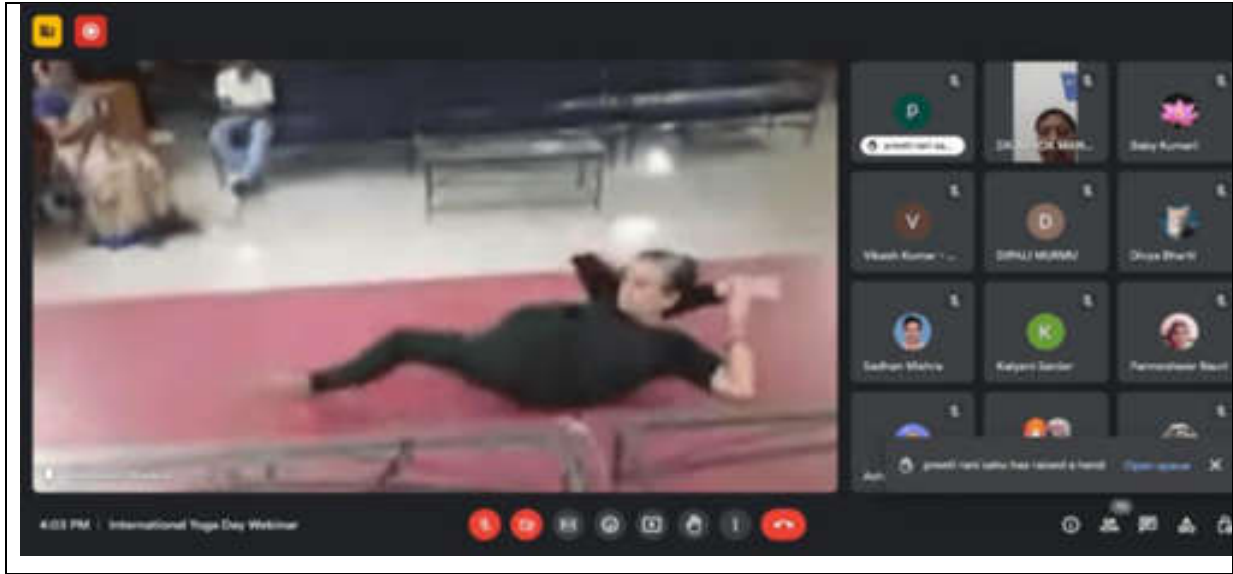
## REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY (IYD) AT REGIONAL CENTRES



A **webinar** was conducted at 3:00pm on the topic Yoga for Body, Mind and Soul. Yogacharya Dr Subhasis Bhaduri was the Guest Speaker who spoke about the health benefits of Yoga and demonstrated asana sitting on a chair. 75-year-Old, Mrs Jayshree Chakraborty, demonstrated yoga asanas with precision and perfection. There were more than 100 participants in the program. A few Coordinators, Academic Counsellors and LSC functionaries other than students participated in the online program.







## 32.Saharsa

### सहरसा

#### 9वाँ अन्तर्राष्ट्रीय योग दिवस 2023 के अवसर पर आयोजित योगाभ्यास कार्यक्रम

इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय (इग्नू) क्षेत्रीय केन्द्र, सहरसा द्वारा योग दिवस के अवसर पर योगाभ्यास कार्यक्रम का आयोजन किया गया। उक्त कार्यक्रम में क्षेत्रीय केन्द्र के सभी पदाधिकारियों एवं कर्मचारियों ने भाग लिया। कार्यक्रम का शुभारंभ डॉ. मिर्जा नेहाल अहमद बेग, क्षेत्रीय निदेशक द्वारा सभी पदाधिकारियों एवं कर्मचारियों के स्वागत के साथ किया गया। डॉ. बेग द्वारा सभी कर्मियों को योग के संबंध में विस्तारपूर्वक बताया गया। उनके द्वारा योग कुछ आसनों के बारे में बारी-बारी से बताया गया। उन्हें देखकर सभी पदाधिकारियों एवं कर्मचारियों ने योगाभ्यास किया।

श्री ओझा जय प्रकाश, सहायक कुलसचिव द्वारा योग के बारे में विस्तारपूर्वक बताया गया। उनके द्वारा बताया गया कि योग एक प्राचीन प्रथा है जिसकी उत्पत्ति भारत में हुई। यह एक मानसिक, शारीरिक और अध्यात्मिक लाभों के लिए विश्वस्तर पर लोक प्रियता हासिल करने में सफल रहा है। पतंजलि, आधुनिक योग के जनक कहे जाते हैं, लेकिन भारत के कुछ हिस्सों में तिरूमलाई कृष्णमायाचार्य को भी आधुनिक योग का जनक माना जाता है। यदि प्रतिदिन हम लोग आधा घंटा योग करें तो हम लोग बहुत सारे रोगों से बच सकते हैं।





### 33. Shillong

International Yoga Day (IYD) 2023 has been celebrated at Regional Center Shillong on 21<sup>st</sup> June 2023 from 11.00 a.m. to 12.05 p.m. The Staff of RC and REC was present and practice Yoga. On this occasion of International Yoga Day, Dr. Anamika Upadhyaya, AYUSH-certified Yoga and Wellness Instructor along with the person present in the hall performed some Asanas, Pranayam, and Meditation. Dr. Upadhyaya explained the benefit of Yoga and practicing Yoga benefits a person physically, mentally, and spiritually. With millions of people around the world participating in various yoga activities and events, International Yoga Day serves as a reminder of the universal appeal and transformative power of this ancient practice.

This year theme of the IYD 2023 is Embracing “Yoga for VasudhaivaKutumbakam”**“the world is one family.”**This principle reflects the idea that all human beings are interconnected and that they should live in harmony and cooperation with one another, transcending boundaries of nationality, religion, race, or any other form of division. Recent incidents in Manipur are eye-opening for all of us. International Yoga Day 2023 will serve as a powerful reminder of the unity and harmony that yoga brings to people across the NE region.



### 34. Shimla

IGNOU Regional Centre, Shimla organized a Lecture-cum-workshop on “Yoga for Physical & Mental Health” on the occasion of International Day of Yoga 2023 on 21<sup>st</sup> June, 2023. Sh. Vinod Kumar Sharma, Yoga Expert and Research Scholar, Department of Yoga Studies, Himachal Pradesh University, Shimla was the Guest/Resource Person. All the staff members of Regional Centre Shimla were present in the session. Senior Regional Director, Dr. Joginder Kumar Yadav welcomed the Guest and spoke on the importance of Yoga in day-to-day life of human being.

Yoga expert, Vinod Kumar Sharma briefed about the ‘Yam-Niyam’ and ‘Pranayam’ and highlighted the importance of ‘YogSadhna’. While speaking on the importance of yoga, he also quoted some important ‘Shlokas of Geeta’ and gave some tips as how to lead a tension free life. The session was followed by demonstration i.e. ‘Anulom-Vilom’, ‘Vagraashan’, ‘Sarwangaashan’, ‘Kapal-bhati’ and ‘Mandukaashan’ etc. In the end of the session, the expert also clarified the doubts/queries of the participants in a nice manner. The session was ended with the vote of thanks of the expert.



### 35. Siliguri

IGNOU Regional Centre, Siliguri celebrated the International Day of Yoga on 21 June 2023.

The events of International Day of Yoga began at 09.30 am, with initiation lecture by Dr. Manoj Roy.V, Assistant Registrar. He spoke about how yoga helps in promoting wellness of the body and mind and how it can address new age problems that we face.

Practical yoga session began with warm-up movements, followed by breathing exercises. It was followed by Lotus position meditation. These had relaxed the body and mind of the participants. Thereafter, simple asanas like Pranayama, Balasana, Shavasana etc. were performed. The practical yoga session ended with Omkar chanting.



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Ms Juli Saha, Executive (DP) spoke about the importance of yoga especially for women; how it builds immunity and how it addresses various physical and mental health concerns of women. Shri Avijit Podder, Assistant proposed a vote of thanks. He mentioned that since we are celebrating the day of Yoga every year, his family members are now well aware of the benefits of Yoga, which has particularly helped his children.

All the staff members and students present enthusiastically participated in the programme. The programme was held in the seminar hall of the Regional Centre where all the staff members and few students have assembled.



Ms Juli Saha EDP spoke how Yoga is beneficial to women particularly.



Regional Centre Siliguri staff performing asanas.



Regional Centre Siliguri staff performing asanas.



Regional Centre Siliguri staff performing asanas.

### 36. Srinagar

IGNOU RC Srinagar celebrated the International Yoga Day – 2023 by organizing several activities. An online lecture was organized by RC Srinagar on the theme “Yoga for Vasudhaiva Kutumbakam”. The expert Mr. Nasir Ahmad Wani deliberated on the topic and gave wider perspective about the yoga for well being. A good number of participants including students, staff and Regional Centers joined the online session. Question answer session was also conducted at the end of the lecture.

On 21<sup>st</sup> June 2023, International Yoga Day – 2023, expert Dr. Surjeect Singh, a trained yoga instructor from University of Kashmir conducted yoga sessions. He demonstrated various yoga asanas (postures), pranayama (breathing exercises) and meditation techniques. This session was designed to promote physical fitness, mental relaxation, and spiritual rejuvenation.

In the beginning of the session, Dr. Shahnawaz Ahmad Dar, RD, highlighted the importance of yoga in daily life. He also discussed the benefits of yoga for physical health, stress management, mental well-being, and spiritual growth. The event reiterated the significance of incorporating yoga into daily life and encouraged individuals to explore its benefits. As the world continues to face health challenges, International Yoga Day serves as a reminder of the transformative power of yoga in promoting holistic wellness for individuals and communities worldwide.

RD starting the session and the Expert demonstrating the ASNAS



RC Staff listening to the expert before performing the voga



RC Staff performing Yoga Asnas



RC Staff performing Yoga on IYD-2023

### 37.Trivandrum

IGNOU Regional Centre Trivandrum has celebrated the 9th International Day of Yoga by organizing a Lecture cum demonstration on the “Importance of practicing Yoga in daily life”.

The programme has started with the IGNOU Kulgeet followed by the welcome address by Dr Priya Pradeep, Assistant Regional Director, IGNOU Regional Centre, Trivandrum.

Dr.B.Sukumar, Senior Regional Director, IGNOU Regional Centre Trivandrum has delivered the presidential address. In his address he stressed upon the relevance and importance of yoga in our day-to-day life.

The Yoga demonstration has been 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 Sh. Kumar Gaurav, Assistant Executive, IGNOU Regional Centre, Trivandrum.

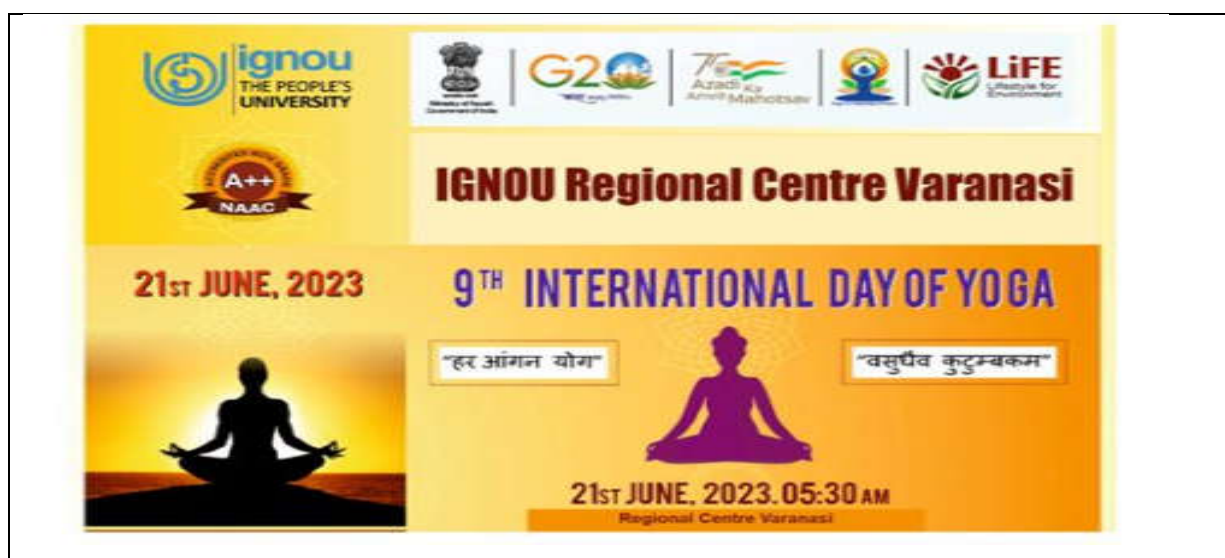
Photographs in connection with the celebrations are being attached for information and records, please.





### 38. Varanasi

On the occasion of 9<sup>th</sup> International Yoga Day on 21st June 2023, IGNOU Regional Centre Varanasi organized one hour Yoga session in the morning hours at 6:00AM. All the officials & staff of Regional Centre Varanasi led by Regional Director participated and practiced different Yogasan steps. Dr. U N Tripathi, Regional Director highlighted the importance of Yoga in daily life and told that this is the only option for stays 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 Yog asan like Surya Namaskar, Pranayam to the participants and said that everybody must do Yoga regularly to feel better and lead a long and healthy life.





### 39. Vatakara

IGNOU Regional Centre Vatakara celebrated Yoga Day 2023 with gaiety. A webinar was organized in which intense discussions were conducted on the innovative practices in Yoga with Yogacharya, Dr. Balakrishnan. The title of the session was, “Innovative Practices in Yoga- The dawn of a new age. A discussion with Yogacharya Dr. Balakrishnan”

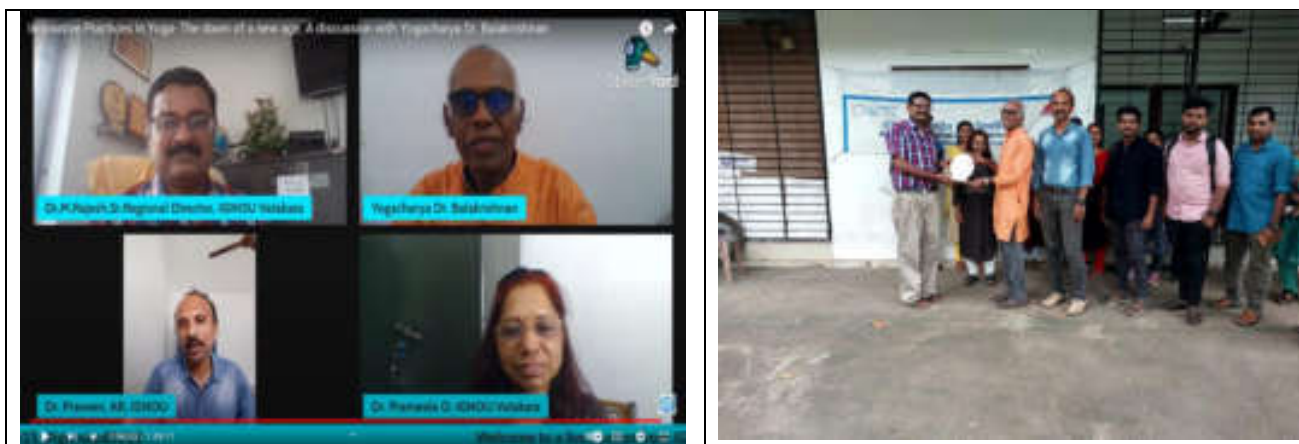
In this session, Dr. Balakrishnan highlighted the innovative practices that are adopted in his Yogic research centre, Yogabharathi to treat various physical and psycho-somatic disorders. He elaborated upon the essential differences between Hatha Yoga and Raja Yoga and highlighted the importance of each. Then he went on to dwell into the depth of the concept of “Vasudhaiva Kudumbakam” and explained how the practice of Yoga integrates every human into a holistic whole transcending the boundaries of religion, language, culture, caste and every other conceivable distinction that separates them. In the discussion session, he explained the concept of “stithapranjna” and how it bore the essence of the fruits of Yoga. Further, the immense utility of Yoga in transforming the lives of persons, including those with various issues was clearly explained. Yogacharya also referred to the important works of Dr Dean Ornish and Dr Christian Bernard during the exposition.

The session was hosted by Dr M. Rajesh, Sr.Regional Director, and participated on the panel by Dr Prameela. O, Assistant Regional Director, Dr.Praveen Kumara, Assistant Registrar and Dr. George Mathew, IGNOU Study Centre Coordinator.

The recording of the session is available on the link, <https://www.youtube.com/live/00ORRT5w1HQ?feature=share> .







#### 40. Vijayawada

Regional Centre Vijayawada celebrated the International Day of Yoga 2023 in the RC premises on 21.06.2023.

The following three activities were taken up by the Regional Centre:

- Regional Centre Vijayawada in association with MSR English Medium High School celebrated the International Day of Yoga with the school children. The RC staff along with the teachers and students of MSR English Medium took the Yoga pledge. Later on the school students performed some yoga asanas.
- The academic and non academic staff of IGNOU Regional Centre Vijayawada celebrated the International Day of Yoga 2023 in the office by performing the surya namaskaras, paadmasan, vaajrasaan, bhujnagasan, mudrasan, pranayama, neck exercises, stretching exercises, breathing exercises, etc.
- All the staff of RC Vijayawada took the online pledge ‘Integrate and Encourage Yoga through Life’ through the Ministry of Ayush ‘my Gov portal’ and downloaded their certificates.

The Regional Director in-charge advised the staff to maintain good health and humanity through yoga practice daily or at least two days a week and also advised to change the lifestyle and food habits for good physical, psychological and spiritual wellbeing.



#### 41. Visakhapatnam

The 9<sup>th</sup> 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 in Daily Life”. 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. Sh. A.L.P. Rao, Assistant Registrar, IGNOU Staff participated in the event.

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