



Yogastha IIT Bombay

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Events conducted during the year April 2025 to March 2026

Yogastha is the official wellness and yoga student body of IIT Bombay, established during the first International Day of Yoga in 2015. The team works towards creating a peaceful, energetic, balanced, and mindful campus environment through regular yoga sessions and wellness activities conducted throughout the year. Yogastha promotes the physical and mental well-being of the entire IIT Bombay community, including students, faculty members, non-teaching staff, and their families.

Every year, Yogastha organizes various offline and online events such as yoga workshops, camps, talk sessions, and wellness programs covering different aspects of health and mindfulness. The team includes members from diverse backgrounds, including UG, PG, and PhD students, staff members, and other campus residents. Under the guidance of faculty mentor Prof. Neeraj Kumbhkarana, Yogastha dedicatedly carried out its activities during the 2025–2026 tenure with the support of its Core Team Members (CTMs): Nidhi Verma (Manager), Krishna Gahlod (Manager), Sarika P. Chavan, Vamsi Triveni, Poornachandra Shwetha Ramesh Murthy, Anakapalli Chandrasekhar, Anusha Kumari, Jyotilata Mili, Kartikey Gaur, Mukund Raj, Neha Kanwadiya, Sahil, Turaga Hema Phani Harshita, Vansil Chauhan and Venkateshwara Reddy K L.

1. **Morning and Evening yoga sessions**

Date: Monday-Friday (Throughout year), except institute holidays.

Timings: Morning: 6:30-7:30, Evening: 7:15-8:15

Venue: Yoga Hall, New SAC

Instructors: Sarika, Poorna, Vamsi, Shubham, Kartikey, Neha and Chandrasekhar

Attendees: 20+ per day

About the Event:

For several years, Yogastha has been conducting regular morning yoga sessions for the student community at IIT Bombay. These sessions are organized with the aim of promoting physical and mental well-being, improving flexibility and strength, and helping students manage stress and anxiety. By encouraging yoga as a part of daily life, the sessions provide students with a holistic approach towards maintaining a healthy and balanced lifestyle. The morning and evening yoga sessions were conducted from 6:30 AM to 7:30 AM and 7:15 PM to 8:15 PM respectively on weekdays at the spacious Yoga Hall in the New SAC Building. Each session was led by Yogastha's Instructor team. The sessions included a combination of yoga postures, stretching exercises, and breathing techniques designed to improve balance, flexibility, strength, and relaxation.

The initiative received positive feedback from students who attended regularly. Participants reported several benefits, including improved flexibility, reduced stress and anxiety, increased energy levels, better sleep quality, and an overall improvement in physical and mental health. Through these sessions, Yogastha continues to contribute towards building a healthier, calmer, and more mindful campus community.



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2. Post-Graduate (PG) Orientation

Date: 9 August 2025

Venue: PC Saxena Auditorium

Event Lead: Nidhi & Kartikey

Attendees: 100+

About the Event:

The PG Orientation for Yogastha was conducted on 9th August 2025 in collaboration with the Sports Council as part of the orientation program for newly admitted postgraduate students. The event was organized to introduce the PG community to Yogastha, its activities, and its mission of encouraging physical, mental, and emotional well-being through yoga and mindfulness.

During the session, the team presented an overview of Yogastha's regular classes, meditation sessions, wellness initiatives, and campus events. To make the interaction engaging, participants were asked questions related to yoga and wellness, with winners receiving Yogastha freebies.

A special highlight of the orientation was an interactive Yogasana activity, where students enthusiastically participated in performing yoga poses. Participants who performed exceptionally well were awarded prizes, adding excitement and energy to the session.

The event generated interest among the newly joined postgraduate students and successfully increased awareness about Yogastha and its offerings. Overall, the PG Orientation was an effective outreach initiative that helped connect the incoming PG batch with the Yogastha community.



3. Undergraduate (UG) Orientation



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Date: 23 August 2025

Venue: Indoor Badminton Court

Event Lead: Nidhi & Krishna

Attendees: 700+

About the Event:

The UG Orientation for Yogastha was conducted on 23rd August 2025 in collaboration with the Sports Council as part of the orientation program for the newly admitted undergraduate students. The event aimed to introduce first-year students to Yogastha and familiarize them with the club's vision of promoting holistic well-being through yoga, meditation, and mindful living.

During the session, the team presented the various activities and initiatives organized by Yogastha throughout the year, including regular yoga classes, wellness workshops, guided meditation sessions, and special campus events. Interactive questions related to yoga and wellness were asked to engage the audience, and students who answered correctly were rewarded with Yogastha freebies.

The event witnessed enthusiastic participation, with many students showing curiosity and interest in the club's activities. It also helped increase Yogastha's visibility among the freshers, leading to a rise in Instagram followers and greater awareness about the club within the incoming batch.

Overall, the UG Orientation served as a successful introduction to Yogastha for the new undergraduate students and created a strong foundation for future engagement with the club.

4. **Antaralaya: A Journey Within Through Dance and Meditation**

Date: 24 September 2025

Time: 6:30 PM

Venue: PC Saxena Auditorium (LT PCSA), IIT Bombay

Event Lead: Krishna

Attendees: 100-120

About the Event:

Antaralaya was a unique dance-theatre experience organized by Yogastha, blending the grace of classical dance forms with the depth of meditation. Conducted on 24th September 2025 at PC Saxena Auditorium, the event provided participants with a refreshing and soulful break from their mid-semester schedule.

The evening featured a captivating fusion of Kathak, Odissi, and Flamenco, creating a harmonious interplay between rhythm, expression, and inner awareness. The performances were thoughtfully curated to take the audience on an inward journey, aligning movement with mindfulness.

The event showcased renowned artists including Neha Verma and Sanchita Banerjee (Odissi), Dr. Pallavi Lohani and Geetika Tewari (Kathak), and Francesco Bucchi (Flamenco), with a special presence by Dr. Satendra Verma. Their performances brought together diverse cultural traditions while maintaining a unified theme of self-realization and inner exploration.

A key highlight of the evening was the integration of Sahaja Yoga meditation, which complemented the artistic performances by offering participants an opportunity to experience mental stillness and inner peace. The combination of dance and meditation created a powerful and immersive atmosphere, leaving a lasting impact on the audience.



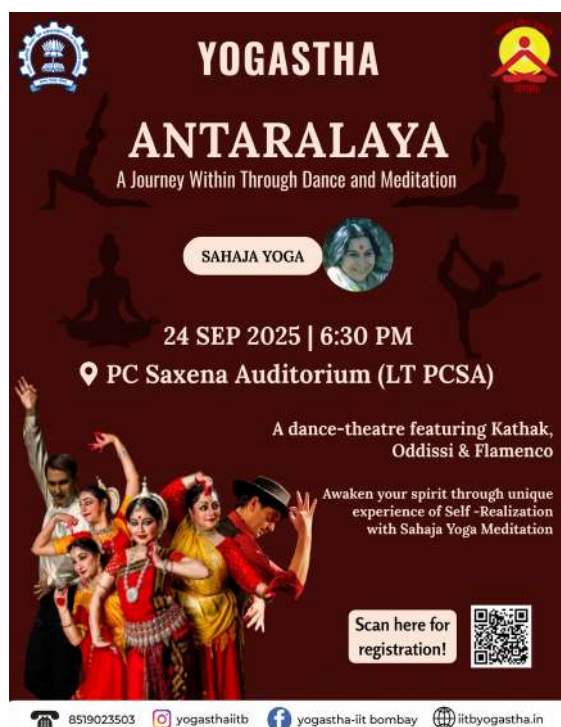
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Overall, Antaralaya was a successful and enriching event that beautifully demonstrated the connection between art and spirituality, encouraging participants to explore mindfulness through creative expression.



5. Heartfulness Meditation

Date: 7, 8, 9 January 2026

Time: 6:30 PM – 7:30 PM

Venue: Yoga Hall, New SAC

Event Lead: Kartikey

Attendees: 30-40

About the Event:

To mark the beginning of the New Year, Yogastha organized a 3-day Heartfulness Meditation Program from 7th to 9th January 2026, aimed at helping participants cultivate mindfulness, inner balance, and mental clarity.

The sessions introduced participants to the practice of Raja Yoga, focusing on heart-based meditation techniques that emphasize simplicity and inner awareness. Each session guided attendees through methods to calm the mind, regulate thoughts, and connect with a deeper sense of self.

The program provided a peaceful and reflective space for campus residents to pause amidst their routines and begin the year with a sense of clarity and purpose. With consistent participation across all three days, attendees were able to experience the cumulative benefits of regular meditation practice.



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Overall, the Heartfulness Meditation Program was a meaningful initiative that encouraged individuals to prioritize their mental well-being and embrace mindfulness as a way of life, setting a positive and balanced tone for the year ahead.



6. Holistic Wellness Through Energy Science

Date: 16 January 2026

Time: 6:30 PM – 7:30 PM

Venue: LC 102, IIT Bombay

Event Lead: Shivam

Attendees: 20-30

About the Event:

Yogastha organized a special talk session on “Holistic Wellness Through Energy Science” on 16th January 2026, exclusively for the IIT Bombay community. The session aimed to introduce participants to a deeper understanding of wellness by exploring the connection between the body, mind, and internal energy systems.

The session focused on the concept of the Human Energy Light System (HELs), providing insights into how internal energy can be harnessed to manage stress, improve mental well-being, and achieve inner harmony. Blending scientific perspectives with spiritual understanding, the talk encouraged participants to look beyond physical health and explore a more holistic approach to well-being. Participants were guided through simple yet effective techniques that could be incorporated into daily life to cultivate mindfulness and emotional balance. The interactive and reflective nature of the session created an engaging environment, allowing attendees to connect with the concepts on a personal level.



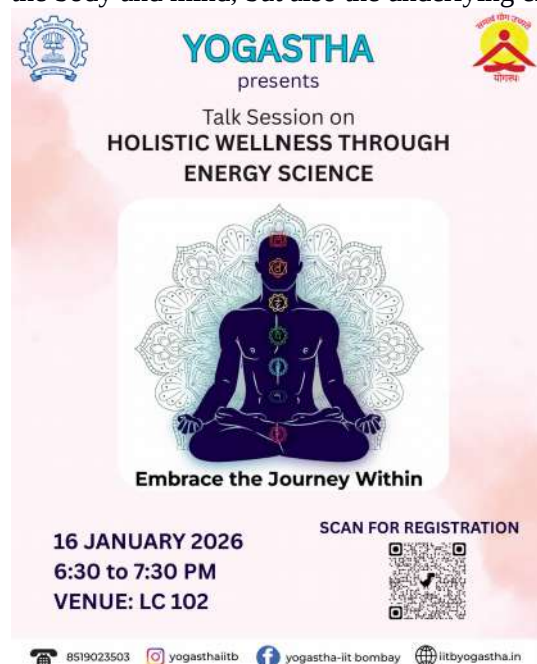
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Overall, the event was an insightful and enriching experience, leaving participants inspired to adopt a more mindful and balanced lifestyle. It successfully highlighted the importance of nurturing not just the body and mind, but also the underlying energy systems that influence overall well-being.



7. **Project Shakti – For Her Health & Well-Being**

Date: 11, 12 & 13 February 2026

Time: 7:00 PM – 8:00 PM

Venue: Yoga Hall, New SAC, IIT Bombay

Event Lead: Harshita

Attendees: 20-30

About the Event:

Project Shakti was a 3-day women-centric wellness workshop organized by Yogastha from 11th to 13th February 2026, aimed at promoting holistic health and empowering women through yoga and mindful practices.

The workshop was thoughtfully designed to address multiple dimensions of well-being, including physical, mental, emotional, and energetic health. Key themes covered during the sessions included hormonal health awareness, emotional healing, understanding the science of the subtle body, stress release techniques, and the role of yoga in prevention and healing.

The sessions provided a safe and supportive space for participants to engage in self-reflection, learn practical wellness techniques, and build a deeper connection with their inner strength. Day 1 set the tone for the workshop with a meaningful introduction to holistic health, combining awareness, guided practices, and interactive discussions.

The workshop was conducted under the guidance of instructor Sneha Yadav, whose sessions were well-received and appreciated by participants for their depth and relatability. The overall experience encouraged attendees to prioritize their health and embrace a balanced and mindful lifestyle.

Project Shakti successfully created an empowering environment that inspired participants to nurture their well-being and recognize their inner strength, truly embodying the spirit of “Awaken your Shakti.”



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8. Iyengar Yoga session

Date: Every Saturday throughout the year

Time: 7:30 AM – 9:00 AM

Venue: Yoga Hall, New SAC, IIT Bombay

Attendees: 20-30

About the Event:

The weekly Iyengar Yoga sessions, conducted every Saturday, provided participants with a structured and disciplined approach to yoga focused on precision, alignment, and mindful movement. Led by Jatin Janshali and Panna Ma'am, the sessions emphasized correct posture, balance, flexibility, and breath awareness through guided practice. The workshops helped participants improve strength, body alignment, concentration, and overall physical and mental well-being. The sessions were well received by the campus community and encouraged a healthier and more balanced lifestyle.





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9. **Weekly meditation session**

Date: Every Tuesday throughout the year

Time: 7:00 PM – 8:00 PM

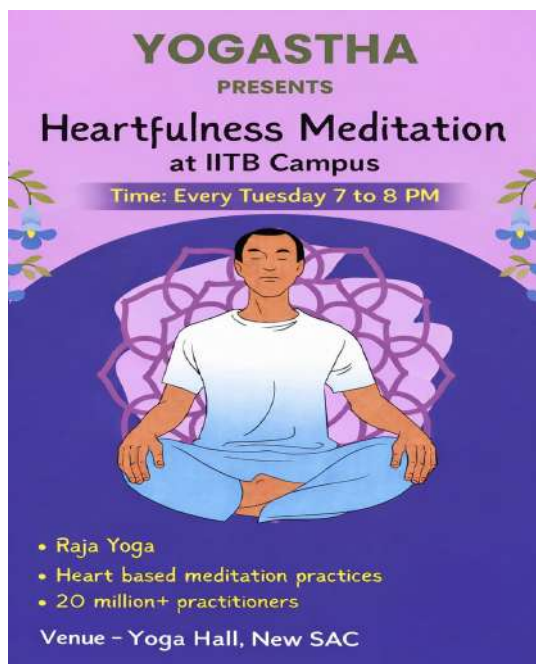
Venue: Yoga Hall, New SAC, IIT Bombay

Attendees: 15-20

About the Event:

The weekly meditation sessions, conducted every Tuesday throughout the year, introduced participants to simple and effective meditation practices focused on relaxation, mindfulness, and inner balance. Led by Kanika Mishra, each session guided attendees through techniques to calm the mind, improve focus, and reduce stress in a peaceful and supportive environment.

The sessions provided students and campus residents with a refreshing break from their daily routines, encouraging mental clarity, emotional well-being, and self-awareness. Regular participants shared benefits such as improved concentration, reduced anxiety, better emotional balance and a greater sense of calm and positivity in their daily lives.





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10. New Team Orientation

Date:

Venue: Yoga Hall, New SAC, IIT Bombay

Event Lead: Krishna and Nidhi

Attendees:

About the event:

Yogastha kick started its journey for the year 2025 with an enthusiastic New Team Orientation, welcoming the fresh batch of core members. The session was graced by our esteemed faculty mentor, Prof. Neeraj Kumbhakarana, who shared valuable insights about the vision of Yogastha and the vital role it plays in promoting wellness within the IIT Bombay community. He also outlined the responsibilities and collective mission of the team. The orientation continued with the current managers guiding the new members through the structure, ongoing initiatives, and individual portfolios, helping them understand their roles and how they can contribute meaningfully. The session laid a strong foundation for collaboration, learning, and growth in the year ahead





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100 Days of International Day of Yoga Celebration - 2025

1. Yoga for Brain workshop

Date: May 2-4, 2025

Venue: Yoga Hall, New SAC

Event Leads: Krishna

Attendees: 30-40 per day

Organized by: Yogastha Club, IIT Bombay

About the Event:

As part of the IDY 2025 Series, the “Yoga for Brain” workshop offered participants an immersive experience into yogic practices aimed at enhancing mental clarity, emotional balance, and inner peace. Conducted by Dr. Ajay R. Kumbhar, the 3-day workshop focused on the powerful connection between the brain and yoga, introducing participants to techniques that activate and harmonize the nervous system.

Through guided sessions, participants explored asanas, breathing techniques, and meditation practices specifically chosen to stimulate brain function, improve concentration, and reduce stress. Dr. Kumbhar’s deep knowledge and engaging style made complex concepts accessible, while also allowing attendees to reflect inward and apply these practices in their daily lives.

The workshop was well-received, with many participants reporting a sense of renewed focus, calmness, and mental energy. It provided a perfect blend of theory and practice, making it a meaningful step in promoting mental wellness through yoga.





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2. Swasti Yoga Camp

Date: May 5-8, 2025

Venue: Yoga Hall, New SAC

Event Leads: Nidhi

Attendees: 30-40 per day

Organized by: Yogastha Club, IIT Bombay

About the Event:

The Swasti Yoga Camp, organized by Team Yogastha, IIT Bombay in collaboration with Dr. Vikas Chothe and Dr. Shwetambri Chothe from Swasti Yoga Centre, was a thoughtfully designed and impactful initiative aimed at promoting holistic well-being among the campus community. Conducted over four days, the camp featured comprehensive yoga sessions held twice daily, structured to suit individuals of all skill levels. These sessions integrated a balanced mix of asanas, pranayama, and guided meditation, enabling participants to experience the physical, mental, and emotional benefits of traditional yoga practices. In addition to the core yoga sessions, the camp introduced a variety of mindfulness-based activities that emphasized mental clarity, emotional regulation, and stress reduction through experiential learning. A distinctive feature of this camp was its dual-phase structure, allowing for progressive learning and deeper engagement across sessions. As part of the initiative, participants who successfully completed both phases of the camp with a minimum of 60% attendance in each were eligible to receive a Yoga Volunteer Certificate, which will be awarded on International Day of Yoga 2025 by the Ministry of AYUSH, Government of India. This certification not only recognized consistent participation but also reinforced the importance of sustained commitment to personal wellness and the broader goal of promoting yoga as a lifestyle.



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3. Yoga Workshop on “De-stressing in Today’s world”

Date: May 9, 2025

Venue: Yoga Hall, New SAC

Event Leads: Nainsi

Attendees: 30

Organized by: Yogastha Club, IIT Bombay

About the Event:

As part of the **IDY 2025 Series**, the “De-stressing in Today’s World” workshop provided participants with an immersive experience in yogic practices specifically designed to release stress and calm the mind. Led by the experienced Yogastha members (**Vamsi**, **Kartikeya**, and **Nainsi**), this workshop explored the powerful connection between yoga and inner peace, offering practical tools to manage stress in our fast-paced world.

Workshop Highlights:

Participants engaged in **guided sessions** that focused on a range of techniques to enhance mental well-being:



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- **Asanas (Yoga Poses):** Carefully chosen poses to release physical tension and improve relaxation.
- **Breathing Techniques:** Methods aimed at calming the nervous system, improving focus, and reducing stress.
- **Yoga Nidra:** Technique designed to quiet the mind, release stress, foster mindfulness, and increase clarity.



4. Yoga Abhiyojna – 54 Surya Namaskar Competition

Date: May 13-15, 2025

Venue: Yoga Hall, New SAC

Event Leads: Vamsi

Attendees: 30

Organized by: Yogastha Club, IIT Bombay

Practice Sessions (Yoga Abhiyojna)

In the evenings of 13th and 14th May 2025, Yogastha organized practice sessions as a build-up to the 54 Surya Namaskar Competition. The aim of these sessions was to help participants improve their posture, understand the rhythm of Surya Namaskar, and build stamina gradually.

The session on 13th May was led by Sarika Ma'am, while the session on 14th May was conducted by both Poorthi Ma'am and Sarika mam(as instructors).

Demonstrated by Kartikey and Neha, and other Yogastha members who were present actively guided participants and helped in correcting their posture. Around 45 participants joined on both days, showing great enthusiasm.

Team Members Present : Sarika ji, Poorthi ji, Karthikey, Neha, Nidhi, Krishna, Jitendra Sharma, Jitendra, Shivam, Harshitha, Sahil, Rajeev, Venkateswar.

On the first day, 12 rounds of Surya Namaskar were completed, and on the second day, 30 rounds. Each session concluded with a 15-minute Yoga Nidra, offering a moment of deep relaxation and inner calm to the participants.



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Yoga Abhiyojna (54 Surya Namaskar Challenge)

In the evening of 15th May 2025, Yogastha conducted the much-awaited Yoga Abhiyojna (54 Surya Namaskar Competition) on behalf of the 100-day celebration of International day of Yoga held to celebrate the strength, discipline, and joy that yoga brings into one's life. This Competition was to perform 54 rounds of surya namaskar, a 12 Yoga poses that salute the sun and energise the body and mind. The challenge was open to all students and campus residents and saw an energetic turnout.

The session was led with demonstration by Jitendra and Neha, who not only guided but also completed all 54 Surya Namaskars themselves to motivate and energize the participants. The Yogastha team remained fully engaged throughout, helping participants correct their postures and maintain consistency during the session. The event created a vibrant and uplifting atmosphere, leaving participants with a strong sense of achievement and gratitude.

Team Members Present : Poorthi ji, Karthikey, Neha, Nidhi, Krishna, Jitendra Sharma, Jitendra, Shivam, Harshitha, Sahil, Rajeev, Venkateswar.





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5. 'Upa Yoga & Miracle of Mind' by ISHA Foundation

Date: 16-17 May 2025

Venue: Yoga Hall, New SAC

Event Lead: Shivam

Attendees: 40-50 per day

About the event:

Yogastha, in a unique collaboration with the renowned ISHA Foundation, hosted a Body-awakening workshop as part of the IDY Series 2025.

The two-day workshop was led by ISHA volunteers, Omkar Kamath, Vandana Kamath, and Nikita Mandalia, with the valuable support of ISHA volunteers from our institute's student community. The sessions were focused on enhancing flexibility, strength, and balance through sustained yogic postures. The second half of the session was dedicated to introducing the Miracle of Mind by Sadhguru, a meditative tool for clarity and emotional wellbeing.

The whole essence of the workshop was to equip participants with simple yet powerful yogic practices that can significantly enhance their wellbeing.



6. Musical Meditation Workshop

Date: 24 May, 2025

Venue: Yoga Hall, New SAC

Event Lead: Kartikey

Attendees: 60

About the event:

As a part of the ongoing "100 Days to International Day of Yoga (IDY)" series, a soulful Musical Meditation Workshop was conducted at IIT Bombay by BK Ritu Thakkar ji and esteemed members of the Brahmakumaris. The session took place at the Yoga Hall, New SAC, and witnessed the enthusiastic participation of over 60 individuals.

About the Instructor - BK Ritu Thakkar ji is an MBA, certified Happiness Coach from the Berkeley Institute of Well-Being, TEDx speaker, author, and global facilitator. She blends **breathwork**, **musical meditation**, and **affirmations** to help you realign with your inner self, find emotional balance, and design your life with clarity and intention.

The workshop beautifully blended music and meditation, offering participants a unique spiritual experience. BK Ritu ji skillfully played a variety of instruments—including the flute, manjeera, kalimba, and singing bowls—to create a calming and immersive atmosphere. These soothing sounds



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accompanied her guidance through various meditative techniques designed to help participants experience inner peace, mindfulness, and relaxation. BK Ritu ji shared words of profound wisdom, encouraging the audience to embrace the present moment fully and let go of worries about the past or anxieties about the future. BK Alka ji also graced the event from the Powai Branch of Brahmakumaris.

The session not only offered a break from daily routines but also inspired many to explore musical meditation as a regular practice. The event concluded with a felicitation ceremony, expressing gratitude to the facilitators, followed by a group photo session to commemorate the occasion.

The workshop was deeply appreciated by all attendees and contributed meaningfully to the lead-up to the International Day of Yoga.



7. Empowering Women Workshop

Date: 27th - 28th May 2025

Venue: Yoga Hall, New SAC

Instructor: Sarika P Chavan

Event Lead: Venkateshwara Reddy

Attendees: 20 - 25 per day

Team Members:

- Venkateshwara, Nidhi, Krishna, Jitendra, Rajeev, Sahil, Neha, Anusha, Poornamam, Sarikamam (**Day 1**)
- Venkateshwara, Nidhi, Krishna, Jitendra, Vamsi, Neha, Sarika, Poorna (**Day 2**)

About the event:

Yogastha hosted a *Women Empowering Workshop: Menstrual Cycle Pleasurable Journey* as part of the IDY Series 2025. It is a special workshop on menstrual wellness through Yogic wisdom — a journey of self-care, balance, and sacred living rooted in the R̥tuchakra tradition.



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Covered Topics:

- 1) About Menstruation
- 2) Ethological Importance
- 3) What Ayurveda says
- 4) Anatomy & Physiology of the Menstrual Cycle
- 5) Hormone mechanism
- 6) Yoga perspective - Prana & Chakra
- 7) Practices for the Menstrual cycle - Like Asana, Mudra, Mantra Chanting, Relaxation, Yoga Nidra
- 8) All Menstrual diseases & Yoga practices on that.

Workshop Highlights:

1) Mudras – Ease menstrual discomfort naturally

Mudras are specific hand gestures used in yoga and meditation that direct energy flow in the body. Certain mudras, like Yoni Mudra (symbolizing the womb) and Apana Mudra (which aids elimination), can help relieve menstrual cramps, bloating, and mood swings. Practicing these mudras regularly can support natural hormonal balance and soothe menstrual discomfort without medications.

2) Yoga Nidra – Deep relaxation and healing

Yoga Nidra, often called yogic sleep, is a guided deep relaxation practice that brings the body into a state of conscious rest. This state allows the nervous system to shift into parasympathetic mode (rest and digest), which can support hormonal regulation, reduce stress, and enhance the body's natural healing mechanisms. It's especially helpful for those dealing with hormonal imbalances, fatigue, or menstrual irregularities.

3) Ayurveda – Align your lifestyle with your cycle

Ayurveda, the ancient Indian system of medicine, emphasizes living in sync with natural rhythms, including a woman's menstrual cycle. It offers dietary, lifestyle, and herbal guidance tailored to each phase of the cycle, such as nourishing foods during menstruation or energizing routines during ovulation. Following Ayurvedic principles helps reduce cycle-related discomfort, balance hormones, and promote long-term reproductive health.





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Venue: Yoga Hall, New SAC

Event Leads: Harshita

Attendees: 40

Organized by: Yogastha Club, IIT Bombay

About the Event:

As part of the 100 Days of International Day of Yoga (IDY) Series 2025, Team Yogastha, IIT Bombay organized a distinctive wellness session titled “*Harmony Within: A Musical Yoga Retreat.*” This unique initiative was curated to offer participants an immersive experience that extended beyond traditional yoga practices by integrating the therapeutic elements of music and guided meditation. The session aimed to foster a deep connection between body, mind, and spirit, enabling participants to experience inner harmony and emotional rejuvenation. Unlike conventional yoga classes focused solely on physical postures, this retreat emphasized mental stillness and spiritual alignment, providing a holistic approach to well-being.

The session was led by two highly respected instructors. Dr. Chirag Kher, a certified yoga trainer and experienced physician specializing in homoeopathy, brought with him over a decade of expertise in delivering wellness sessions across various professional and community settings. Alongside him was BK Janki, a senior Rajyoga teacher with over 40 years of spiritual service, known for conducting retreats and spiritual workshops globally. Together, they created a calm and introspective environment where participants could explore self-awareness through the synergy of music, breath, and silence. This retreat reflected Yogastha's continued commitment to promoting diverse and meaningful wellness experiences on campus in the lead-up to the International Day of Yoga 2025.





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11. Ambika Yoga Kutir

Date: 3-5 June, 2025

Venue: Yoga Hall, New SAC

Event Leads: Rajeev

Attendees: 30-40 per day

Organized by: Yogastha Club, IIT Bombay

About the event:

Day 1: Foundations of Holistic Practice (3rd June 2025)

The workshop commenced with Prayer to set a serene tone. Participants were introduced to Jal Neti (nasal cleansing) and Kapalbhati (a breathing technique) for detoxification purposes. Sukshma Vyayam (subtle exercises) prepared the body for Surya Namaskar, which was practiced in sync with breath awareness. A talk on yoga's relevance to modern life, aligned with the IDY 2025 theme "Yoga for One Earth, One Health", inspired attendees. The session concluded with guided relaxation, leaving participants energized and curious for Day 2.



Day 2: Deepening Practice with Kriyas (4th June 2025)

The focus shifted to advanced asanas (postures) targeting flexibility and strength. Breathwork (Shwas Kriyas) was expanded, with an emphasis on rhythmic patterns for stress relief. Instructors Mrs. Chaya Keshava Salian and the team provided individualized corrections, ensuring safe alignment. Participants reported heightened mindfulness and physical ease post-session.





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Day 3: Cleansing & Integration (5th June 2025)

The finale featured Shankh Prakshalan (digestive cleansing), a highlight for many. Participants shared transformative experiences, citing improved sleep and reduced anxiety. The camp closed with Shantipaath, fostering a collective sense of gratitude.

Our guests were felicitated, and the participants had the opportunity to attend an enlightening talk by Prof. E.P. Rao (A retired professor of civil engineering). The session shed light on the current state of mental health in our daily lives, and attendees were encouraged to take part in upcoming Yogastha initiatives.



12. Yogathon Practice Sessions

As part of the IDY 2025 Series

Dates: June 6, 9, 11, 13, 16, and 18, 2025

Venue: Yoga Hall, New SAC

Event Leads: Yogastha Core Team

Organized by: Yogastha Club, IIT Bombay

Total Participants: 47–60 per session

About the event:



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As part of the lead-up to International Day of Yoga 2025, Yogastha, IIT Bombay organized a series of **Yogathon Practice Sessions** to prepare participants for the 108 Suryanamaskar Challenge on June 21. Held over six dates, the sessions progressively built stamina and focus through rounds of Suryanamaskar, gradually increasing from 20 to 84.

Led by **Sarika Ma'am** and supported by Yogastha demonstrators, each session had a specific focus—ranging from posture alignment and breath control to endurance and mental resilience. Participants from across the IITB community joined regularly, showing remarkable consistency and enthusiasm. The sessions provided a strong foundation for the main Yogathon event, reinforcing Yogastha's mission of cultivating discipline, wellness, and inner strength through yoga.



13. CYP Practice Sessions

As part of the IDY 2025 Series

Dates: June 12, 14, 16, and 19, 2025

Venue: Yoga Hall, New SAC

Event Leads: Yogastha Core Team

Organized by: Yogastha Club, IIT Bombay

Total Participants: 10-20 per session

About the event:

In the morning of 12th, 14th, 16th, and 19th June 2025, Yogaastha organised practice sessions as a build-up to **Common Yoga Protocol** that is to be held on **International Day of Yoga**, celebrated every year on 21st June. The aim of these sessions is to prepare participants physically and mentally for the official observance by familiarizing them with the standard yoga sequence issued by the **Ministry of AYUSH**, and also encourage a consistent yoga practice among students, staff, faculty and residents of IITB by introducing them to a structured routine that can be easily followed daily.



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Each session began on time with sincere participation and a peaceful ambience. The Common Yoga Protocol, as designed by the Ministry of AYUSH, was followed in its entirety including warm-up, asanas, pranayama, and meditation components.

The sessions were led by Neha as lead of event and instructor, Sahil as Operator, managed the audio setup and timing cues for the protocol, and Krishna as a Photographer, he captured the essence of each session. On average 12 participants attended the session on each day.



14. Heartfulness Meditation & Special Talk by Mr. Dinesh Ghodke

As part of the IDY 2025 Series

Date: June 20, 2025

Venue: Prof. B. Nag Auditorium, VMCC

Event Leads: Yogastha Core Team

Organized by: Yogastha Club, IIT Bombay in collaboration with Heartfulness Institute, My Bharat, and Commonwealth Youth Council of India

Attendees: 200+

About the event:

As part of the International Day of Yoga 2025 celebrations, Yogastha, IIT Bombay, in collaboration with the Heartfulness Institute, My Bharat, and the Commonwealth Youth Council of India, organized a profound and experiential session on *Heartfulness Meditation and Yogic Relaxation Techniques* on June 20, 2025. Held at the Prof. B. Nag Auditorium, VMCC, the event brought together more than 200 faculty members, officers, staff, and students for an afternoon of introspection, mindfulness, and deep inner connection.

The first segment of the event introduced participants to the core practices of Heartfulness meditation—a globally recognized approach to emotional wellness and spiritual balance. The session was conducted by **Dr. Nivedita Shreyans**, an experienced Heartfulness trainer, who combined guided meditation with reflective dialogue. Emphasizing the significance of inner stillness in an increasingly fast-paced world, she spoke about the vital role meditation plays in nurturing clarity, emotional resilience, and focused intent. The session also featured a *Brighter Minds* segment aimed at improving cognitive focus and mental clarity, especially relevant for the student community.

The event was graced by **Prof. S.V. Kulkarni**, former Dean (AA), and **Mr. Ganesh Bhorkade**, Registrar, IIT Bombay, whose presence highlighted the Institute's continued support for integrating holistic wellness practices into campus life. Participants engaged actively throughout the interactive and guided meditation session, with many describing the experience as rejuvenating and deeply grounding.

The second session of the evening featured a **Special Talk by Mr. Dinesh Ghodke**, the Chief Guest for International Day of Yoga 2025. An IIT Bombay alumnus and internationally respected wellness expert with over 30 years of experience across 50+ countries, Mr. Ghodke delivered a powerful talk



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titled “*The Inner Startup: Yogic Tools for Mental Resilience and Emotional Mastery*.” Drawing from yogic science, psychology, and lived experiences, he shared practical tools and insights for managing stress, enhancing mental clarity, and cultivating balance in professional and personal life. Key highlights of the talk included discussions on physical fitness through yoga, techniques to improve sleep quality and productivity, and breathwork for emotional regulation.

The event concluded with refreshments and informal interactions, leaving participants with not just knowledge but an experience of calmness, clarity, and community. The workshop and talk served as a meaningful prelude to the main celebrations on June 21, reinforcing the message that yoga is not just a physical discipline but a pathway to mental harmony and inner transformation.



15. Competitions

1) 2-min Yoga Challenge

Theme: Yoga for One Earth, One Health

Mode: Online Submission

Total Entries: 8

Date: 27 May - 31 May 2025



As part of the IDY 2025 celebrations, a **2-Minute Yoga Challenge** was organized to inspire short but meaningful engagement with yoga. The event encouraged participants to perform a short sequence of asanas within a two-minute time limit, focusing on posture, breath, and creativity.



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The event was conceptualized, organized, and judged by Neha, who also prepared clear and simple participation guidelines to ensure fairness and inclusivity in the online format.

A total of **11 participants** from the IIT Bombay community took part in the challenge. Each participant submitted a short video demonstrating three asanas from one of the following categories: **standing, sitting, or supine** postures.

Entries were evaluated based on: posture alignment, breath coordination, flow and transitions, clarity and presentation.

Some entries included voice-guided instructions, while others focused on silent expression of movement. The 2-minute format brought out both **discipline and creativity**, making the event an engaging way to promote wellness, awareness, and joy through yoga.

2) T-shirt Design Competition

Theme: Yoga for One Earth, One Health

Mode: Online Submission

Total Entries: 52

Date: 21 May – 26 May 2025



We held an online T-shirt design competition where participants were required to create their own designs and submit the files to us in .png format. The competition was organized under the Yogastha Club and led by Jyotilata Mili as part of the 100 Days of International Day of Yoga (IDY) celebration. One winner was selected by the senior team member and will be awarded a prize on June 21, 2025, during the IDY celebration.

3) Tratak Competition

Theme: Yoga for One Earth, One Health

Mode: Offline

Total Entries: 10

Date: 15 June 2025



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As part of the **IDY 2025** celebrations, a Tratak Competition was organized to help participants improve their focus, inner calm, and concentration through yoga. Tratak, which involves focused gazing, is an ancient yogic practice known for enhancing clarity, peace of mind, and self-awareness. The event was designed, organized, and judged by Sahil. Clear and accurate guidelines were also prepared by him to ensure that the event was conducted safely, smoothly, and in line with the goals of IDY 2025.

Each participant performed a guided Tratak practice. For each participant, two team members were present, one recorded the video for validation, and the other managed the stopwatch to track the duration accurately.

Winners were decided based on who could hold their gaze the longest, with additional consideration given to focus, body alignment, eye control, breath awareness, and overall poise.

4) **Slogan Competition**

Theme: Yoga for One Earth, One Health

Mode: Online Submission

Total Entries: 28

Date: 9 June - 12 June 2025



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As part of our International Day of Yoga (IDY) 2025 celebrations, themed "**Yoga for One Earth, One Health**," we organized a Slogan Competition for the IITB community to showcase their creativity and love for yoga through a powerful and inspiring slogan.

Participants were judged based on the following criteria:

1. Participants should adhere to the 25-word limit.
2. The slogans must be either in English or Hindi.
3. Slogans must be relevant to the IDY theme.
4. The slogans should be original and free from plagiarism.

A total of 3 winners were selected and were awarded with exciting prizes on 21st June, International Day of Yoga 2025.



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5) Essay Writing Competition



Theme: Yoga for One Earth, One Health

Mode: Online Submission

Total Entries: 17

Date: 9 June - 12 June 2025

As part of the International Yoga Day celebrations 2025, an essay writing competition was conducted by team Yogastha to encourage deeper understanding of yoga and to motivate participants to embrace a yogic lifestyle.

This initiative was conceptualized, guided, and judged by Vagvala Jitendra Kumar, Anusha and Anakapalli Chandrasekhar, who also prepared the official event guidelines in alignment with the overarching goals of International Day of Yoga (IDY).

Each participant submitted their essay in PDF format.

Participants were judged based on the following criteria:

- The essay must be plagiarism-free.
- It should include the history of yoga and its benefits.
- It should explain how individuals can adopt yoga as a part of their daily lives.
- It must effectively highlight this year's theme: "*Yoga for one Earth, One Health*"

Essay writing not only helps participants gain deeper insights into yoga but also inspires them to embody the spirit of yoga in their everyday lives.

6) Quiz Competition

Theme: Yoga for One Earth, One Health

Mode: Online

Date: 4-7 June 2025

Total Entries: 100+



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As part of the 100 Days of International Day of Yoga (IDY) 2025 celebrations, a **Yoga Quiz Coseconds per question** to respond. A unique scoring format was used in which faster responses earned higher points, promoting both accuracy and quick recall.

The event was open exclusively to students, faculty, staff, and other members of the IIT Bombay community. Cumulative scores across all four quizzes were used to determine the final winners, encouraging consistent participation. Winners of the competition were announced prior to International Day of Yoga and were felicitated during the main celebration on **June 21, 2025**.

The Yoga Quiz Competition was ideated, designed, and executed by **Team Yogastha**, with clear and comprehensive guidelines provided to ensure smooth and fair participation. The event successfully combined learning with engagement, aligning with the broader objectives of IDY 2025 and promoting the values of self-awareness, mindfulness, and knowledge through the lens of yoga. **mpetition** was organized to provide the IIT Bombay community with an interactive opportunity to engage with the philosophy, practices, and rich heritage of yoga. This online, multi-day competition allowed participants to test and deepen their understanding of yoga through a series of timed quizzes.

The competition was held over four consecutive days, from **June 4 to June 7, 2025**, with a new quiz released each day. Each quiz consisted of **10 multiple-choice questions**, with participants given **20**

7) Meme-making Competition

Theme: Yoga for One Earth, One Health

Mode: Online

Submission Dates: 27–29 May 2025

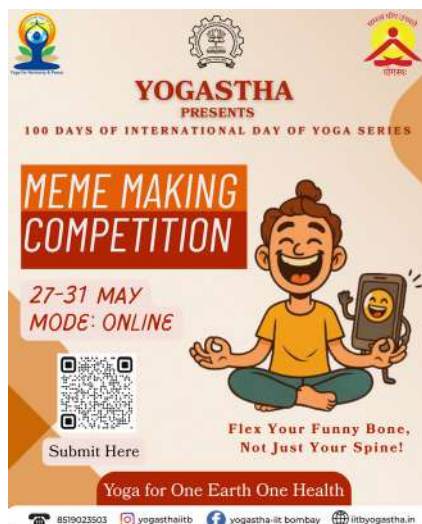
Total Entries: 11



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As part of the 100 Days of International Day of Yoga (IDY) 2025 celebrations, a Meme-Making Competition was organized to blend creativity and humour with yoga awareness. Participants from the IIT Bombay community submitted memes centered on the theme *Yoga for One Earth, One Health*, reflecting the benefits and relevance of yoga in daily life.

The competition was coordinated by **Team Yogastha**, with clear rules provided to ensure fairness. Memes were judged on creativity, theme relevance, and originality. Winning entries were honored during the IDY 2025 celebration on **June 21**. The event successfully added a fun and engaging dimension to the yoga festivities.

8) Best Yogasana Competition

Theme: Yoga for One Earth, One Health

Mode: Online

Submission Dates: 4-7 June, 2025

Total Entries: 18

As part of IIT Bombay's 100 Days of Yoga celebrations, Yogastha has conducted the Best Yogasana Competition to improve flexibility and build strength among the Practitioners and make them align more towards the advanced Yoga Practices.

The event was led by Vamsi Triveni, the Instructor and Demonstrator Lead at Yogastha, IIT Bombay. And the winners were selected discussing among all other instructors, to ensure equality among the participants and make right choices.



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All the required details, rules and regulations were given in the registration form to make sure every participant is clear regarding the competition.

9) Poster-making Competition

Theme: Yoga for One Earth, One Health

Mode: Offline

Date: 15 June 2025

Time: 6:30 – 8:30 PM

Venue: 3rd Floor, Yoga Hall, New SAC

Total Entries: 10

As part of the 100 Days of International Day of Yoga (IDY) 2025 celebrations, a Poster-Making Competition was held to encourage artistic expression around the theme *Yoga for One Earth, One Health*. Participants from the IIT Bombay community created posters on-site within a 2-hour time frame, using stationery provided at the venue.

The competition was organized by **Team Yogastha**, with clear guidelines to ensure a smooth and fair process. Posters were judged on creativity, relevance to the theme, and visual impact. Winning entries were honored during the IDY 2025 celebration on **June 21**, making the event a vibrant and engaging addition to the overall festivities.



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16. Cool Down Sessions

As part of the IDY 2025 Series

Dates: June 23, 24 and 25, 2025

Venue: Yoga Hall, New SAC

Event Leads: Kartikey

Organized by: Yogastha Club, IIT Bombay

Total Participants: 30 per session

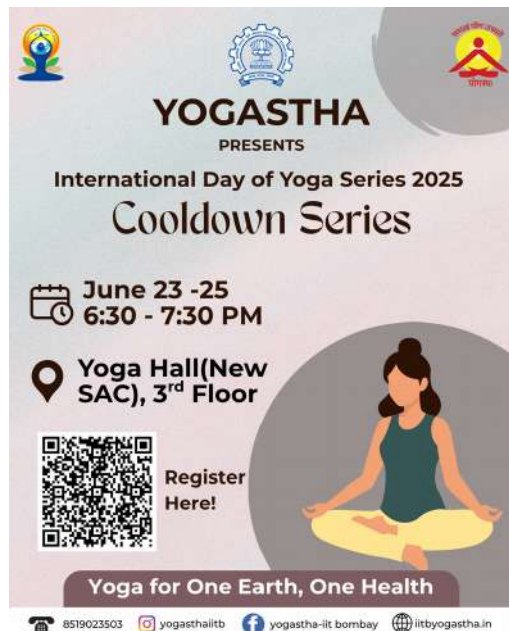
The 11th International Day of Yoga (IDY) was commemorated with great zeal at IIT Bombay through the flagship event 'Yogathon 2025', held on 21st June 2025. The event featured the 108 Surya Namaskar Challenge, a rigorous and empowering practice designed to test stamina, enhance flexibility, and deepen the connection between mind, body, and breath. Participants from across the campus community came together to celebrate yoga's transformative power and participate in this collective wellness movement.



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Recognizing the physiological intensity of performing 108 Surya Namaskars, the organizing team designed a well-thought-out 'Cool Down' session spread across the following three days. A total of 51 participants registered for the same. This session aimed to gradually restore participants' physiological equilibrium, reduce muscular strain, and prevent post-exertion fatigue through a tapering sequence of Surya Namaskars:

- On 23rd June 2025, the first Cool Down session involved 54 rounds of Surya Namaskars. This session focused on maintaining continuity of practice while allowing the body to adjust to lower intensity.
- On 24th June 2025, the participants performed 24 rounds, shifting focus to controlled breathing, improved posture alignment, and muscle relaxation.
- On 25th June 2025, the final Cool Down session concluded with 12 rounds, designed to harmonize physical and mental states, preparing participants to resume their regular activities with restored energy and clarity.

Over 20+ committed participants continued through the entire Cool Down phase, exemplifying their dedication and appreciation for the importance of recovery and sustained discipline in yogic practice. Feedback from participants reflected a sense of rejuvenation, clarity, and improved flexibility.

The Post-Yogathon Cool Down initiative not only supported safe physical recovery but also embodied the deeper yogic philosophy of balance, consistency, and mindful progression. It successfully reinforced the importance of structured closure after high-intensity yogic routines, making IDY 2025 a holistic and memorable experience for all involved.



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International Day of Yoga 2025: Yoga for One Earth, One Health

Organized by Yogastha, IIT Bombay

On the morning of **June 21st, 2025**, IIT Bombay joined the global community in celebrating the **11th International Day of Yoga**, commemorating the occasion with two impactful events organized by **Yogastha, IIT Bombay**. The celebration began with the **Common Yoga Protocol (CYP) session**, a government-led initiative that promotes the integration of yoga into daily life by highlighting its physical, mental, and spiritual benefits.

The event commenced with the presence of **Chief Guest Mr. Dinesh Ghodke**, an International Wellness Expert and Former Director of the Art of Living – Youth Program. With over three decades of experience in the field and contributions across 50+ countries, Mr. Ghodke inspired the audience by emphasizing the transformative potential of yoga when adopted consistently. In his address, he encouraged students and the IIT Bombay community to incorporate yoga as a regular practice to enhance holistic well-being.

The morning session was further enriched by the presence of several key dignitaries, including **Prof. Sachin Patwardhan (Acting Director)**, **Prof. Suryanarayana Doolla (Dean SA)**, **Prof. Atul Srivastava (Associate Dean SA)**, and **Mr. Ganesh Bhorkade (Registrar)**. Their presence reinforced the institute's commitment to fostering a culture of wellness and mindfulness within the academic community.

Faculty members, staff, students, and campus residents actively participated in the **Common Yoga Protocol session**, held at the indoor badminton court. Participants engaged in a thoughtfully structured sequence of **Yoga Asanas, Pranayama, Meditation (Dhyana)**, and **Yoga Nidra**, collectively designed to promote flexibility, mental clarity, emotional balance, and deep relaxation. The atmosphere was one of serenity and unity, as around **200 individuals** came together to experience the benefits of yoga in a communal setting.

The morning event also included the **felicitation of winners** from earlier yoga competitions and the



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Yoga Abhiyojna (54 Surya Namaskar) challenge, with prizes distributed as a mark of encouragement. In addition, the first 70 registered participants were provided with event t-shirts as a token of participation.

In the evening, the celebration continued with the highly anticipated **Yogathon: 108 Surya Namaskar Challenge**, an event that has become a hallmark of Yogastha's IDY programming. Held at the same venue, this intensive session challenged participants to complete **108 rounds of Surya Namaskar**, a dynamic sequence of 12 yoga poses performed in reverence to the sun. The challenge was open to all age groups and drew enthusiastic participation from students, faculty, staff, and yoga practitioners across the campus.

Guided by experienced instructors from Yogastha, the session created a supportive and motivating environment where participants explored the physical and mental endurance demanded by the challenge. Most of the attendees successfully completed the entire set of 108 rounds, showcasing dedication, resilience, and the strength fostered through regular yoga practice. **Special recognition and token prizes** were awarded to participants who demonstrated exceptional perseverance and form during the challenge.

The day's events reflected IIT Bombay's enduring commitment to cultivating wellness, mindfulness, and community through yoga. The celebration of **International Day of Yoga 2025** at IIT Bombay not only emphasized the importance of yoga in modern academic and professional life but also reinforced the vision of creating a balanced lifestyle rooted in physical, mental, and spiritual harmony. As the world observes this day to highlight the global relevance of yoga, the IIT Bombay community renews its pledge to uphold the values of self-care, awareness, and inner peace through this timeless tradition.

