Summary:

The International Day of Yoga is held on June 21 every year worldwide to create awareness about the various benefits of practising yoga. Yogastha IIT Bombay celebrated 9th International Yoga Day this year on June 21, 2023. Around 200 people participated. Many took on the yogathon challenge of performing 108 rounds of Suryanamaskar, and most succeeded. Yogastha, IIT Bombay hosts a variety of yoga sessions, workshops, lectures and contests throughout the year. Dr. Deepak Sachdeva, Founder and Director of Medical Yoga Centre was the Chief Guest on the occasion. The events are organized to help students, faculty and campus residents to develop a healthy lifestyle. The session also helps to nurture the yogic practice among the IIT Bombay community.

Please find below the detailed report on IDY 2023 organized by the Yogastha Team, events organized by the Yogastha team in the run-up to the International Day of Yoga and events organized during the year.

Common Yoga Protocol (June 21, 2023)

On June 21, 2023, Yogastha, IIT Bombay organized Common Yoga Protocol (CYP) at Indoor Volleyball Court from 6:30 AM to 8:30 AM in the morning. People from different age groups and different backgrounds participated in the morning CYP session, and 200 people performed meditation, asanas and pranayama. The chief guest for the CYP session was Dr. Deepak Sachdeva, Founder and Director of the Medical Yoga Centre. Before the main event, four morning practice sessions lasting one and a half hours each were held to enable participants adapt and modify their postures as needed.

The session was attended by Institute functionaries Prof. S.V.Kulkarni (Dean AA), Prof. Atul Srivastava (ADean SA), Prof. Neeraj Kumbhkarna (Faculty Advisor, Yogastha), Mr. Ganesh
Bhorkade (Registrar, IIT Bombay) and Mr. Harish (Institute SAC Incharge). On the morning of the 21st, participants included NCC employees, students and other institute sports faculties.

The programme began with the live streaming of the Hon'ble Vice President of India from Jabalpur, Madhya Pradesh to kick off the programme, followed by the Common Yoga Protocol by all participants and guests present. The prize distribution ceremony for the various competitions was held as part of IDY 2023 series, and at the conclusion of the event, the national anthem was sung.

**Photographs link:**
https://archive.library.iitb.ac.in/items/show/5209

**Social Media Handles:**
https://www.instagram.com/p/Ct3GBIyNSIj/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

https://www.facebook.com/yogastha.iitb/posts/pfbid0faZc2kkU6n5FiKL9spoeBp154LJJ2QREhXtj29voZR5yDJZYZVo5YQfNzkZc1LYQRI

**Chief Guest Talk (How to Stay Fit for 100 Years)**
Yogastha, IIT Bombay organized a Chief Guest Talk by Dr. Deepak Sachdeva on the topic ‘How to stay Fit for 100 years’ as part of the celebration of International of Yoga. Dr. Sachdeva highlighted the problems and doubts that people have or face within themselves and tried to explain in brief about the same. He spoke about joint pains, obesity, water intake and a series of stretches and other asanas to be performed with its benefits and detailed the way to wellness through Yoga.
108 Surya Namaskar Challenge (Yogathon)
The team organised 5 evening practice sessions at IIT Bombay community hall to help the participants gradually increase this number. These practice sessions were also designed to help them maintain proper posture and catch up with the pace. 110 individuals accepted the challenge at the main event that began at 5:30 PM. All participants had to finish the Yogathon within the allotted 50-minute countdown.

It was a Surya Namaskar Challenge, which required that each of the 12 postures be performed 108 times in order to properly complete the challenge. A total of 92 people were actually capable of completing the assignment, and they were all evaluated based on the accuracy of their postures and the consistency they were able to display both when the speed rose when the count reached 45 and at other times. 92 participants received awards after the challenge was finished.

Photographs link:
https://archive.library.iitb.ac.in/items/show/5211

Recorded Event Link of June 21, 2023: https://www.cdeep.iitb.ac.in/events.php

Social Media Handles:
https://www.instagram.com/p/Ct7-c1bSRrD/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFlZA==

https://www.facebook.com/yogastha.iitb/posts/pfbid0apG66mdZVABaGX5dQgU8hV4dUz4cAZFfQeQitiP566ftV379ADm8r1pV1MQIjpzql
**Best Yoga Pose & Meme-Making Competition:**

A video-making contest was organized called Best Yoga (vyayam, asana, or pranayama). Evaluations were made on the basis of the correctness of that pose as per the generic yoga protocol. The best yoga position competition and the meme-making competition both started at the same time. The yoga theme was to be the basis for the memes. Creativity and relevance with the theme were kept as a criterion for best memes. On June 21, 2023, the International Day of Yoga, the winners of these competitions were declared.

**KV IIT Powai celebrates International Yoga Day, showcasing health and wellness through demonstrating various yoga asanas**

49 NCC cadets of KV IIT Powai (Unit-2 MAH ENGR REGT) celebrated International Yoga Day 2023. Trained yoga instructors from Ambika Yog Kutir Mrs. Sandhya, Mrs. Janki, Mrs. Susheela and teachers Mr. SK Wale and Mrs B Lavanya guided the cadets. The session started with prayer and chanting of AUM and concluded with prayer. Under their supervision, the cadets performed different asanas and pranayama. The instructors made the cadets aware of the importance of physical, mental fitness and role of yoga asanas, meditation and pranayama.

**Photographs drive link:** [https://archive.library.iitb.ac.in/items/show/5207](https://archive.library.iitb.ac.in/items/show/5207)
Campus School and KG School enthusiastically observe IDY 2023

A heartfelt prayer set the tone for the Yoga Day celebration at its start. The school's central courtyard was filled with students, teachers, and staff members, creating a tranquil atmosphere. The principal, Mrs. Valsala Kumari, stressed the importance of yoga in upholding a healthy lifestyle and described how yoga may have a good impact on one's physical, mental, and emotional well-being. The entire school community took part in a restorative yoga practice under the direction of Physical Training (PT) instructor, Mr. Mahendra Kambli, and other seasoned yoga practitioners candidates from NCC.

Yoga practice included a variety of asanas (poses), pranayama (breathing exercises), and meditation techniques. Demonstrations of asanas were facilitated by expert candidates. Through this celebration, IIT Campus School and Junior College was able to successfully spread the word about the benefits of yoga and encourage students to practice it regularly.

Photographs drive: https://archive.library.iitb.ac.in/items/show/5208
Practice sessions for Common Yoga Protocol (June 12 to June 19, 2023)

On alternating days from June 12 to June 19, 2023, four morning practice sessions were held to empower people with the Common Yoga Protocol. About 50 to 60 participants attended each session, and it was inspiring to see how committed the practitioners were to learning about yoga, embracing its ancient wisdom, and revitalising their bodies and minds. cultivate a mindful society by utilising yoga's transforming abilities.

Social Media Handles:

https://www.instagram.com/p/Ctq8HOutax7/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
Practice Sessions for Yogathon Challenge (108 Surya Namaskar):
The team had arranged Yogathon practice evening sessions on June 13, 15, 17 and 19 for preparation of IDY 2023. These sessions were meant to empower oneself to find balance, strength and inner serenity through the art of yoga.

Social Media Handles:
https://www.instagram.com/p/CtZEMGSyo0l/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

DETAILS OF OTHER SESSIONS CONDUCTED DURING THE YEAR 2023/2022

Sahaja Yoga Workshop (January 14, 2023)
Yogastha held a workshop on January 14, 2023 with the aim of providing participants with simple meditation techniques that can help them stay calm, handle stress and maintain physical and mental well-being. Dr. Sandeep Rai, Dr. Madhur Rai and Dr. Devdutt Rai served as the session's moderators. These presenters offered their expertise and perceptions on simple, doable meditation practices that can be implemented into daily life.

A practical demonstration of "Sahaja-Yoga" or "Simple Meditation" was included in the session, giving attendees a complete understanding of the advantages of meditation. The speakers’ expertise and practical guidance, along with the practical meditation experience, made the session a valuable and enriching experience for all participants.
Mini Yogathon (February 11, 2023)
On February 11, 2023, Yogastha organized a Mini Yogathon challenge which received an overwhelming response from participants. Three practice sessions were conducted in regular morning sessions to provide participants with the necessary training and guidance. Surya Namaskar was practiced for 72 rounds during the challenge. Special recognition was given to the top 16 performers who completed all the rounds with perfect postures. These performers were awarded special prizes as a recognition of their achievements. Bottles were also distributed as prizes to the rest of the participants who completed the Yogathon challenge. Overall, the Mini Yogathon challenge provided an excellent opportunity for participants to test their physical endurance and mental focus while also promoting the practice of yoga. Everyone who took part in the challenge did so with excitement and determination, and it was a great success.

Social Media Handles:
https://www.instagram.com/p/CokTbpSIdOV/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

5-Days Yoga Camp (April 5-9, 2023)
Yogastha, IIT Bombay organized the 5-Day Yoga Camp during April 5-9, 2023. This was a paid camp by the founders of Swasti Yoga Centre i.e., Dr. Vikas Chothe and Dr. Shwetambari Chothe. The camp involved a participation from the campus residents. The camp featured both morning and evening sessions around 2 hrs. The 5-Day Camp majorly focused on Emotional Management Yoga, Yoga, and its practices, Breath Awareness, Ayurvedic Lifestyle, and Yoga for Women talk sessions, games, and workshops.

Social Media Handles:
https://www.instagram.com/p/CqrxLFNuCMI/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
Pranayama Workshop (May 6, 2023)

On May 6, 2023, as part of 50 Days of International Day Of Yoga Series, Yogastha, IIT Bombay organised a Pranayama Workshop to teach participants how to manage their breathing and improve their physical and mental health with the help of speaker Revati Vaidya. The purpose of this occasion was to increase wellbeing and revitalise one’s practice through the power of pranayama.

Note: Revati Vaidya is a Motivated Yoga instructor with experience in guiding people to perform different types of asanas, pranayama, relaxation techniques, and the process of meditation. Conducted
Yoga sessions in corporate offices. Conducting workshops on Chakra Mediation and Mantra Sadhana. Conducted more than 1000 sessions in the last 10 years.

Social Media Handles:

https://www.instagram.com/p/Cr-PKiWOeXs/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

---

**Nutrition Talk on Weight Management (May 20, 2023)**

As part of their 50 Days of IDY series, Team Yogastha held a revitalising event on May 20, 2023 and presented a Nutrition Talk on Weight Management by the acclaimed speaker, Ms. Gazal Shaikh. 45+ campus residents attended this talk. This event aimed to offer valuable insights and guidance on maintaining a healthy weight through proper nutrition.

Note: Ms Gazal Shaikh is a Clinical Dietician specializing in Renal nutrition, with over 8 years of dedicated expertise in this field. She completed her internship at renowned hospitals including KEM Hospital, Global Hospitals, and Nair Hospital. With more than 8 yrs of experience, she has been helping more than 4000+ people get fitter and healthier in India and abroad.

Social Media Handles:

https://www.instagram.com/p/CtPIVk4y_LJ/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
Stress Management Workshop through Indian Classical Music and Dance:

At the Stress Management Workshop on May 28, 2023 participants were encouraged to embrace the rhythm and let go of their stress under the motto "Get ready to groove and find your zen!" by Indian Classical Dance and Music. The performers performed a dynamic performances. The flow of the program started with a narrative, followed by a Shiv Stuti dance, then a PPT presentation, a Devi Stuti dance performance, Self-realization, or a meditation session. At the end of the programme, the performers performed a lengthy duet dance as the finale. The workshop was rejuvenating, inspiring, and led to inner peace via the power of music, dance, and meditation.

Social Media Handles:
https://www.instagram.com/p/Cs6bOF9S2FR/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

2 Min. Yoga Challenge, 4 Online Quizzes, and Slogan Making Competition (May 31 – June 5, 2023):

These competitions were conducted during May 31 – June 5, 2023. 2 Min. Yoga Challenge was divided into challenges viz. Standing, sitting, and on-spine asanas. The task involved a 2-minute video clip. The International Day of Yoga series included a quiz competition, organized during June 1–4, 2023. The "One World, One Health" slogan-making competition was held in both Hindi and English. On the International Day of Yoga 2023, the winners were announced based on originality, relevance, and creativity.

Sahaj Yoga Meditation Activity (June 3, 2023)

On June 3, 2023 a Sahaj Yoga Meditation exercise was held to find a way to inner peace. Mr. Dheeraj Khurana, a well-known guest speaker, was invited by the team to embrace the transformative experience. The event witnessed 50 participants.

Social Media Handles:
https://www.instagram.com/p/CtUOSSWS_cm/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
Poster Making Competition (June 10, 2023):
A poster-making competition was organised for June 10, 2023. All age groups on campus were invited to participate in the competition. 'Vasudhaiva Kutumbakam' was the competition's theme. 20 enthusiasts actively participated. The distribution of prizes was based on the age category, the theme's applicability, and each participant's artistic abilities.

Social Media Handles:
https://www.instagram.com/p/Ctg97e3yh54/?utm_source=ig_web_copy_link&igshid=MzRiQDBiNWFJZ
https://www.facebook.com/yogastha.iitb/posts/pfbid0m2Hjifgy1woh5uxxYfFY4b9pnyyAPxnoWxfQDCrYElZAsa4wEFQ9wcDaaC74Vr86l

Morning yoga sessions (June 26, 2023):
Yogastha, IIT Bombay has been conducting morning yoga sessions for the student community for several years. The sessions promote physical and mental wellness, improve flexibility and strength, and reduce stress and anxiety. These morning yoga sessions aim to provide students with a holistic
approach to wellness by incorporating yoga as a part of their daily routine. These sessions aim to help members improve their physical health, mental well-being and overall quality of life. The morning yoga sessions are conducted every Monday, Wednesday and Friday from 6:30 am to 7:30 am. The yoga postures help in improving flexibility, balance and strength. The breathing exercises aim at reducing stress and anxiety and promoting relaxation. Students who consistently participated in these classes experienced enhanced flexibility, decreased stress and anxiety, more energy, better sleep, etc.

PG Orientation (July 27, 2023):
On July 27, 2023, PG orientation was organised. Members of the Yogastha Core Team presented a talk outlining activities and events. The team organized yoga quizzes for students during the orientation.
Increasing Concentration and Focus of the Mind (January 29, 2022):
Yogastha, IIT Bombay organized a workshop on enhancing concentration and focus on January 29, 2022, as well as methods for avoiding distractions and maintaining motivation. The session was led by Dr. E.V. Swaminathan, a corporate trainer with a specialization in integrating science with spirituality. Dr. Swaminathan is a renowned expert in his field and has appeared on numerous television talk shows, providing guidance and insights on how individuals can improve their concentration and focus.

During the session, Dr. Swaminathan shared practical tips and techniques that participants can incorporate into their daily routines to enhance their ability to concentrate and stay focused. He also provided strategies for managing distractions and staying motivated, which are essential skills for success in any field. The session provided a valuable opportunity for participants to learn from an expert in the field of corporate training and spirituality and to gain practical insights that can help them achieve their goals and succeed in their chosen pursuits.

Social Media Handles:
https://www.instagram.com/p/CoZxJDDPKEk/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

---

Acu Yog for Health and Healing (June 12, 2022):
Acu-Yoga for Health and Healing workshop was conducted on June 12, 2022. This event explored holistic wellness using streamlined acupressure techniques. It was a harmonious blend of old wisdom and modern science. The event had forty attendees. In addition to Health & Wellness Facilitator | Corporate Trainer Mr. Shrikant Kshirsagar's talk, exercises were also performed using some of the tools to provide massage and understand the acupoints on the hands and the feet.

Social Media Handles:
https://www.instagram.com/p/CtbjkmcyQqn/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
Mind Mastery Workshop (August 23, 2022)
Yogastha conducted a mind mastery workshop on August 23, 2022. Guest Speaker Dr. Kush Panchal, accomplished International Yoga Trainer, delivered a talk about smart study techniques, refreshing meditation techniques, dynamic yoga sequences for the youth and stress management. Dr. Kush has his Ph.D. in health & well-being from London, Master's in Fitness Management from America and an advanced degree in body weight training from London. Participants enjoyed the workshop and learned about real fitness and memory power.

Social Media Handles:
https://www.instagram.com/p/Ch9EXgtOZD8/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZ

Learn to reverse chronic diseases naturally (October 1, 2022)
On October 1, 2022, Yogastha organised a session to encourage the development of a healthy lifestyle in order to prevent and treat chronic diseases. The session was based on the principles of plant-based whole food viz. detoxification, whole-food plant-based diets, physical activity, circadian rhythm and mental and spiritual well-being. Shri Lalit Kapoor, a serial entrepreneur and 1971 IIT Kanpur B.Tech graduate, served as the event's keynote speaker. Shri Lalit Kapoor is also the founder of the Plant-Based Wellness Foundation, which has centers in the US and India, with 35 centers worldwide. The session was well attended with over 60 students. The attendees learned valuable insights from the speaker regarding the importance of a plant-based diet and other lifestyle changes to prevent chronic
diseases. The session aimed to educate participants about adopting a holistic approach to health that incorporates the principles of physical, emotional and spiritual well-being.

**The Five Tibetans Yoga Workshop (October 14, 2022):**
Yogastha organized a session on October 14, 2022 to introduce the participants to the practice of Five Tibetans Yoga. This form of yoga originated in Tibet requires only 15 minutes to complete a set of five movements. The Five Tibetans Yoga is thought to balance the chakras, realign the body's energy, boost peace of mind, improve digestion and eyesight, and provide numerous other benefits to the practitioner. Through this session, Yogastha aimed to promote the practice of Five Tibetans Yoga as a means of improving physical, mental and emotional health. The session was conducted by an experienced yoga instructor who provided the participants with the necessary tools to incorporate this practice into their daily routines.

Social Media Handles:
https://www.instagram.com/p/Cj8IMMpDlR8/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

**Mini Yogathon (October 15, 2022):**
Yogastha organized a challenge on October 15, 2022 for participants to perform 54 Surya Namaskar, a challenging sequence of yoga postures. To help participants prepare for the challenge, Yogastha conducted three practice sessions during October 12-14 Oct at 6:30 AM. The practice sessions aimed to provide guidance on how to perform Surya Namaskar correctly and build endurance for the challenge. Approx 50 participants took part in the practice sessions, and those who completed the challenge were gifted a bottle as recognition of their accomplishment. The challenge was designed to test participants' physical and mental abilities, as Surya Namaskar requires a significant amount of strength and focus. Through this challenge, Yogastha aimed to encourage participants to push beyond their limits and discover the transformative power of yoga. The practice sessions and challenge provided a platform for individuals to enhance their physical and mental fitness and experience the benefits of yoga practice.

Social Media Handles:
https://www.instagram.com/p/Cj8IMMpDlR8/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==
On November 19, 2022, Yogastha organised an orientation event to introduce itself and its mission to UG freshmen. The session's objectives were to provide participants an outline of Yogastha's activities and to encourage them to join.

Mr. Anurag Pareek, keynote speaker, shared insightful information about the advantages of yoga and the initiatives Yogastha is taking to encourage yoga practice. Yogastha inspired freshmen to practice yoga by making them aware of its significance and advantages through this orientation event. The session provided a platform for participants to ask questions, engage in discussions and gain a better understanding of Yogastha's mission and objectives.

Social Media Handles:
https://www.instagram.com/p/Clc_aXfDFql/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==

On November 26–27, 2022, Yogastha organised a session that was primarily focused on exploring the meaning and purpose of life. The session featured a talk by Dr Vikas Chothe, an expert in the field of Ayurvedic medicine who holds both an MD and a Ph.D. Dr. Chothe is a certified yoga instructor with AYUSH and QCI India and has served as a Yoga Ambassador for the Indian government in the past.
He currently works as an examiner for the Yoga Certification Board for TQ Cert (TATA initiatives). There was a yoga workshop on the second day of the training as well.

Social Media handles
https://www.instagram.com/p/CloOcx2Dgcv/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZAI=

**Meditation Marathon (December 3, 2022)**
Deep meditation was made available to the participants at a session that was held online on December 3, 2022. Dr. B.K. Bandre and Rahul Taparia from Alwaysliveyoga led the class and described meditation as a technique that enables people to pause, relax and take control of situations. The speakers responded to a number of participant queries during the session, which improved the participants' comprehension of the meditation technique. Some participants were able to meditate for almost an hour during a marathon that was held towards the end of the programme. Overall, the programme gave participants a useful and practical approach to incorporating meditation as a tool for enhancing mental and emotional well-being.