



YOGASTHA

IIT Bombay

<https://iitbyogastha.in/>

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



"50 Days of International Day of Yoga Celebration - 2024"

I. Practice Sessions (Mini-Yogathon)

On the tranquil evenings of the 2nd and 3rd of May 2024, the serenity of the yoga room was enlivened by the harmonious energy of our mini-yogathon practice sessions. These sessions, centered around the ancient practice of *Surya Namaskar* (Sun Salutation), aimed to assist participants in perfecting their postures and awakening the inherent strength within their bodies. The response was overwhelmingly positive, with over 30 enthusiastic individuals attending the practice sessions on both days. Yogastha team members encouraged and guided the participants in correcting their posture.

Time: 6:30 PM - 7:45 PM

Venue: Yoga room, third floor, New SAC, opposite Hostel 11



II. Mini Yogathon (54 Surya Namaskar Challenge)

On 4th May 2024, Yogastha heralded the commencement of the 50-day celebration leading up to the International Day of Yoga 2024 with a grand mini-yogathon. The event, a 54 *surya namaskar* challenge, aimed to inspire and energize participants through the profound sequence of 12 yoga poses that honor the sun and invigorate both body and mind. The challenge, open to all students and campus residents, saw an impressive turnout of 60 enthusiastic participants. 46 of them completed the challenge successfully and received token prizes for their achievement. With determination and zeal, they embraced the rigorous task ahead, ready to push their limits and embrace the transformative power of yoga. Members of the Yogastha team ensured that participants maintained good form and alignment throughout the challenge. Many participants expressed a profound sense of accomplishment and joy at completing such a difficult endeavour. They felt grateful for the opportunity to challenge themselves and improve their health and well-being.

Date: May 4th, 2024

Time: 6:30 PM - 7:45 PM

Venue: Yoga room, third floor, New SAC, opposite Hostel 11



III. Talk Session “Mathematics and Well Being Session”

In a captivating two-hour talk session, Prof. Madhusudan Manjunath, Mathematics Department of IIT Bombay, delved into the fascinating intersection between mathematics and well-being, offering attendees a unique and enriching perspective on how mathematical principles can enhance overall health and happiness. Prof. Manjunath shared his valuable insights on the need for *sukshma prakriti buddhi* (subtle intelligence). His perspective emphasized the importance of nurturing a refined and nuanced understanding of one's inner nature and its impact on overall well-being. The event successfully enriched participants' understanding, offering a fresh perspective on how mathematical principles can enhance overall health and happiness. The engaging discussion provided a valuable opportunity for the IIT Bombay community to expand their knowledge and horizons. Approximately 15 participants took part in this session.

In this session, Prof. Manjunath explained how mathematical principles can enhance well-being by improving mental health through problem-solving and logical thinking, reducing anxiety, and boosting cognitive function. He highlighted how math research reveals a connection between studying literature, meditation and subconscious engagement, ultimately fostering an aesthetic sense.

Date: 5/05/2024

Time: 6:30 - 8:30 PM

Venue: Yoga Room, 3rd Floor New Gymkhana Building opposite Hostel 11



IV. **Yoga Practice session by Avinash Gautam**

On the 11th and 12th of May 2024, Yogastha hosted a series of immersive yoga practice sessions led by the esteemed Avinash Gautam, a government-certified yoga trainer (Level 3) by the Yoga Certification Board (YCB). These sessions offered participants a profound opportunity to deepen their yoga practice and enhance their well-being.

The first day focused on foundational practices designed to prepare the body and mind for deeper yoga engagement:

- **Body Opening:** Gentle movements to loosen and warm up the body.
- **Surya Namaskar:** A series of sun salutations to energize and invigorate.
- **Sequential Flow of Stretching:** Structured stretching routines to enhance flexibility.
- **Aasana Practice:** Detailed guidance on various yoga postures.
- **Meditation and Relaxation:** Techniques to calm the mind and promote inner peace.

The session saw an enthusiastic participation of more than 25 individuals who embraced the holistic approach to yoga with zeal and dedication. Building on the first day, the second session delved deeper into specific areas:

- **Body Opening:** Continued from Day 1 to prepare the body.
- **Surya Namaskar:** Repeated to maintain energy levels.
- **Leg Stretching and Hip Joint Opening:** Targeted stretches to increase lower body flexibility.
- **Application of Above Stretching in Various Aasanas:** Integrating stretches into advanced postures.
- **Tratak and Yoganidra:** Concentration exercises and deep relaxation techniques.

More than 30 participants attended this session, benefiting from the structured and comprehensive approach to yoga practice. This collaborative effort ensured that everyone received personalized attention and support, enhancing the overall experience. Participants appreciated the smooth and beautifully organized sessions that significantly contributed to their flexibility and endurance.

Date: 11/05/2024 and 12/05/2024

Time: 6:30 - 8:30 PM

Venue: Yoga Room, 3rd floor, New Gymkhana building opposite Hostel 11





V. **Talk session: Importance of Food and Food Culturing in view of Yogic approach**

Yogastha hosted an illuminating talk session on importance of food and food culturing in view of yogic approach. The session was structured to provide a comprehensive understanding of the interplay between diet, stress and well-being according to yogic principles.

1. **Understanding Panchakosha:** Ms. Rohini Pawar delved into the concept of *panchakosha*, the five layers of existence according to yogic philosophy and explained their relevance to overall health and well-being.
2. **Stress and its impact:** The discussion covered the intricate relationship between stress and its effects on the mind and body, providing participants with valuable insights into managing stress through yogic practices.
3. **Yogic approach to diet:** A detailed description of different types of food according to the yogic approach was presented. Ms. Rohini explained how various foods impact the deeper *kosha* levels and their role in maintaining physical and mental balance.
4. **Mindful eating practices:** The session culminated in an exploration of mindful eating practices, offering practical tips for enhancing well-being through conscious eating habits.

The attendees, numbering around 25, were highly engaged throughout the session. The interactive format allowed for a thorough understanding of the topics discussed, and the Q&A session provided an opportunity for participants to seek personalized advice from Rohini Pawar.

Ms. Rohini Pawar, holds an M.Sc in Yoga from SVYASA University, Bengaluru, and is a certified YCB Level 1 & 2 instructor. Additionally, she is certified in female health yoga (GNOSIS, Pune) and is a certified sound therapist specializing in singing bowl, *nada yoga*, sound therapy and natural healing for lifestyle ailments.

Date: 18th May 2024

Time: 6:30 - 8:30 PM

Venue: SOM Auditorium



VI. “Pranayama Workshop”

A deeply enriching Pranayama workshop titled "**Understanding the Energies of Pranayama - A Practical Approach**" was conducted by Dr. Shyamala Prasad. This two-hour session offered participants a profound opportunity to explore the transformative power of pranayama and learn practical techniques to enhance their well-being.

The workshop was designed to provide a comprehensive understanding of pranayama and its impact on overall well-being, delving into the intricate connection between stress, the mind, the body and the *panchakosha*.

1. **Exploring pranayama:** Dr. Shyamala Prasad introduced the participants to the concept of *pranayama*, emphasizing its significance in regulating the life force (prana) and maintaining balance within the body and mind.
2. **Practical Techniques:** The session focused on teaching practical *pranayama* techniques, enabling participants to incorporate these practices into their daily routines to enhance their physical, mental and spiritual health.
3. **Stress Management:** Dr. Shyamala Prasad explained how *pranayama* can be a powerful tool in managing stress, offering strategies to calm the mind and reduce anxiety.
4. **Connection with panchakosha:** The workshop provided insights into how *pranayama* and yogic approaches work at a deeper kosha level, promoting holistic wellness by addressing the physical, energetic, mental, intellectual and blissful layers of existence.

Approximately 35 participants took part in this session. From the session, attendees learnt about the connection between breathing exercises and stretching in creating hormonal balance, practical pranayama techniques for improving physical, mental and spiritual health, and the

intricate relationship between stress, the mind, the body and *panchakosha*. This event offers a unique opportunity to transform one's relationship with pranayama and embrace holistic living like never before, guided by Dr. Shyamala Prasad.

About Speaker: Dr. Shyamala Prasad is an Assistant Professor at Somaiya University and holds a Ph.D. in yoga. With extensive research and practice in yoga and pranayama, she has numerous published works on holistic wellness and years of experience guiding individuals toward better mental, physical, and spiritual health through yoga. Her impressive qualifications and rich experience made her an ideal instructor for this workshop.

Date: 25/05/2024

Time: 6:30 - 8:30 PM

Venue: Yoga Room, 3rd Floor New Gymkhana Building Opposite Hostel 11



VII. Yoga Camp: Nurturing Mind and Body in the Digital Age

The yoga camp, organized in collaboration with Dr. Vikas Chothe and Dr. Shwetambri Chothe from Swasti Yoga Centre, was a transformative experience. This comprehensive camp featured tailored yoga sessions suitable for all levels, alongside innovative activities aimed at enhancing mindfulness and meditation practices. Each session of the camp accommodated approximately 60 participants, providing a vibrant atmosphere for learning and growth. Participants engaged in:

- **Tailored Yoga Sessions:** Designed to cater to varying skill levels and promote holistic well-being.
- **Mindfulness and Meditation Practices:** Activities aimed at enhancing mental clarity and emotional balance.



Date: June 03, 2024, to June 06, 2024

Location: 3rd floor Yoga room, New SAC

Time: 6:30 am to 8:30 am. 6:30 pm to 8:30 pm



VIII. Shammi Yogalaya

The session, focusing on crucial topics of hormonal imbalance and stress management, was held with great success. Approximately 50 participants, predominantly female, actively engaged in this transformative event led by Ms. Shammi Gupta, Yogacharya & Wellness Consultant, and Founder of Shammi's Yogalaya and Shammi's Yogalaya Foundation. The sessions were structured to provide comprehensive insights and practical strategies:

- **Hormonal Imbalance:** Detailed discussions on understanding and managing hormonal health, addressing common issues faced by women.
- **Stress Management:** Effective techniques and practices to alleviate stress, promoting mental and emotional well-being.

About the speaker: Ms. Shammi Gupta, Yogacharya & Wellness Consultant, and Founder of Shammi's Yogalaya and Shammi's Yogalaya Foundation. Ms. Gupta holds an M.A. in Yogashastra and an MBA from the University of Akron, Ohio, USA.

Date: 8th and 9th June

Time: 5:30 PM to 6:30 PM

Venue: Yoga Room, New SAC, Opposite to hostel 11



Day 1. Empowering Women the Yogic Way by Integrating Mental & Physical Wellbeing



Day 2. Handling Hormonal Imbalance - The Yogic Way



IX. Workshop and Talk Session Yoga, Spirituality and Indian Mysticism

On 16th June, Swami Vedajnananda Ji conducted an insightful workshop and talk session titled "The Three Prime Yogas" - Karma (Work), Bhakti (Devotion), and Jnana (Knowledge). This event delved into the transformative roles of these yogas in elevating consciousness and guiding individuals towards life's ultimate goal. Swamiji imparted teachings on various breathing practices, essential for enhancing both physical vitality and mental clarity. Nearly 20 participants attended the workshop, actively engaging with Swamiji through questions and discussions, enriching their understanding and practice of yoga. In the second session on the same day, a talk session attracted approximately 70 participants, further exploring the philosophical underpinnings of the three prime yogas. The session provided a platform for in-depth discussions and insights. Prof. Deepankar Choudhary, Head of the Civil Department, provided invaluable assistance in organizing and conducting the workshop. Prof. Shireesh Kedare, Director of IIT Bombay also attended the event.

Date: June 16th

Time: 7:15 AM to 9:00 AM

Venue: Yoga Room, New SAC, 3rd Floor.





X. Talk session on Yoga and Naturopathy

On the evening of 20th June, Yogastha hosted an insightful talk session on Yoga and Naturopathy as part of the International Day of Yoga (IDY) celebrations. The event featured distinguished chief guest Prof. K. Satya Lakshmi, Director of the National Institute of Naturopathy, an autonomous body under the Ministry of Ayush, Government of India. The session aimed to dispel myths and misconceptions surrounding Naturopathy, emphasizing its role in promoting holistic wellness alongside Yoga practices. Approximately 60 participants attended. Faculty Mentor Prof. Neeraj Khumbhakarna provided valuable insights and support.

Date: 20/06/24

Time: 5:30pm - 7:00pm

Venue: 1st floor civil engineering department



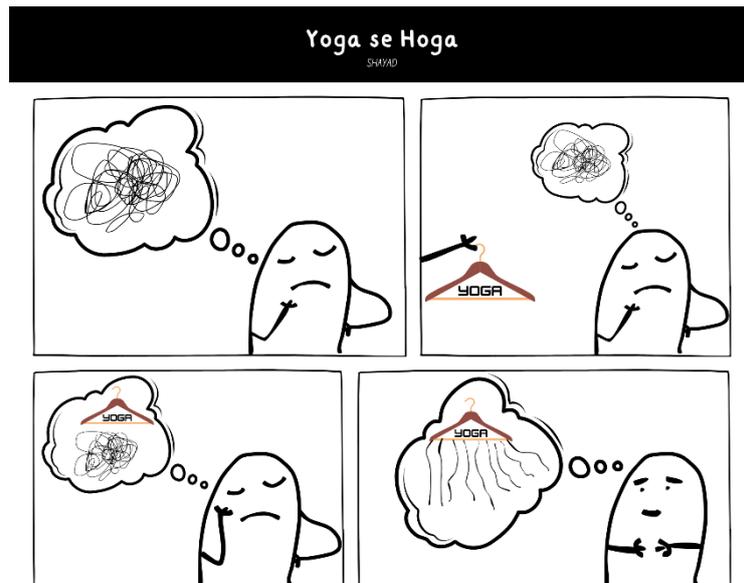
Competitions

- I. **T-shirt Design Competition:** Yogastha organized a dynamic hybrid T-shirt design competition. Participants were tasked with creating innovative designs using software tools and submitting their entries electronically.
 - **Theme:** Yoga
 - **Dates:** May 19th, 2024 to May 24th, 2024

A total of 54 talented participants engaged enthusiastically in the competition, showcasing their creativity and passion for yoga-themed artistry.

- II. **Meme Making Competition:** Yogastha hosted an engaging meme-making competition where participants unleashed their creativity and humor to craft memes centered around the theme of yoga.
 - **Theme:** Yoga
 - **Dates:** May 29th, 2024 to June 2nd, 2024

Approximately 20 participants enthusiastically joined the competition, each bringing their unique flair and wit to the creation of yoga-themed memes.



III. **Quiz Competition:** In celebration of International Day of Yoga 2024, Yogastha organized a quiz competition featuring four levels of difficulty: one beginner-level quiz, two intermediate-level quizzes, and one professional-level quiz.

- **Dates:** June 5th, 2024 to June 8th, 2024
- **Number of Quizzes:** 4 (1 beginner, 2 intermediate, 1 professional)
- **Number of Questions:** 10 per quiz
- **Time Duration:** 2 minutes per quiz
- **Platform:** Google Form
- **Participant Engagement:** Approximately 60 peers per quiz, engaging in live quizzes anytime between 10 am to 10 pm.
- **Total Winners:** 6
 - 4 winners (1 for each quiz)
 - 2 overall highest scorers combining scores from all four quizzes

IV. **Best Yoga Asana Competition:** As part of the International Day of Yoga (IDY) celebrations, Yogastha organized a captivating best yogasana competition. Participants showcased their mastery of yoga *asanas* by submitting their entries via a Google Form.

- **Dates:** June 5th, 2024 to June 8th, 2024
- **Number of Participants:** 3 enthusiastic contestants
- **Number of Winners:** 1 participant recognized for the Best Yogasana
- **Essay & slogan:** Yogastha hosted an inspiring creative writing competition aimed at exploring how science and yoga contribute to empowering women and promoting gender equality. The event drew participation from approximately 20 enthusiastic individuals.
- **Theme:** Women's Empowerment through the Lens of Science and Yoga

- **Submission Period:** June 9th, 2024 to June 12th, 2024, until 11:59 PM



V. **Poster:** Yogastha organized an engaging poster-making competition centered around the theme of YOGA. The event aimed to foster creativity and artistic expression among participants, providing them with colors and necessary resources.

- **Date:** June 15th, 2024
- **Time:** 6:00 PM to 7:30 PM
- **Location:** Yoga Hall, New Gymkhana Building (3rd Floor), Opposite Hostel-11
- **Number of Participants:** Approximately 25 enthusiastic students



VI. **Tratak Competition:** Yogastha organized an enlightening Tratak meditation competition, a traditional yogic practice aimed at enhancing concentration, mental clarity, and eyesight. Participants engaged in focused gazing at a candle flame, followed by visualization exercises with closed eyes.

- **Date:** June 15th, 2024

- **Time:** 5:30 PM - 6:00 PM

Participants immersed themselves in the meditative practice of Tratak, focusing intently on the candle flame to refine their concentration skills and experience mental clarity.

Team members:

Shubham Giri, Shachi Bajpai, Jitendra Sharma, Deepika Meena, Sarika Chavan, Nainsi Gupta, Krishna Gahlod, Vamsi Triveni, Sunidhi.