



**YOGASTHA**  
IIT Bombay  
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## "International Day of Yoga 2024: Yoga for Self and Society"

On the morning of June 21st, 2024, Yogastha at IIT Bombay commemorated the International Day of Yoga with an array of enriching activities at the indoor badminton court. The centerpiece of the celebration was the Common Yoga Protocol (CYP) session, a ministry-directed program promoting the manifold benefits of Yoga in daily life.

### I. Common Yoga Protocol (CYP) Session

Participants immersed themselves in yoga *asanas* to enhance physical flexibility and strength, practiced pranayama for respiratory health and mental clarity, engaged in *dhyana* for mindfulness and emotional well-being, and experienced *yoga nidra* for deep relaxation and rejuvenation.

- **Distinguished Guests:**

**Chief Guest:** Prof. K. Satya Lakshmi, Director of the National Institute of Naturopathy, Ministry of Ayush, Government of India

**Director of IIT Bombay:** Prof. Shireesh Kedare

**Registrar:** Mr. Ganesh K. Bhorkade

**Dean (Student Affairs):** Prof. Suryanarayana Doolla

**Dean (Administrative Affairs):** Prof. Nand Kishore

**Dean (International Affairs):** Prof. Sudarshan Kumar

**Associate Dean (Student Affairs):** Prof. Atul Srivastava

**Faculty Mentor:** Prof. Neeraj Kumbhakarna



- **Advanced Team Yoga Demonstration:**

Yogastha's team members showcased their expertise in a dynamic yoga demonstration, highlighting the team's dedication to yoga practices.

- **Yoga Protocol Session:**

Participants followed the prescribed yoga protocol under the CYP guidelines, fostering holistic health benefits and personal well-being.





- **PM Narendra Modi's Address:**

Attendees viewed Honourable PM Narendra Modi's address, emphasizing yoga's global significance and its transformative impact.



- **Prize Distribution and Yoga Volunteer Certificates:**

Winners of various competitions organized by Yogastha were honored with gifts, recognizing their achievements. Core team members received Yoga volunteer certificates from the Ministry of Ayush, Government of India, presented by Director Prof. Shireesh Kedare.



The International Day of Yoga celebration at Yogastha, IIT Bombay, was a resounding success with 210 enthusiastic participants. The event promoted awareness and appreciation for Yoga's holistic benefits, facilitated by esteemed guests and the dedicated Yogastha team. It

underscored the importance of integrating Yoga into daily life for physical, mental, and spiritual well-being.

**Date:** June 21st, 2024

**Time:** 6:30 AM - 8:30 AM

**Venue:** Badminton Court, Opposite H2 Hostel

## II. **Yogathon (108 Surya Namaskar Challenge)**

On the serene evening of June 21st, 2024, Yogastha orchestrated a momentous Yogathon at IIT Bombay, marking the prestigious International Day of Yoga. The centerpiece of this grand event was the "108 Surya Namaskar Challenge," an esteemed tradition at Yogastha that epitomizes physical endurance and mental fortitude through the practice of yoga.

- **Challenge Overview:** Participants enthusiastically embraced the challenge of completing 108 rounds of Surya Namaskar, a graceful sequence of 12 yoga poses paying homage to the sun. This challenge, inclusive to all students and campus residents, symbolized resilience and inner strength fostered by the ancient art of yoga.



- **Guidance by experts:** Instructors led the participants through the intricacies of each posture, offering invaluable guidance and encouragement.

- **Inspiring Demonstrations:** Vamsi and dedicated IDY volunteer Mipham Jigmat exemplified the grace and precision of Surya Namaskar through captivating demonstrations, inspiring participants to strive for excellence.



- **Diverse Participation:** The Yogathon drew 110 spirited individuals from varied age groups, each demonstrating unwavering determination, stamina, flexibility, and endurance throughout the exhilarating 1.5-hour challenge.
- **Recognition and Appreciation:** Exceptional performances were duly recognized and celebrated, with token prizes awarded to those who showcased exceptional dedication and skill.



### Event Particulars

- **Date:** June 21st, 2024
- **Time:** 5:30 PM - 7:30 PM
- **Venue:** Badminton Court, Opposite H2 Hostel

The Yogathon at IIT Bombay celebrated physical fitness and underscored yoga's profound impact in nurturing holistic well-being. It exemplified Yogastha's commitment to promoting unity and wellness through the timeless practices of yoga, resonating deeply with participants and spectators alike.



Photo link:

<https://archive.library.iitb.ac.in/items/show/5275>

Video link:

<https://www.cdeep.iitb.ac.in/flvplayer.php>

**Core Team Members:**

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