



## **Sub: Events Conducted from July 2023 - March 2024**

### **Core Team Members:**

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

### **I. Successful Execution of Morning Yoga Sessions by Team Yogastha**

Yogastha has conducted morning yoga sessions for the student community for several years. These sessions have promoted physical and mental wellness, improved flexibility and strength, and reduced stress and anxiety. These morning yoga sessions aimed to provide students with a holistic approach to wellness by incorporating yoga as a part of their daily routine. The sessions aimed to help members improve their physical health, mental well-being, and overall quality of life.

The morning yoga sessions were conducted every Monday, Wednesday, and Friday from 6:30 am to 7:30 am. Each session was led by the core team members (CTM) of Yogastha. These sessions were conducted in a spacious Yoga Hall in the New SAC Building. The yoga postures were designed to improve flexibility, balance, and strength. The breathing exercises were aimed at reducing stress and anxiety and promoting relaxation. We received feedback from students who attended these sessions regularly, such as improved flexibility, reduced stress and anxiety, increased energy, better sleep, etc.

### **II. How Postures Affect Emotions - Practical Exposition**

Yogastha Club presented the enlightening workshop "How Postures Affect Emotions - Practical Exposition". This transformative event delved into the profound connection between body postures and emotional states, shedding light on the intricate interplay between physicality and inner well-being. It was guided by the esteemed Birjoo Mehta, a dedicated student of the legendary Yogacharya B.K.S Iyengar. Birjoo Mehta's rich background as an IITian and his professional career in electronics and telecommunications fused seamlessly with his passion for yoga, offering participants a unique blend of expertise. He has assisted Yogacharya Iyengar on international platforms.

Date: 19<sup>th</sup> August, 2023

Time: 5:00 PM to 6:30 PM

Venue: 3rd floor, MPH, New Gymkhana Building, opposite Hostel 11



### III. Hatha Yoga Workshop

Yogastha hosted a Hatha Yoga Workshop with Dr. Kush Panchal. The workshop focused on self-discovery through Hatha Yoga, attracting over 50 participants. Attendees embraced various Hatha Yoga techniques and enjoyed a rejuvenating experience. Dr. Kush Panchal, an internationally acclaimed Yoga trainer, holds a PhD in Health & Wellbeing from London. With a master's Diploma in Fitness Management from America and an Advanced Degree in Body

Weight Training from London, Dr. Panchal is recognized among Asia's top 16 yoga trainers. His innovative approach includes being the first Indian to conduct a 'Yoga-with-Dance' workshop at the London Bridge, with a record participation of 552 individuals.

Date: 31<sup>st</sup> August, 2023

Time: 6:30 PM to 8:00 PM

Venue: 3rd floor, MPH, New Gymkhana Building, opposite Hostel 11







#### **IV. Talk on “Lifestyle Engineering”**

Yogastha organized a "Lifestyle Engineering" talk, beginning with a captivating talk by Mr. Niranjan Pendharkar, followed by a quiz, Q&A, and discussion session. Led by team member Shachi Bajpai, the event attracted over 70 participants, including students, staff, and faculty. Niranjan Pendharkar, an IISc alumnus and current Google Architect, has a stellar career with significant contributions to product delivery and innovation. Holding over 100 US patents and receiving the Zinnov Technical Role Model award, he is a technology stalwart and a passionate advocate of spirituality, integrating it into corporate and daily life.

Date: September 28th, 2023

Time: 4:00 PM to 5:30 PM

Venue: F. C. Kohli Auditorium



**V. Meditation: Meaning, how to Meditate & its effects on the Mind and Body**





## **VI. Nritya Yogasutra for Stress Management and Physical Health**

Yogastha, IIT Bombay, is pleased to report the successful conduction of a special workshop on 'Nritya Yogasutra for Stress Management and Physical Health' featuring renowned professional Dr. Sangeeta Pethkar. The workshop was a unique fusion of Nritya and Yoga to enhance physical health and offer deep relaxation and mindfulness. Our team member Harish Kumbar led this event successfully. The event was attended by 40 enthusiastic participants eager to explore this innovative approach to well-being. Dr. Sangeeta Pethkar is a visionary in the fusion of art and wellness, pioneering the transformative concept of NrityaYogasutra. With extensive experience conducting workshops and TTC programs across India and abroad, Dr. Pethkar's innovative approach has been embraced by educational institutes, yoga centers, and universities worldwide. Her creative fusion of Indian classical dance with yoga, hasta mudra, acupressure, chakras, and music offers a rejuvenating and holistic experience, making wellness a practical and integral part of daily life.

Date: October 28th and 29th, 2023

Time: 5:00 PM to 7:00 PM

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



## VII. **Successful Pranayama Workshop by Yogastha, IIT Bombay**

The workshop aimed to introduce participants to the practice of Pranayama, focusing on understanding its types, benefits, and essential dos and don'ts. It also featured a live

demonstration by renowned yoga instructor Vaishali Vaidya, providing attendees with a firsthand experience of Pranayama's essence. Vaishali Vaidya, a highly motivated yoga instructor with extensive experience, shared her expertise in guiding individuals through different asanas, pranayama, relaxation techniques, and meditation processes. Her impressive track record includes conducting yoga sessions in corporate offices, workshops on Chakra Meditation and Mantra Sadhana, totaling over 1000 sessions in the last decade.

Date: January 19th, 2024

Time: 5:00 PM to 7:00 PM

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



## VIII. "Breakthrough with Sri Krishnaji" Workshop

Team Yogastha hosted a "Breakthrough with Sri Krishnaji" workshop aiming to equip participants with practical tools for personal growth and well-being led by Shachi, Shubham and Harish. The event began with a warm welcome from Team Yogastha, setting a welcoming tone for what proved to be an enlightening experience. Sri Krishnaji, co-founder of Ekam, led the session, providing invaluable insights into stress management, life's purpose, and inner peace. Attendees actively engaged in a dynamic Q&A session with Sri Krishnaji, seeking guidance on navigating life's myriad challenges.





Date: February 11th, 2024

Time: 5:00 PM to 7:00 PM

Venue: LA 002

### IX. Meditative Workshop

Team Yogastha successfully conducted a meditative workshop aimed at enhancing concentration, focus, and positivity while reducing anxiety, it was well-received by participants led by previous core team member Anika. Led by senior core members of Team Yogastha, the workshop began with a warm welcome and an introduction to the benefits of meditation in academic settings. Attendees were guided through various meditation techniques and mindfulness practices to cultivate inner peace and resilience. Participants actively engaged in the session, expressing gratitude for the opportunity to learn practical tools for managing exam stress. The serene and supportive atmosphere fostered a sense of community among attendees.



The workshop concluded with a brief discussion on integrating meditation into daily routines to maintain a sense of calm and balance beyond the exam season. Attendees left feeling rejuvenated and empowered, ready to face their academic challenges with renewed focus and positivity. Overall, the meditative workshop was a resounding success, providing participants with valuable tools for navigating the pressures of academic life. Team Yogastha remains committed to promoting well-being within the community and looks forward to organizing similar events in the future.

Date: February 18th, 2024

Time: 6:00 pm to 6:45 pm

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

#### **X. 5 Day Yoga Camp by Team Yogastha**

Team Yogastha successfully conducted a five-day Yoga Camp in collaboration with trained professionals from Shri Ambika Yoga Kutir. The camp aimed to introduce participants to the fundamentals of yoga and promote mental, physical, and spiritual well-being. Led by

experienced instructors, the camp featured guided sessions on various yoga practices, including Shuddhi Kriyas, Shatkarmas, preliminary Pranayama, introduction to Asanas, and Tratak and Omkar meditation. Participants were immersed in a transformative journey of self-discovery, learning how to incorporate yoga into their daily lives for enhanced health and wellness.

Date: March 11th to March 15th, 2024

Time: 6:00 PM to 7:45 PM

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





## XI. Successful Talk Session on Yoga Research by Yogastha, IIT Bombay

Yogastha, IIT Bombay, successfully executed an enlightening talk session on "The Research Evidence Base for Basic and Applied Multidisciplinary Research on Yoga," featuring esteemed speaker Sat Bir Singh Khalsa. The event attracted a diverse audience eager to explore the scientific underpinnings of yoga. The session provided attendees profound insights into ongoing research at the nexus of yoga and science. Participants gained valuable knowledge about the practical applications of yoga in fields ranging from medicine to neuroscience. The discussion also highlighted the significance of interdisciplinary approaches in comprehensively understanding and harnessing the benefits of yoga for overall well-being.

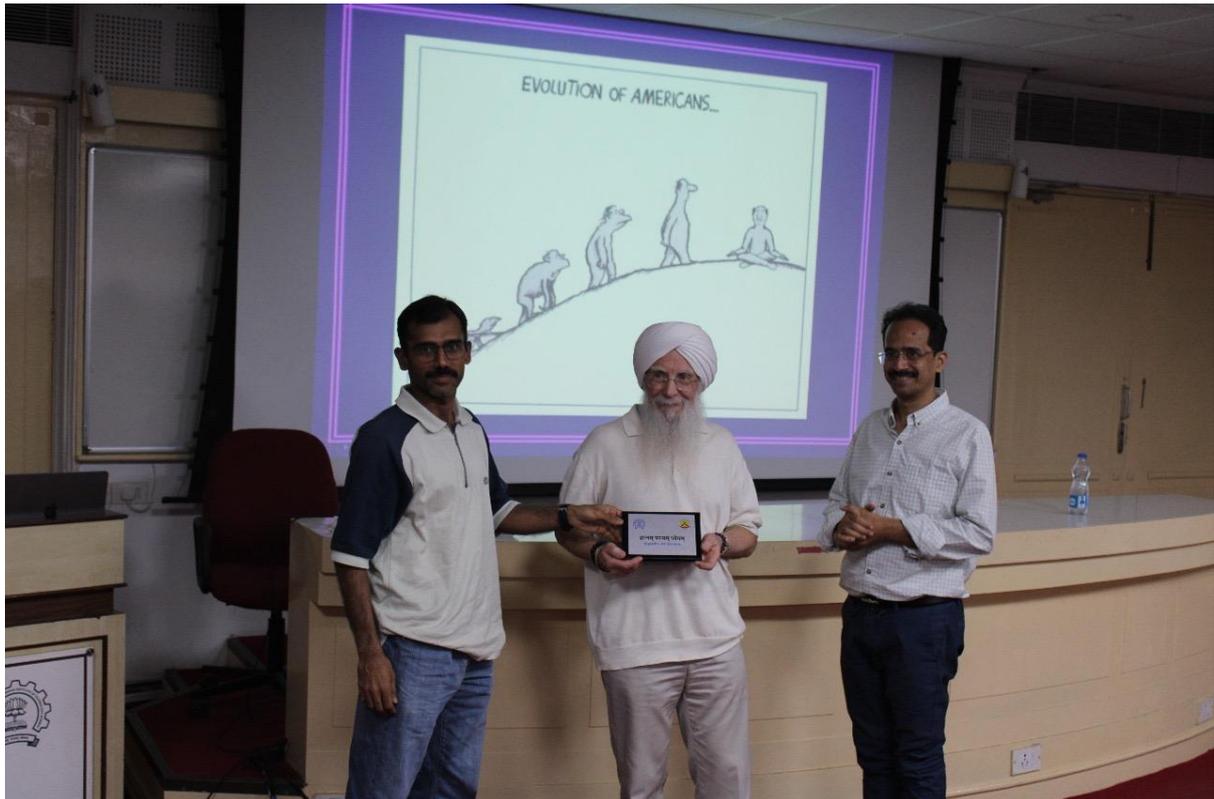
**Sat Bir Singh Khalsa, Associate Professor at Harvard Medical School** and Lead Investigator in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital, captivated the audience with his interdisciplinary expertise in yoga research. Renowned for his pioneering work, Khalsa's contributions significantly advance the understanding of mind-body interventions and their impact on health and wellness.



Date: March 20th, 2024

Time: 5:15 to 6:15 pm

Venue: SJMSOM Auditorium



## **XII. Successful Yoga and Wellness Series by Team Yogastha, IIT Bombay**

Team Yogastha, IIT Bombay successfully completed a two-day series of events featuring Shri Narayana Ji, class of 1991, sharing his knowledge about yoga and wellness. The events offered attendees insightful discussions on Siddha Samadhi Yoga and Decoding Disease and Health, led by Jitendra. The session explored the deeper meaning of yoga and elucidated the tangible and intangible benefits of Siddha Samadhi Yoga. Attendees gained insights into accessing their inner potential and understanding the human organism's relationship with nature. Continuing the series, on March 31st, Shri Narayana Ji discussed Decoding Disease and Health. The session addressed prevalent confusion surrounding health and disease in modern times, providing holistic insights into maintaining vibrant health irrespective of external circumstances.

Date: March 30<sup>th</sup> and 31st, 2024

Time: 6:00 PM to 7:30 PM

Venue: LA 002

