



Yogastha - The wellness club IIT Bombay

<https://iitbyogastha.in/>
yogastha@iitb.ac.in



International Day of Yoga 2021

Full Name of IIT and Place: IIT Bombay; WebEx

Name of the Nodal Officer for the event, Designation, Email and Contact Number:

Falguni Banerjee Naha, Public Relations Officer, pro@iitb.ac.in, 9833772844

Total Number of Participants : 156

Number of Participants (Students): 122

Number of Participants (Faculties): 7

Number of Participants (Non-faculties): 27

International Day of Yoga is celebrated throughout the world every year on June 21 to raise awareness about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and teaches us to survive in the changing environment. Yoga is a 5,000-year-old physical, mental and spiritual practice that originated in India. Yogastha, IIT Bombay organizes regular yoga sessions, workshops, yoga competitions and various lecture sessions at IIT Bombay campus. The events are organized to help students, faculty and campus residents to live stress-free and develop a healthy lifestyle. The session also helps to nurture the yogic practice among the IIT Bombay community

Following events were organized by the Yogastha team in the run-up to International Day of Yoga:

An **“Improve focus with Yoga”** workshop was conducted on March 13, 2021, by **CA Riya Bhansali**. Ms. Riya Bhansali is a Yoga instructor and life coach with a strong background in finance. She has worked with more than 2000 people and different corporations in less than two years to spread the knowledge of Yoga. The workshop



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focused on delivering some simple and effective methods which can be used to relax the mind and enhance concentration while working and studying. The instructor explained and demonstrated the impact of these techniques with live experiments during the workshop.

Yogastha organized a 3-day “**Ashtanga Vinyasa Yoga**” workshop from April 23, 2021. The instructor for the session was **Sri Sandeep Shiva Shankar**, one of the very few authorized yoga instructors from the world-renowned yoga shala, K. Pattabhi Jois Ashtanga Yoga Institute (KPJAYI), Mysuru. The workshop focused on powerful practices like suryanamaskar, asanas alignment, twisting postures, breathing and pranayama designed to energize the human system and provide mental and physical fitness.

A three-days “**Breathing Practices and Meditation**” workshop was also organized on June 9, 2021. **Shri. Devang Shah** from the Utsav Institute was the instructor for the workshop. Shri. Devang Shah is a certified yoga teacher and lead yoga examiner at the Ministry of Ayush. The workshop started with the basics of breathing in Yoga and its impact on the mind and body and subsequently covered pranayama practices and mudra meditation in great detail.

Due to lockdown imposed by competent authorities to fight Covid-19 pandemic, the following events were conducted online by Yogastha team using social media and other technologies:

- An “**online quiz series**” was conducted on the theme origin of Yoga and IDY during June 3-20, 2021 and several members of IIT Bombay community participated in it.
- A “**2-minute Yoga Challenge series**” was conducted during June 5-20, 2021. The participants were requested to post their pictures and videos of standing, sitting and on-spine asanas on social media platforms.
- “**Best yoga pose**” competition was conducted during June 15-20, 2021 consisting of balancing and stretching asanas. This event saw active



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participation from family members of students, faculty and staff members. The event comprised solo pose and group/family pose categories to encourage the theme 'Yoga with family'.

- **Slogan competition** on the themes **Yoga@Home** was conducted and participants were encouraged to share their slogan on their social media platforms.
- **Poster making competition** on the themes **Yoga@Home** was conducted where the participants submitted either digital or painted/sketched posters and were also encouraged to publicize them on their social media sites. School children of IIT Bombay employees have actively participated in this event.
- IIT Bombay celebrated the **seventh International Yoga Day on June 21, 2021**. The event witnessed online participation of all the members of the IIT Bombay community including faculty, students, staff and their family members. **Common Yoga Protocol (CYP)** was organised in the morning (7:00 am - 8:00 am). IIT Bombay Director **Prof. Subhasis Chaudhuri** addressed the participants and welcomed the chief guests **PadmaShri awardee Dr. H R Nagendra, Chancellor, S-VYASA** and **Dr. Hansa Jayadeva Yogendra, Director, The Yoga Institute**. The flagship event of Yogastha on the eve of IDY, **Yogathon: 108 Suryanamaskar Challenge** was organised in the evening. Though the events were organized online, IIT Bombay community members participated enthusiastically and proved that fitness cannot take a back seat during tough times. The participants were encouraged to upload their videos on social network sites. To continue the yoga-related activities for the IIT Bombay community, a **Yogathon cooldown session** was conducted on the next day of IDY. The Institute and the Yogastha club are working towards virtual yoga classes after celebrating IDY.



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The link to access photos of events is:

https://drive.google.com/drive/folders/1QOtQcpRJMd6PjEfopnY45q6zqcuTgRw_?usp=sharing

All the recorded videos can be found at Yogastha's official youtube channel:

<https://www.youtube.com/channel/UCbQdsBUcM8bV2hMtI1PW42g>

Youtube: [Yogastha IITB](#)

All the posts can be found on the yogastha' official social media accounts:

Facebook: [Yogastha.iitb](#)

Instagram: [@yogasthaiitb](#)

Twitter: [@Yogastha_iitb](#)

InstiApp : [Yogastha](#)

The same was shared and retweeted by IIT Bombay social media accounts too.