



Indian Institute of Technology Bombay



## Report on International Day of Yoga 2022



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 and meditation sessions, workshops, yoga competitions and various lecture sessions at IIT Bombay campus. 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.

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

**Hatha Yoga and Pranayama:** Yogastha organized a **3-days** workshop by **Shri Dinesh Srichand Mulchandani**, a Certified Yoga Instructor on May 17, 18, and 19 May, 2022. Hata Yoga practice helps in building strength and concentration. This workshop majorly focussed on asanas withhold, and in sync with the breath. It also included Sukshma Vyayama, Surya Namaskar, asanas from the intermediate to the advanced level and pranayama.

**Mini- Yogathon- 54 Surya Namaskar challenge:** Prior to the International Day of Yoga, Yogastha also conducted this challenge to perform 54 Surya Namaskar on May 22, 2022. This was an initiative to promote Yoga and establish a regular practice for a healthier lifestyle. Yogastha also provided practice sessions on May 20 and 21 May, 2022 to complete the challenge.

**Acu-Yoga workshop:** Yogastha brought this workshop to the community of IITB, based on the concept and application of Acupressure. The session was held on May 21, 2022 by **Shri Shrikant Kshirsagar**; Co-founder of Yoga Sanjeevani, Ph.D research scholar in yoga, with 12+ years of experience in health, and wellness facilitation. Another speaker was **Shri Mangesh**

**Sardeshpande**, Sreeram Acupressure Centre, Author of the book “Arogya Sampada”, with more than 8 years of experience in acupressure therapy and facilitation. It was an interactive session where participants learned about various acupressure techniques. The session included demonstrating acupressure points, which help maintain good blood circulation and muscular tension release, along with some tips to activate and take care of the major organs of the body.

**Yoga Camp :** Yogastha organized a 5 days camp from 23-27May, 2022. This camp primarily focused on Yoga asanas (basic and intermediate) including sukshma vyayam, breathing exercises, Surya Namaskar and relaxation techniques. All beginners and intermediate-level practitioners were encouraged to take advantage of this camp, and gear up for the coming activities of the International Day of Yoga. The sessions were instructed by an external yoga instructor. Yoga camp sessions helped to increase flexibility, improve stamina, build full-body strength and improve concentration.

**Spine care and women's wellness workshop:** In the series of events to celebrate the 8th International Day of Yoga, there was another 2-day workshop added to the list. This was conducted on May 31 and June 1, 2022 by **Dr. Kalpana Godbole**, a Wellness Consultant with more than 25 years of experience with a specialization in Spine and joint pain management and Infertility.

**Yoga for Wellbeing:** This 2-days workshop was conducted on June 4 and 5, 2022, by Ms. **Savita Pareek**, a Ph.D. scholar at IIT Bombay, Ayush ministry certified trainer. The workshop aimed at core strengthening and flexibility, breathing exercises and animal asanas.

**Use of Mudras in Pranayama:** Yogastha organized this yoga session on June 12, 2022, in the perpetuation of the series to celebrate the 8th International Day of Yoga. The body also conducted a workshop on the theme **Pranayama is an important yoga practice**. It not only works on the respiratory system but helps the nervous system as well. The use of Mudra enhances the effect of pranayama. The session was taken by **Devang C. Shah** who is a Yoga Teacher and Yoga Therapist, certified from the Ayush Ministry, and lead yoga examiner for the Ministry of Ayush, Govt. of India.

**General Yoga Classes:** Yogastha organised 3-days general yoga classes for the IIT Bombay community. These classes were taken by **Shri Deepak Parmar, Institute Yoga trainer at IIT Bombay**. He has been a yoga trainer for more than 28 years. He is also the head of the Institute spiritual research Centre of Swaminarayan temple.

Following competitions were held in the row of this celebration to increase enthusiasm among the IIT Bombay community:

- An “**online quiz series**” was conducted on the theme Yoga for Humanity and IDY during June 6-19, 2022 and several members of IIT Bombay community participated in it.
- A “**2-minute Yoga Challenge series**” was conducted during June 6-19, 2022. The participants were requested to post their pictures and videos of standing, sitting and on-spine asanas on social media platforms.
- A “**Pose-a-Challenge**” was conducted from June 13-19,2022. The participants sent their pictures in yoga poses with active sharing on social media.
- **Slogan competition** on the theme **Yoga for Humanity** was conducted and participants were encouraged to share their slogan on their social media platforms.
- **Poster making competition** on the theme **Yoga for Humanity** was conducted where the participants painted/sketched posters and were also encouraged to publicize them on their social media sites.
- **Article writing competition** was held inviting blog write-ups on the occasion of International Day of Yoga, both in Hindi and English.

### *21<sup>st</sup> June, 2022: International Day of Yoga*

- IIT Bombay celebrated the **eighth International Yoga Day on June 21, 2022**. The event witnessed the active participation of all the members of the IIT Bombay community including faculty, students, staff and their family members. 323 members (students: 258, faculty and staff: 65) participated in the event. The session was initiated with the address of honourable Prime Minister Narendra Modi directly from Mysuru Palace. **Common Yoga Protocol (CYP)** was organised in the morning (7:00 am - 8:00 am). IIT Bombay Dean Student Affair, **Prof. Tapendu Kundu** welcomed the participants and the chief guest: Ayush Ministry Certified Yoga therapist and renowned neurosurgeon, **Dr. Mayur V Kaku**.
- The **flagship event** of Yogastha on the occasion of IDY, **Yogathon: 108 Suryanamaskar Challenge** was organised in the evening where **Mrs. Shammi Gupta, a Lifelong Yoga Practitioner, Yoga Mentor, Counsellor & Life Coach** graced the event with her presence. To prepare the participants for the challenge, there were 7 practice sessions with the gradual increase in the counts of Surya Namaskars. This event saw very enthusiastic and active participation by the IIT Bombay community in large numbers proving that yoga is meant for all, whatever be the age or profession. 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 Yogastha are working towards regular morning and evening yoga and meditation classes after celebrating IDY.

**For more photos on IDY Common Yoga Protocol, visit**

<https://archive.library.iitb.ac.in/items/show/5117>

**For more photos on IDY 108 Suryamaskar challenge, visit**

<https://archive.library.iitb.ac.in/items/show/5118>

**The link to access photos of other events is:**

[https://drive.google.com/drive/folders/1UUMYK53ukMAo19GilGRC9GN758lN\\_Is\\_?usp=sharing](https://drive.google.com/drive/folders/1UUMYK53ukMAo19GilGRC9GN758lN_Is_?usp=sharing)

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

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

**Link to the recorded event of IDY 2022 in IIT Bombay website:**

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

**All the posts can be found on the Yogastha's official social media accounts:**

Facebook: [Yogastha.iitb](#)

Instagram: [@yogasthaiitb](#)

Twitter: [@Yogastha\\_iitb](#)

InstiApp : [Yogastha](#)

Regards,

**Falguni Banerjee Naha**

Public Relations Officer

Publications & Public Relations

Indian Institute of Technology Bombay

Powai, Mumbai 400076, India

Tel: (+91-22) 25767026-27 | Website: [www.iitb.ac.in](http://www.iitb.ac.in)

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