



Celebrating International Day of Yoga - 2024 by RVIM

Date: 21st June 2024	Venue: Quadrangle (RVIM)
Time: 07:00 am to 10:00 am	Event : International Day of Yoga - 2024
No. of Participants: 50	Event Coordinator: Asst. Professor Ankita Shrivastava

Objectives

The Centre for Peace and Yoga celebrated the International Day of Yoga 2024 on 21st June, with an inspiring and enriching series of sessions that left participants feeling rejuvenated and serene. The event was designed to cover a wide range of yoga practices, offering something for everyone, regardless of their level of experience with yoga. The event was filled with sessions that emphasized the holistic benefits of yoga, providing a day of learning, relaxation, and inner peace.

The flow of the Event

The event commenced with insightful sessions on meditation, kreeda yoga, laughter therapy, and pranayama, each led by distinguished practitioners. Dr. B.T. Chidananda Murthy, Dr. Hemalatha Murthy, Dr. A Subramanian, Dr. Purushottam Bung, and Dr. Deepika Rawal graced us with their expertise, guiding attendees through transformative practices that promote physical, mental, and emotional balance.

The highlight of the event was the serene Shanti paath, which brought a sense of tranquility and unity among all participants. It was a reminder of the power of collective mindfulness and inner peace.

The event commenced with a series of enlightening sessions, each designed to nurture different aspects of mind-body wellness. Participants delved into the art of meditation, guided by Dr. Purushottam Bung, whose soothing voice and expert guidance facilitated a deep sense of inner calm. Dr. Subramanian then led a session on kreeda yoga, emphasizing the joy of movement and its role in enhancing physical agility and mental clarity.

Laughter therapy, facilitated by Dr. Murthy, filled the atmosphere with infectious laughter, highlighting its therapeutic benefits in reducing stress and promoting overall well-being. This was followed by a session on pranayama led by Dr. Deepika Rawal, where attendees learned the profound techniques of breath control for enhancing vitality and concentration.

Throughout the event, participants were not merely observers but active participants in their own well-being journey. The interactive nature of the sessions encouraged open dialogue and personal reflection, fostering a sense of connectedness and shared purpose.

As we reflect on this memorable day, we are reminded of the transformative power of yoga in cultivating

harmony within ourselves and with the world around us. May the spirit of International Day of Yoga continue to inspire and guide us on our paths to well-being and inner peace.

Feedback & Coordinator Comment:

The event was deeply enriching and thoughtfully curated, offering a holistic experience of mind–body wellness. Each session was engaging and impactful, encouraging active participation and self-reflection among attendees. The blend of meditation, movement, breathwork, and laughter created a harmonious and uplifting atmosphere. Overall, the program effectively reinforced the importance of yoga in promoting inner peace, balance, and well-being.

Event Coordinators



Prof. Ankita Shrivastava



Director

Annexure 1	Brief profile of the Resource Persons
Annexure 2	Photo Gallery
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Annexure 3

Photo Gallery



