

Report

Activities on Xth International Day of Yoga on 21st June 2024

Report by IGNOU Regional Centre Dehradun

On the occasion of 10th International Yoga Day, 21 June 2024 a Training Session on Yoga was organized in face to face mode by IGNOU Regional Centre Dehradun in the office premises at 9:45 am to 11:15 am. All the Academics and staff members participated in the training session. As Yoga Trainers, Sri Om Kumar Duseja, Smt Sona Negi and Smt Prakriti Aswal from *Bhartiya Yoga Sansthan* were invited to give demonstration and training to all the participants.

In the beginning of the session, Sri Om Kumar gave an introduction about the meaning of Yoga and its different components. He explained about different *Ashanas* and their relevance in maintaining fitness of different body parts as well as in maintaining good health and overall harmony in life. During the practice session, different *Ashanas* and *Pranayams* were demonstrated by Smt Prakriti Aswal and Smt Sona Negi.

All the Officers and Staff members practiced Yoga (*Ashana and Pranayams*) under the supervision of Yoga Trainers. They practiced different *Ashansa* and *Yogic* exercises related to movements of Head, Neck, Shoulders, Arms, Waist, Thighs, Knees, Foot, Toes etc. The trainers also explained to them the correct way of doing different *Yogic* exercises including *Tadashana*, *Kati-chakra Ashana*, *Trikonashana*, *Vajrashana*, *Makarashana*, *Shashakashana* and *Anulom-Vilom Pranayama*. This was followed by interaction of the participants with the Yoga Trainers. Common queries of the participants were answered by the trainers. All the Participants expressed their commitment to practise Yoga in regular basis.

Please insert good quality photographs (Maximum 04) along with the captions.



IYD 2024: Yoga Training session organized at IGNOU RC Dehradun by trainers from Bhartiya Yoga Sansthan



IYD 2024: Trainers giving demonstration of different Yoga Ashanas at IGNOU RC Dehradun



IYD 2024: Participants practicing different Yogic exercises at IGNOU RC Dehradun



IYD 2024: Participants practicing stretching exercises at IGNOU RC Dehradun