

Report on

International Yoga Day

21.06.2024 (Friday)



Submitted by: **Dr. B. Rajesh Kumar, Program Coordinator, MITS Radio 90.8 CRS**

MITS Radio 90.8 conducted a yoga session on 21st June 2024 to raise awareness about International Yoga Day. Under the guidance of **Physical Director Dr. Damodaran**, the session aimed to educate the audience about the significance of International Yoga Day and promote yoga as a widespread movement for well-being, global health, and peace. The event focused on aspects of self-learning and self-awareness, celebrating the ancient practice of yoga and its myriad benefits for health and well-being.

Key Points of the Yoga Session:

1. Padmasana

- Padmasana is a powerful yoga pose that offers a range of physical, mental, and spiritual benefits. It is an excellent posture for meditation and pranayama, helping to cultivate inner peace and stability. Practicing Padmasana mindfully and with proper preparation allows one to enjoy its numerous benefits while ensuring safety and comfort.



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2. Surya Namaskaram

- Surya Namaskaram is a holistic practice that combines movement, breath, and mindfulness. Regular practice of this sequence offers a wide range of physical, mental, and spiritual benefits.

Surya Namaskaram Steps:

- **Prana Masana (Prayer Pose):** Stand at the front of your mat with feet together, palms pressed together in front of your chest in a prayer position.
- **Hastauttanasana (Raised Arms Pose):** Inhale and raise your arms overhead, arching your back slightly and stretching your arms upward.
- **Hasta Padasana (Hand to Foot Pose):** Exhale and bend forward from the hips, bringing your hands to the floor beside your feet. Bend your knees if necessary.
- **Ashwa Sanchalanasana (Equestrian Pose):** Inhale, step your right leg back, and lower your knee to the floor. Look forward with your left knee bent at a 90-degree angle.
- **Dandasana (Plank Pose):** Hold your breath and step your left leg back to join your right leg, forming a straight line from head to heels.
- **Ashtanga Namaskara (Eight-Limbed Pose):** Exhale and lower your knees, chest, and chin to the floor, with your hips slightly lifted.
- **Bhujangasana (Cobra Pose):** Inhale, slide forward, and lift your chest off the floor, keeping your elbows slightly bent and close to your body. Look up.
- **Adho Mukha Svanasana (Downward Facing Dog Pose):** Exhale and lift your hips up and back, forming an inverted V shape. Keep your hands and feet firmly on the ground.
- **Ashwa Sanchalanasana (Equestrian Pose):** Inhale, step your right foot forward between your hands, and lower your left knee to the floor. Look forward.
- **Hasta Padasana (Hand to Foot Pose):** Exhale, step your left foot forward to join your right foot, and bend forward from the hips, bringing your hands to the floor beside your feet.
- **Hastauttanasana (Raised Arms Pose):** Inhale, sweep your arms out to the sides and up overhead, arching your back slightly as you lift.
- **Prana Masana (Prayer Pose):** Exhale and bring your palms together in front of your chest, returning to the prayer position.



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After the students' yoga session, the session was handed over to Physical Director Dr. Damodaran, in association with NSS Program Officer Mr. Pujari Rajesh. Dr. Damodaran discussed the importance and objectives of International Yoga Day.

Dr. Damodaran's Key Points:

Objectives:

1. Promote holistic health.
2. Increase awareness and accessibility.
3. Unite people and cultures.
4. Promote sustainable living and well-being.
5. Support emotional and spiritual growth.

Importance:

- International Yoga Day is more than just a celebration of physical exercise. It acknowledges yoga's holistic benefits for individuals and society, promoting health, unity, cultural understanding, and sustainable living. Yoga Day fosters a healthier, more harmonious, and connected world. Participating in International Yoga Day helps individuals improve their own lives and contributes to the well-being of the global community.
- Yoga promotes emotional balance and resilience, helping individuals manage their emotions effectively and fostering a sense of inner peace and contentment.
- Yoga integrates physical postures, breathing exercises, and meditation, enhancing overall physical health. It improves flexibility, strength, and balance, and aids in weight management.
- Yoga plays a crucial role in mental health by reducing stress, anxiety, and depression, and improving focus, concentration, and mental clarity.

Outcomes:

- Recognized the benefits of yoga and integrated it into health and wellness policies, including support for yoga education, community programs, and health initiatives promoting yoga as a preventive tool.
- Promoted yoga as a key component of preventive healthcare, encouraging people to incorporate yoga into their daily routines for better health outcomes.

Conclusion:

This Yoga Day has been more than just a series of sessions; it has been a gathering of kind-hearted spirits united by a shared commitment to self-improvement and well-being. Let us continue to nurture this sense of community, support one another, and stay inspired to maintain our yoga practice, contributing to a more connected and peaceful world.

Photos:

