

Report on International day of Yoga-2023

Report on “Yoga Saptaha”

Date: 13.06.23-20.06.23

Venue: Athreya Hall

The International Day of Yoga is celebrated worldwide on June 21st each year to promote physical, mental, and spiritual well-being through the practice of yoga. Ministry of Ayush proposed to organize events as 9th International Day of Yoga (IDY), 2023 and theme was 'Yoga for Vasudhaiva Kutumbakam'

The Department of Swasthavritta, in collaboration with the NSS wing of SAMC&H, organized "Yoga Saptaha" to celebrate the International Day of Yoga 2023. The event aimed to promote the practice of yoga among staff and students, focusing on Yogasanas and Pranayama.

The sessions were conducted every day from 3:30 pm to 4:30 pm, began with an opening prayer. The sessions were led by Sri. Sanjeeva Hegde along with student volunteers from the 4th year, who systematically demonstrated various yogasanas and guided the participants throughout the practice. Dr. Sandeep, Associate Professor and Dr. Swathi M Somayaji, Assistant Professor, from department of Swasthavritta co-ordinated and offered individual assistance to participants when needed.

Yogasana sessions : The sessions started with sukshma vyayama, which included gentle warm-up exercises to prepare the body for yogasanas followed by Standing, Sitting, Supine, and Prone Postures. Participants were guided to hold the postures for a specific duration, promoting strength, flexibility, and balance.

In addition to Yogasanas, the sessions also incorporated the practice of Pranayama as per the protocol.

The sessions provided participants with a better understanding of yogasanas and pranayama practices. Through systematic demonstrations and guided instructions, participants developed essential skills to continue their yoga practice independently.

Report on IDY 2023 @ SAMC&H

Date: 21.06.23

Venue: SAMC&H campus

In celebration of the International Day of Yoga 2023, a yogasana practice session was organized simultaneously at Athreya Hall and Shruthi Mandir in SAMC&H. The yogasana practice session commenced at 7:00 am and lasted until 8:00 am. It took place concurrently at two locations, namely Athreya Hall and Shruthi Mandir, to accommodate a larger number of participants. The session began with the chanting of Aikya mantra. The participants were guided through the systematic practice of various yogasanas. Dr. Sandeep, Associate Professor, Department of Swasthavritta and Dr. Raksha, NSS co-ordinator, co-ordinated the event.

Following the yogasana practice session held at Athreya Hall and Shruthi Mandir in SAMC&H , a small formal program was organized in collaboration with SVYASA deemed to be university in the august presence of Dr.R Nagarhna , Medical director, Arogyadhama, Prof.K.Subramanyam, Adviser to Hon'ble Chancellor,SVYASA. Dr.Jagannath Patil, Advisor, NAAC, Bangalore was the chief guest who highlighted the importance of yoga in day today life in his speech. Overall, the program added value to the post-yogasana practice program by bringing in expertise and guidance from experienced professionals in the field of yoga.

The program concluded with the shanti mantra and the management made breakfast arrangements to all the staff and students. Overall the program was a grand success.

Report on IDY celebrations-2023 @ Vidhana Soudha

Date: 21.06.23

Venue: Vidhana Soudha

The IDY celebration at Vidhana Soudha was organized through collaborative efforts between the Government of Karnataka, local yoga organizations, and enthusiastic volunteers. Extensive planning and coordination were undertaken to ensure a successful event.

Dr. Swathi M Somayaji, Assistant Professor of the Department of Swasthavritta, and Dr. Nischal P, NSS Coordinator, along with the localite students of SAMC&H, reached the Vidhana Soudha venue by 6:00 am. 2 faculty representatives and 15 student representatives attended the event.

The celebration commenced with a mass yoga session held in the early morning. A diverse crowd, including government officials, citizens, and yoga enthusiasts, gathered on the grounds of Vidhana Soudha. Experienced yoga instructors led the participants through a series of asanas and pranayama exercises.

Following the yoga session, a formal stage function took place, graced by esteemed dignitaries, including government officials, yoga gurus and spiritual leaders.

The celebrations culminated with a vibrant closing ceremony. Prominent guests and officials expressed their gratitude to the participants, volunteers, and organizers for their contributions.

The participation and enthusiasm displayed by the attendees made the event memorable and highlighted the importance of yoga in maintaining a balanced and healthy lifestyle.





