

INTERNATIONAL YOGA DAY 2023

Date: 21st June 2023

Venue: IPS Auditorium

Introduction: ASM's IPS organized Yoga session on "International Yoga Day" for students and staff of IPS. Expert Mrs. Shilpa Chaudhary, Certified Yoga Trainer shared importance of Yoga Vidya and conducted actual Yoga session for one hour.

Objective: The objective of the program was to educate the students and staff about Yoga and its benefits in day to day life.

Speaker /Guest: Mrs. Shobha Chaudhary, Mr. Shivaji Patil

Report: During an address to the United Nations in 2014, Indian Prime Minister Narendra Modi proposed the idea of dedicating a specific day to yoga. He suggested June 21 as the date for International Yoga Day because it is the longest day of the year in the northern hemisphere. The full form of YOGA is "Your Objectives Guidelines and Assessment". Yoga is a branch of religious and spiritual traditions, which are derived from the ancient Indian practice of Hinduism. This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future. The day aims to raise awareness worldwide of the many benefits of practising yoga.

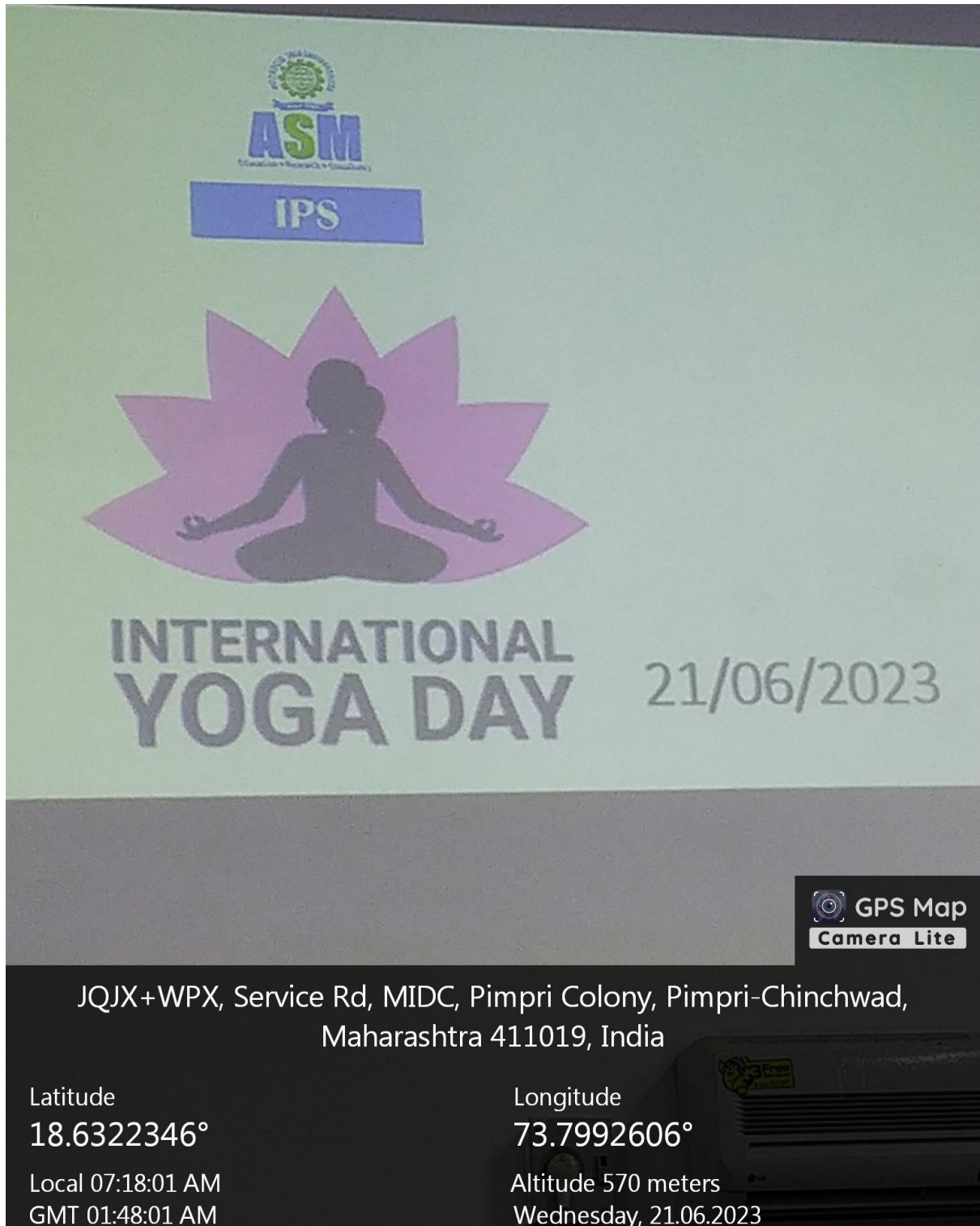
Audyogik Shikshan Mandal's Institute of Professional Studies organised International Yoga Day on 21st June 2023 in IPS Auditorium for MBA students and teaching and non-teaching staff. In the beginning of session, Dr. Madhura welcomed and introduced the guest, Mrs. Shilpa Chaudhary. Mrs. Shilpa is a certified Yoga Trainer with more than 15 years of experience.

Mrs. Shilpa (Trainer) first gave information on what is Yoga vidya and why it is important for us. She also shared many benefits of yoga for healthy lifestyle. According to her we shall give daily one hour to keep oneself healthy.

Mrs. Shilpa started her practical session with Yoga Prayer and then after warm up exercise, she started actual 'ASANAS'. She demonstrated and took live session of all Sitting, Sleeping and standing position asanas. She taught steps of 'Suryanamaskar' and spoke about importance of it on our body for right posture to get better stamina. Trainer also showed how to do 'Pranayam' in right way and how it is beneficial to release stress in our busy life. At the end of session everyone did 'Shavasan' and relaxed complete body. And finished the session by saying 'Om'.

Dr. Vikas Barbate introduced and welcomed Mr. Shivaji Patil from Kolhapur. He gave spiritual importance of Yoga Vidya and How it is coming up from Indian History.

Photos:





 GPS Map Camera


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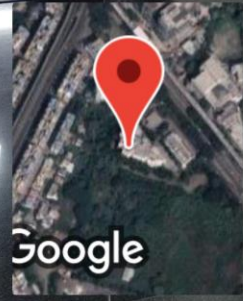
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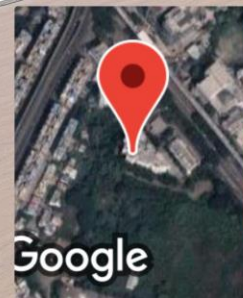
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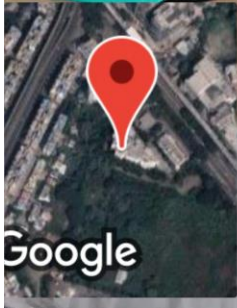
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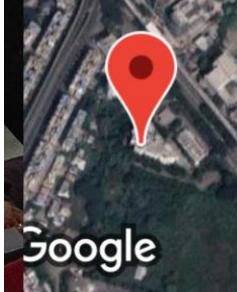
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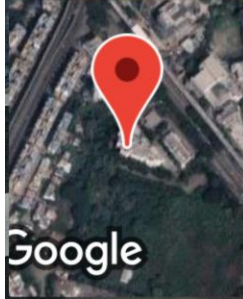
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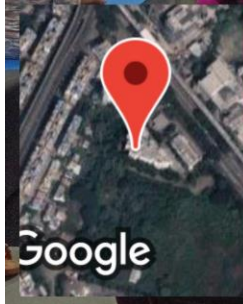
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Wednesday, 21.06.2023



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Altitude 570 meters
Wednesday, 21.06.2023



Outcomes:

Students and staff felt very energetic and happy after Yoga session. The start of the day with positive vibes through spirituality, meditation and yoga on International Yoga Day. Everyone has decided to spend one hour daily for Yoga to keep themselves healthy.