

Lecture And Demonstration On Yoga		RC AGARTALA
<p>IGNOU Regional Centre Agartala organized a “Lecture and Demonstration on Yoga”. The Programme was conducted under the expert guidance of Yogasana Sports Association of Tripura at Regional Centre Agartala.</p> <p>Sri Pankaj Majumder, Secretary, Yogasana Sports Association of Tripura along with one of his associates attended the function in Regional Centre as an Expert and Resource Person.</p> <p>The programme began at 11: 30 AM with the welcome address by Dr. Salam Dilan Singh, Regional Director, IGNOU RC, Agartala. The Regional Director in his welcome speech highlighted the importance of yoga in our daily life and welcomed all the authorities of IGNOU HQ, Regional Centres, resource persons/yoga expert, learners watching through online platform of RC Agartala. IGNOU Kulgeet was played after the welcome address.</p> <p>Sri Majumder, Secretary of Yogasana Sports Association of Tripura spoke at length on the origin of yoga, its relevance in life, relation of yoga with modern science, history behind celebration of International Day of Yoga and many other aspect of yoga towards achieving a holistic way of life by practicing yoga.</p> <p>Live demonstration and practice of different yoga-asana was held during which all the Regional Centre Staff followed the expert and practiced yoga. The programme was live through Google Meet and streamed online.</p> <p>The meeting ended with vote of thanks by Sri Subhakant Chhetri, Section Officer, IGNOU Regional Centre, Agartala followed by the National Anthem.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/rcagartala/posts/543597790704601</p> <p>Twitter: https://twitter.com/RcagartalaS/status/1538442555087781889</p> <p>YouTube - https://www.youtube.com/watch?v=qB1ThQxWEbQ</p>
Resource Person:	<p>Sri Pankaj Majumder, Secretary, Yogasana Sports Association of Tripura along with one of his associates attended the function as an Expert and Resource Person. Sri Pankaj Majumder is a Thereupatic Yoga Consultant.</p>	

Photographs -





Advantages of Yoga in daily Life	RC AHMEDABAD
<p>IGNOU is celebrating a month-long Yoga Utsav across all the Regional Centres to mark the International Yoga Day-2022. As a part of this, Regional Centre Ahmedabad organized a programme of a Lecture of yoga experts, Shri Manishkumar Pandey and Ms. Krishna Brahmbhatt on “Advantages of Yoga in daily Life” and face to face demonstration and practice of “Yoga Aasanas” by RC Staff members on 17/05/2022.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignourc.ahmedabad.1/videos/494768025763847</p> <p>Twitter- https://twitter.com/centre_ignou/status/1526508643373371392</p> <p>YouTube - https://www.youtube.com/watch?v=iScuB163nTE&t=4s</p>
<p>Resource Person:</p>	<p>Shri Manishkumar Pandey and Ms. Krishna Brahmbhatt Both Ph.D. Scholars in Yoga at Gujarat Vidhyapith.</p>

Photographs

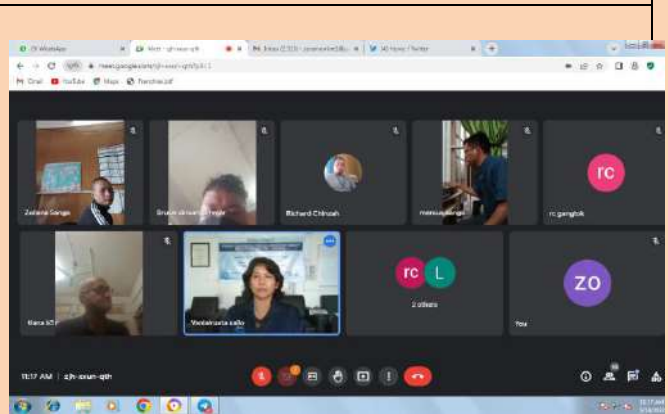
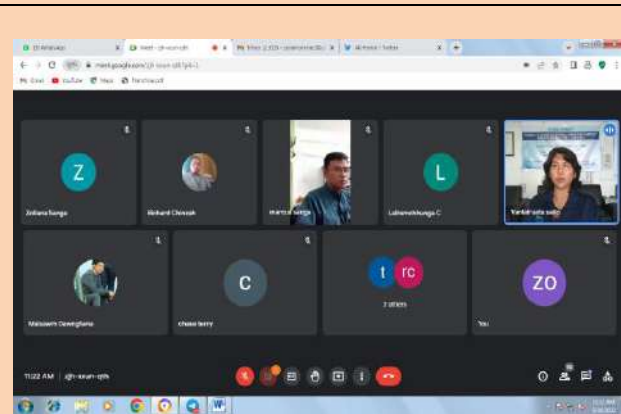


Lecture-cum-Demonstration of Yoga	RC AIZAWL
<p>Aizawl Regional Centre Celebrate a month long Yoga Mahotsav as instructed by the Headquarters. The main programme was organized on 18th May, 2022 through virtual mode with a theme “Lecture-cum-Demonstration of Yoga”. Mrs. Lalhimpuii Toichhawng, Yoga Instructor, Department of Sports & Youth Services, Govt. of Mizoram was engaged as expert for this programme. The programme started at 11:00 a.m. with a welcome address by the Sr. Regional Director followed by the Lecture and demonstration of Yoga which lasted about 45 minutes.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/Ignouaizawlofficial</p> <p>Twitter- IGNOU RC Aizawl (@IGNOUAizawl) / Twitter</p> <p>YouTube - IGNOUAizawl - YouTube</p>

Resource Person:

Mrs. Lalhimpuii Toichhawng, Yoga instructor, Department of Sports and Youth Services, Govt. of Mizoram.

Photographs



<p>How yoga activity is helpful to reduce diseases caused by our lifestyle in the present scenario</p>	<p>RC ALIGARH</p>
<p>Regional Centre Aligarh has organized activity for Yoga Mahotsav today i.e. 20th June 2022 for 8th International Yoga Day. Mr. Nagendra Singh (M.Ped., PGDYEd & MA in Yog), an Eminent Yoga Expert was invited for lecture cum demonstration on the topic “Role of Yoga in the present context”. He has explained about various Aasans of yoga such Sookchm Yogik Vyayam, Yagasan, Prarayam, Dhyaan Mudra and Shanti Path. He also elaborated upon the benefits of yoga. After the lecture, Mr Singh demonstrated yoga activities related to reducing mental stress and also demonstrated some yoga activities for diabetic patients. He also pointed out some important facts regarding “How yoga activity is helpful to reduce diseases caused by our lifestyle in the present scenario” The staff members of the RC have attended the Yoga Day celebration and participated in the yoga activities. The programme was ended with a vote thanks by Sri Surendra Kumar Gaur, Assistant, RC Aligarh. A few Selected Photographs of the occasion are being enclosed herewith.</p>	<p>Links: Facebook- Twitter- YouTube -</p>
<p>Resource Person:</p>	<p>Mr. Nagendra Singh (M.Ped., PGDYEd & MA in Yog), an Eminent Yoga Expert</p>

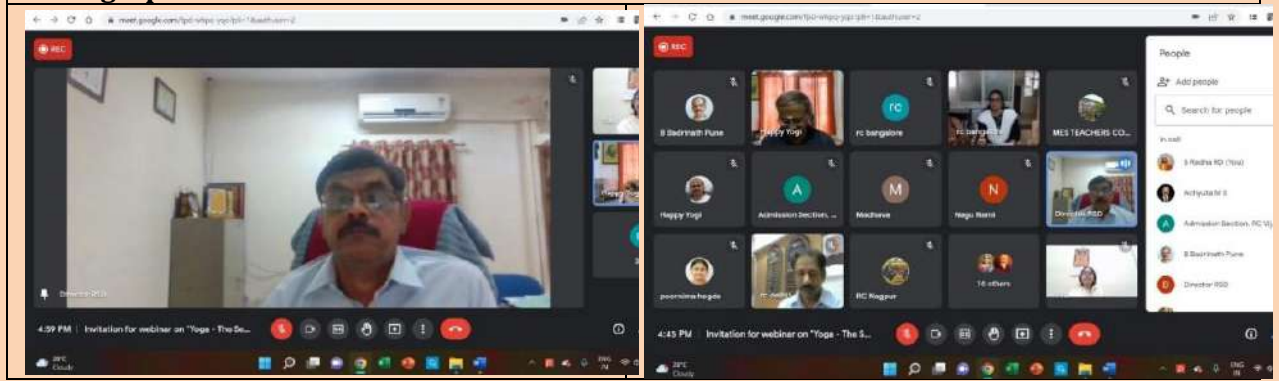
Photographs -

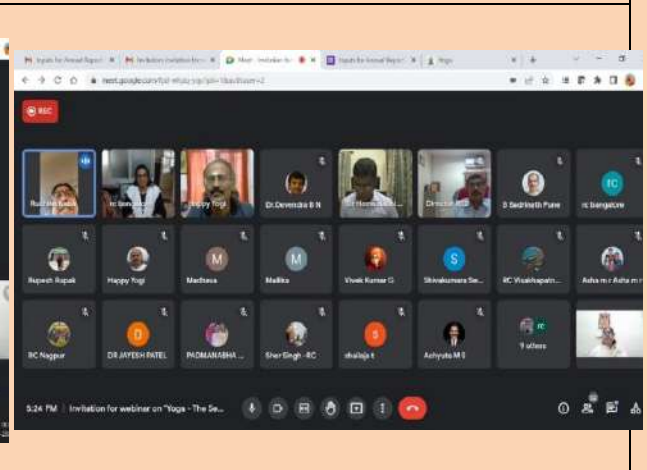




Yoga - The Secret of Health & Wellness	RC BANGALORE
<p>RC Bangalore, as part of 'Yoga Utsav', organised a National Webinar titled "Yoga- The Secret of Health & Wellness" on 18th May 2022. The Expert on the occasion was Sri Siva Sankaran, Director-Satvik Organic Pvt Ltd & Certified Yoga Instructor-MSDE, Acad. Counsellor -IGNOU CPY.</p> <p>The Program was anchored by Dr HC HemaMalini, ARD.</p> <p>Dr S Radha, RD welcomed the dignitaries and explained the theme of the webinar. She also informed that the University has contributed by launching the Certificate Programme in Yoga (CPY) which is being offered at 13150P LSC Sri Sri Institute of Agricultural Sc. & Technology.</p> <p>Dr.U.C Panday, Director RSD delivered the opening remarks and explained the importance of Yoga and informed this year the International Yoga Day will be focused on India Branding with extensive promotions across the boundaries through various platforms including print, digital, social media, etc.</p> <p>Dr Kasturi P, ARD introduced the Resource Person to the audience.</p> <p>The Resource Person Sri Siva Sankar explained the importance of Yoga and impact of yoga on health and wellbeing of people with several illustrations. He clarified the doubts raised by the audience.</p> <p>Dr Ruchika Kuba, Professor, SOHS explained about significance of Yoga in human life.</p> <p>The webinar was arranged on virtual platform google meet. The event is published in all social media channels.</p> <p>Dr. M. Shanmugam, ARD, proposed the vote of thanks</p>	<p>Links:</p> <p>Facebook-</p> <p>https://m.facebook.com/story.php?story_fbid=553498929537930&id=100046334839817</p> <p>Twitter-</p> <p>https://twitter.com/IgnouBangalore/status/1537752441403621376</p> <p>YouTube -</p> <p>https://youtu.be/STTFXXAXnP8</p>
<p>Resource Person:</p>	<p>Sri. S. Sivasankaran, an accomplished Yoga Practitioner and Teacher. Director - Satvik Organic Pvt Ltd, Certified Yoga Instructor -MSDE, Academic Counsellor -IGNOU CPY.</p>

Photographs





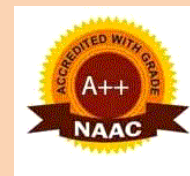
<p align="center">Yoga celebration at IGNOU Regional Centre Bhagalpur on 19/05/22</p>	<p align="center">RC BHAGALPUR</p>
<p>As part of Yoga Mahotsav 2022 Campaign, commemorating the 100 days countdown to International Day of Yoga, 2022, the IGNOU Regional Centre Bhagalpur organized “Yoga Demonstration” on 19/05/22 at 11:30 a.m. which can be watched through facebook link: https://www.facebook.com/RCBhagalpur1/?ref=pages_you_manage</p> <p>You tube link: https://youtu.be/buseSH4hLKo</p> <p>Encouraging the youth the Yoga demonstration was done by Ms. Pallavi and team. They have represented various Inter-University & National Level Yoga competitions from Bhagalpur. The team demonstrated various yogic asanas.</p> <p>Dr. Sarah Nasreen, RD (I/c.), IGNOU RC-Bhagalpur, Dr. O. P. Tiwari, ARD, IGNOU RC-Bhagalpur and other RC-staff attended the programme</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/RCBhagalpur1/?ref=pages_you_manage</p> <p>Twitter- @BhagalpurRc</p> <p>YouTube - https://youtu.be/buseSH4hLKo</p>

<p>Resource Person:</p>	<p align="center">Miss Pallavi and team</p>
--------------------------------	--

Photographs -







Yoga: A Holistic Perspective for Life & Living	RC BHOPAL
<p>A webinar was organized by IGNOU RC Bhopal as part of the month long “Yoga Utsav” which began at IGNOU on 12th May 2022 . The keynote speaker in this webinar was Prof. Shrinivasa Varakhedi, Vice Chancellor, Central Sanskrit University, New Delhi who delivered a lecture on the topic “Yoga: A Holistic Perspective For Life & Living”.</p> <p>The programme began with the Kulgeet of IGNOU, which was followed by welcoming of all the dignitaries and guests by Dr. Bini Toms, Regional Director, IGNOU RC Bhopal.</p> <p>Dr. Shrikant Mohapatra, Pro Vice Chancellor IGNOU in his address gave a welcome to the key note speaker Dr. Shrinivasa Varakhedi, and informed the gathering about the outline of the Yoga Utsav which will be celebrated by IGNOU across the Regional Centres till 20th June 2022 by organizing various activities relating to Yoga. Dr Mohapatra also informed about the future collaboration which IGNOU and Central Sanskrit University may enter for strengthening the Indian traditional knowledge and Education System.</p> <p>Prof. Dr. Shrinivasa Varakhedi, in his lecture elaborated how Yoga is not just practice but a perspective for life and living. He explained that there exists a relationship between life and livelihood which need to be coordinated for quality living and Yoga can provide one stop solutions for all the problems. He emphasized that internal conflicts can be won over by making “Anandmaya” state that can reflect the true definition of the light. Dr. Varakhedi, also explained the “Yog Darshan” by quoting examples from Upanishads and other ancient texts and explained how even complicated international issues can also be resolved if the yogic philosophy is followed in totality. He gave a message to the students that one of the yogic philosophies relevant for them, is about doing the Karma and in the present scenario, he advised the students to “Do Smart”. He also explained how the physical yoga is the first step for attaining the various stages prescribed in “Yog Darshan” and by elucidating several examples Prof. Shrinivasa said that Yoga has the unique feature of “oneness” and the capacity to unite not only the society but also the country as well as the globe.</p> <p>After the keynote address several questions were presented to Dr. Shrinivasa Varakhedi, which he replied in a very convincing manner.</p> <p>Prof. Satyakam , Pro VC IGNOU summarized the activity of the day and expressed his happiness about the initiation of the “Yoga Ustav ” of IGNOU with such a strong conceptual and fundamental Keynote address about the ancient tradition and science of Yoga. He said that all the endeavors will be undertaken to understand the yogic science and will be disseminated amongst the students for the larger benefit of the society. He further added that even if a small part of the Indian traditional</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/OfficialPageIGNOU/</p> <p>YouTube - https://youtu.be/PZMEik-VNzM.</p>

knowledge system is inculcated in students it can be an achievement for which various stakeholders of the education system are working together. He also reiterated the pledge to bring an environment where goodness and uniqueness of Yoga can be imbibed by the younger generation and societies can be benefited out of it.

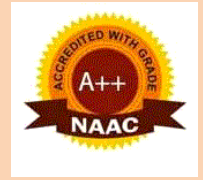
In the last the Vote of Thanks was proposed by Dr. Anshuman Uapdhaya, Deputy Director IGNOU RC Bhopal which was followed by the National Anthem.

This programme was attended by the Senior Regional Directors, Deputy Directors, and Assistant Regional Directors from various Regional Centre of IGNOU RCs as well as faculties form different Schools of Studies, Academic Counselors and Learners through different platforms. The programme has been organised under guidance of Dr Umesh Chandra Pandey, Director RSD, IGNOU.

Resource Person: Prof. Shrinivasa Varakhedi, Vice Chancellor, Central Sanskrit University, New Delhi, a renowned Sanskrit Scholar.

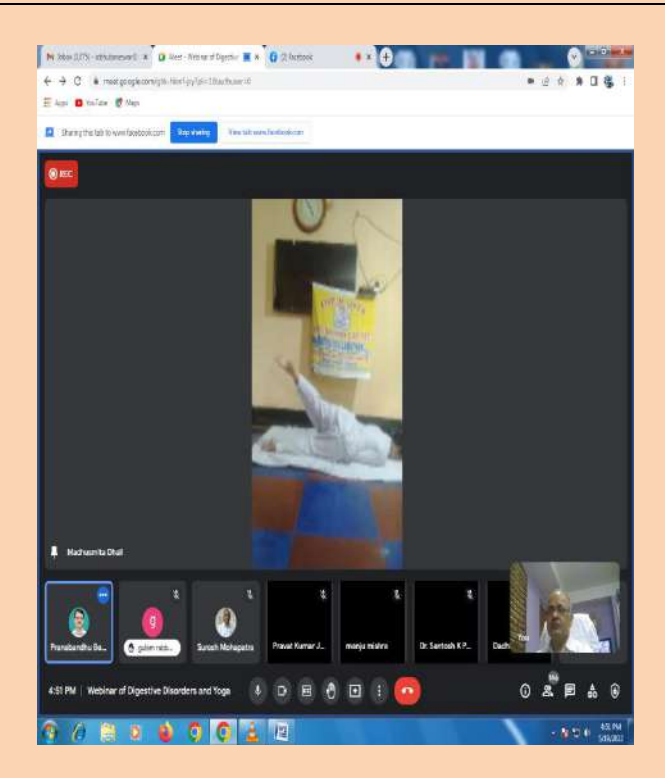
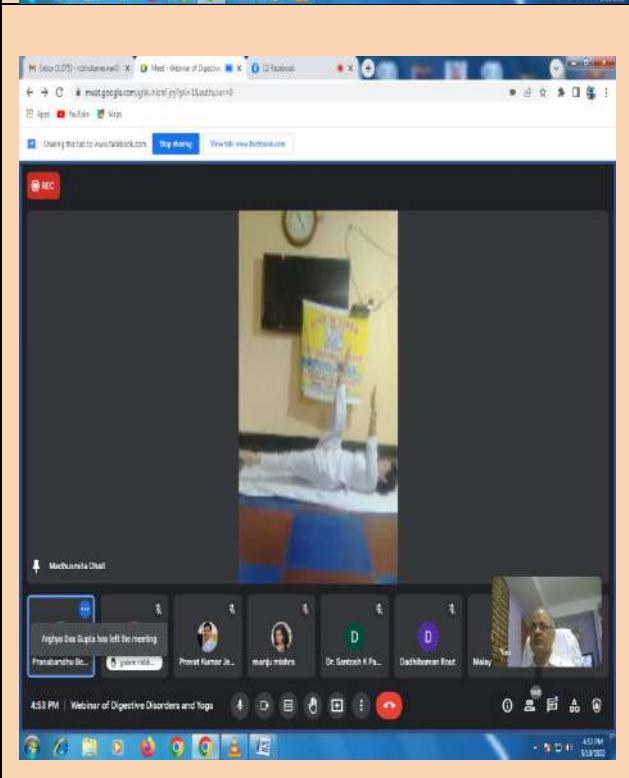
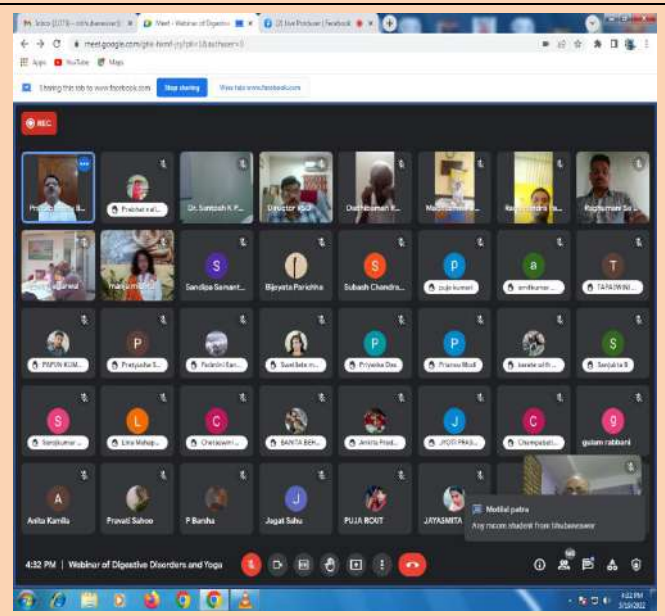
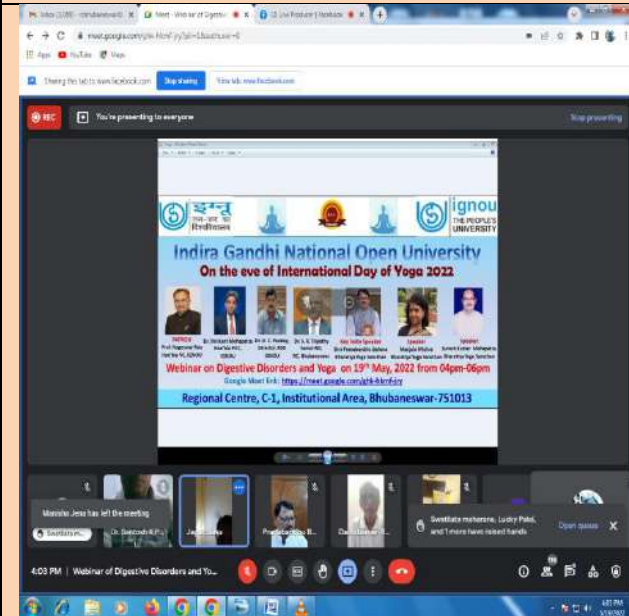
Photographs





Digestive Disorders and Yoga.		RC BHUBANESWAR
<p>RC Bhubaneswar conducted a webinar today i.e. 19.5.2022 on the eve of 8th International Day of Yoga. The theme of the webinar was “ Digestive disorders and Yoga.” The programme was conducted live through Google Meet platform and the same was also live streamed via Facebook channel. The programme started at 04.00PM and continued up to 6.00 P.M. The Regional Director of RC, Bhubaneswar Dr.S.K.Tripathy delivered the welcome address and narrated the history and relevance of yoga in contemporary society. The Webinar was chaired by Dr.U.C.Pandey, Director RSD who highlighted the merits of different Asanas and Pranayams on human health. He also emphasized on regular yoga exercises to improve health and mental well-being.</p> <p>RC had invited three distinguished resource persons from Bharatiya Yoga Sansthan who addressed the august gathering on three important subjects pertaining to Yoga. The first resource person, Mr. Pranabandhu Behera, focused on different types of Asanas and their usefulness on human life. He spoke the art of practicing yoga and how it helps in controlling an individual's mind, body and soul. He explained with demonstration about 7 types of Asanas which help us a great deal in our daily life. He put more emphasis on regular yoga practice to lead a happy and comfortable life. The second resource person, Ms Manjula Mishra Spoke about different food related disorders and their prevention through Yoga. She gave a detailed view of what to eat and what not and the timing of taking food for keeping good health. Mr. Suresh Kumar Mohapatra delivered an elaborate speech on different Pranayams and their usefulness. The practical demonstrations of the Asanas were given by Mrs. Madhumita Dhal through virtual demonstration. After the presentation of all three speakers a Question Answer session was arranged and many questions posed by the participants were answered by the experts. About 200 learners, some coordinators and RC functionaries attended the virtual meeting through Google Meet and many more attended through Facebook live. The meeting was coordinated by Dr.S.K.Panigrahi and vote of thanks was proposed by Dr.P.K.Jena.</p> <p>S.K.Tripathy Regional Director</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOURCBBRSR/</p> <p>YouTube - https://www.youtube.com/watch?v=MNRohj0qs40</p>
Resource Person:	<ol style="list-style-type: none"> 1. Pranabandhu Behera, President Bharatiya Yoga Sansthan, Odisha Prant 2. Suresh Kumar Mohapatra, Secretary Bharatiya Yoga Sansthan, Odisha Prant 3. Ms. Manjula Mishra, Member Bharatiya Yoga Sansthan, Odisha Prant 	

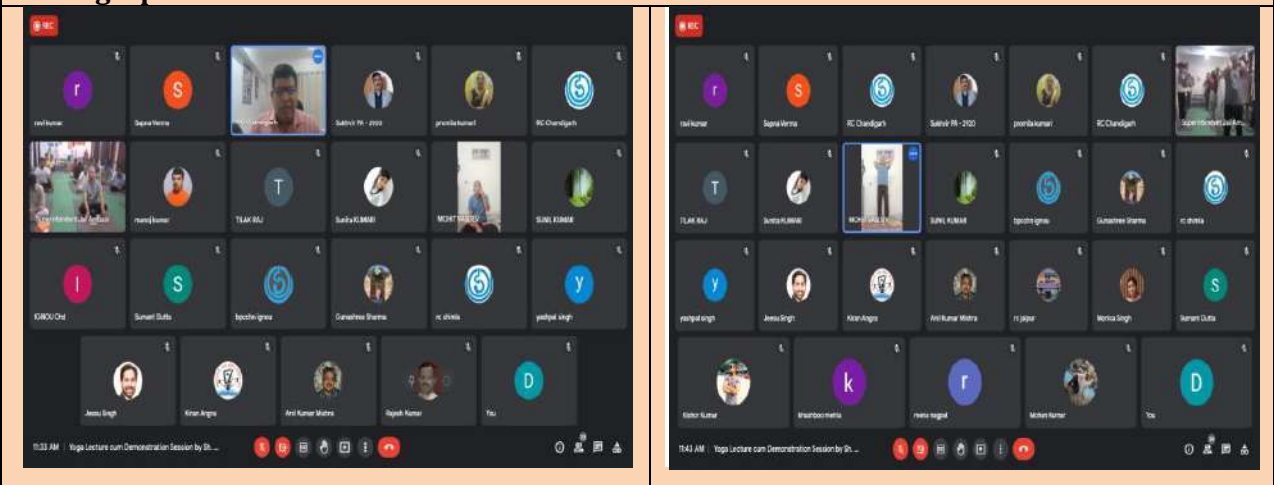
Photographs

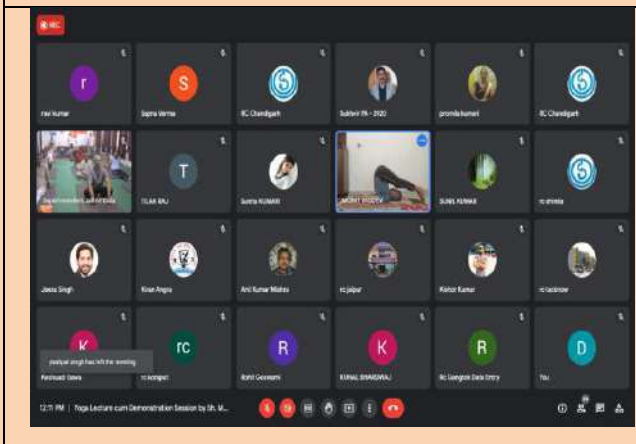
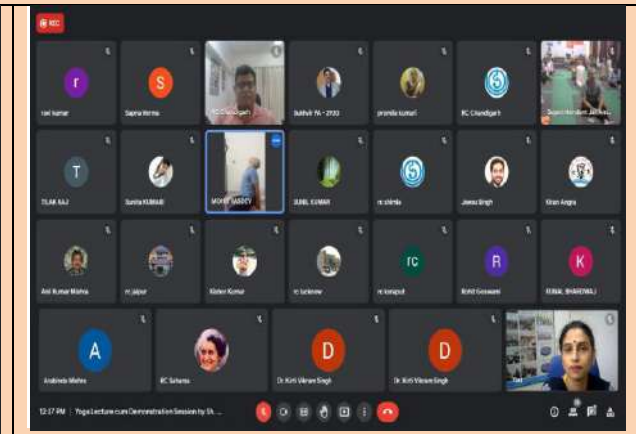
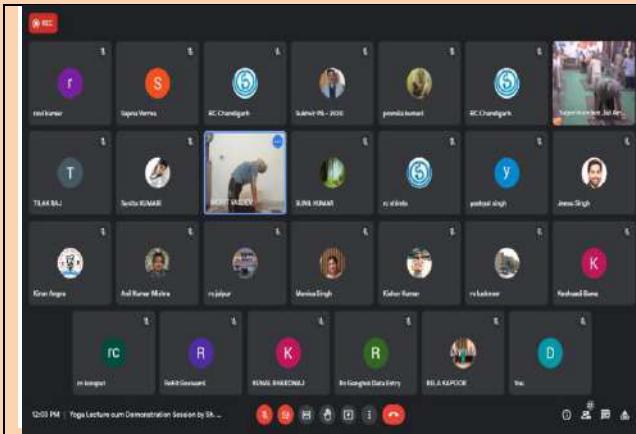


Importance Of Yoga And Health Benefits In Day To Day Life		RC BIJAPUR
<p>Regional Centre Bijapur organized Yoga Day activities on 20th May, 2022 from 7.30am to 9.00am at RC premises. On the eve of International Day of Yoga – 2022 RC Bijapur invited Vipassana Sadhak Yoga Guru Shri. Madivalappa Doddamnai. The chief guest of this programme was Shri. Mallikarjun Bajantri, Deputy Director, Department of Tourism, Govt. of Karnataka Vijayapura. Dr. Soloman Chopde, Principal, B.M.Patil Institute of Nursing Sciences , Vijayapura and Dr. Ninganagouda Patil, PIC, 85004P and LSC staff were participated. Dr. B.N. Devendra, ARD & I/c welcomed the dignitaries.</p> <p>Yoga Guru Shri. Madivalappa Doddamnai given a lecture on importance of yoga and health benefits in day to day life. Later he and his team demonstrated the asanas for Regional centre and Learner Support centre staff.</p> <p>Shri J. Thiru murugan, Asst. Registrar concluded the yoga activities with vote of thanks.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignou.bijapur.9/videos/799403941041641</p> <p>Twitter- https://twitter.com/IgnouB/status/1527550682806767616/photo/1</p> <p>YouTube - https://www.youtube.com/watch?v=7SrmtPvQceQ</p>
Resource Person:	<p>Vipassana Sadhak Yoga Guru Madivalappa Dodamani (YIC, PG Diploma in Yoga) Centre for Yoga and Exercise Department of Physiology BLADE (DU) Shri B.M.Patil Medical College, Hospital and Research Centre Vijayapura.</p>	
Photographs		
		
		

Yoga Lecture cum Demonstration		RC CHANDIGARH
<p>Regional Centre Chandigarh organized an online Yoga Lecture cum Demonstration Session by Sh. MohitVasudev on 20th May, 2022 at 11:30AM as a part of celebration of the International Yoga Day. Many Regional Directors, Academics and Staff members of other RCs, Coordinators/PICs and Staff members of LSCs of RC Chandigarh and learners of RC Chandigarh participated in the online programme. At the onset of the session Dr. Anil K. Dimri welcomed Sh. MohitVasdev, the Yoga expert and an Academic Counsellor of Yoga prog. and all the participants. He introduced Sh. MohitVasdev by sharing his brief profile with all. Dr. Dimri requested him to give the lecture on benefits of yoga and demonstrate the yoga asanas to all the participants. Sh. Vasudev talked about the benefits of yoga in our daily life. He performed many asanas and the participants practiced along with him. After the lecture cum demonstration session Sh. MohitVasdev answered the questions and queries of the participants. The vote of thanks was presented by Dr. Savita Panwar, ARD, RC Chandigarh. She thanked all for joining and making the programme a success. She also requested all to practise yoga in daily life to be mentally and physically healthy.</p>		<p>Links:</p> <p>Facebook- https://fb.watch/dKrrHdj8Z0/</p> <p>Twitter- https://twitter.com/chandigarh_rc/status/1538393929967493122?t=1CHWQqD7xr1fVkdGzT7cFw&s=08</p> <p>YouTube - https://youtu.be/i8V-drRiw6Q</p>
Resource Person:	<p>Sh. MohitVasudev is an Asstt. Professor in Inter Disciplinary Centre for Swami Vivekananda Studies, Panjab University, Chandigarh. He has done BED (Yoga), PG Diploma in Yoga, MA Yoga. He has also done MA in Sanskrit and Philosophy.</p>	

Photographs -





Webinar On Yoga For An Ideal Life	RC CHENNAI
<p>A month long “Yoga Utsav” which began at IGNOU on 12 May 2022 witnessed a National Webinar on “Yoga for an Ideal Life” organized by IGNOU Regional Centre, Chennai on 23 May, 2022 at 3:00 PM. Dr M Venkatachalapathy, Head, Department of Philosophy, University of Madras, Chennai delivered the Key note address on the above topic. Dr K Panneerselvam, Sr. RD welcomed the gathering, briefed the importance of International Yoga Day & introduced the keynote speaker to the participants.</p> <p>Dr Hema Pant, Additional Director, Regional Services Division, IGNOU, New Delhi participated in the Webinar as a Special Invitee and gave a Presidential Address outlining the “Yoga Utsav” which is being celebrated by IGNOU across the Regional Centres till 20th June 2022 by organizing various activities relating to Yoga. She also said that the initiation of the “Yoga Ustav ' of IGNOU has been done with a strong conceptual and fundamental note about the ancient tradition and science of Yoga.</p> <p>The key points emerged out of the Webinar were:</p> <ul style="list-style-type: none"> ➤ Mind body soul its individual influence on human life. ➤ Normal human tendencies abnormal behavioral components ➤ Influence of Yoga on perfect human life. ➤ Yoga provides knowledge of control systems on drastic functionality of the mind. ➤ Sadhana, Prathipakshika bhavana excessive thought of senses of wants. ➤ Regulates the yogic sense. ➤ Life with wants and wants to be balanced. ➤ Rational sense and discriminative knowledge are to be managed with cultivation of good sense. ➤ Lead life with Pragnya ➤ Long Life with peace of mind is the need of the hour ➤ Mano gnana is to be associated with the body to live with nature. ➤ Niyama are to be followed with sudha strong ethical moral to open a lifestyle and maintain universal brotherhood. ➤ Ahimsa and ethical moral principles for ideal life. knowing the past, present and future while practicing yoga. ➤ YOGA philosophy is through sadhana practicing principles of life. ➤ Ashtanga eight natural powers created provides the capacity of the brain to lead a long life. ➤ Organised life is possible through Yoga practicing. ➤ Higher spiritual levels can be achieved through body conditioning. ➤ Perfection of the body is required for doing good deeds. 	<p>Links:</p> <p>Facebook- https://m.facebook.com/story.php?story_fbid=1137044183694761&id=100007747147500 and https://m.facebook.com/story.php?story_fbid=1404430386660699&id=100007747147500</p> <p>Twitter- https://twitter.com/RCCHE_NNAI1/status/1529011732253147137 https://twitter.com/RCCHE_NNAI1/status/1529011740238675968</p> <p>YouTube - https://www.youtube.com/watch?v=bwf0b0GWQ88</p>

- Having Strong body and mind are assets for balanced and ideal life.

This webinar was attended by the Regional Directors, Deputy Directors, and Assistant Regional Directors from various RCs as well as functionaries of Learner Support Centres, Academic Counsellors and Learners through different platforms. The programme has been organized under guidance of Dr Umesh Chandra Pandey, Director RSD, IGNOU, New Delhi.

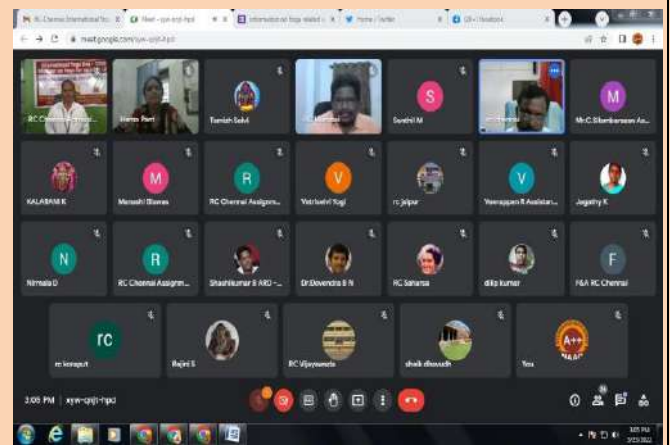
The webinar was organized by RC Chennai as a part of the celebrations of “Yoga Utsav”, coordinated by Dr K Panneerselvam, Sr. Regional Director, RC-Chennai and formal vote of thanks was proposed by Dr Sk Zareena, ARD, RC-Chennai.

Soon after the Webinar, Yoga practices were also taught by Dr M Venkatachalapathy to all officials and students of RC-Chennai. The officials of RC-Chennai and a few students performed various Asanas and Pranayamam as per the instructions of Dr Venkatachalapathy.

Resource Person:

Dr M Venkatachalapathy, Head, Department of Philosophy, University of Madras, Chennai is having 30 years of Research Experience and 20 years of Post Graduate Teaching Experience.

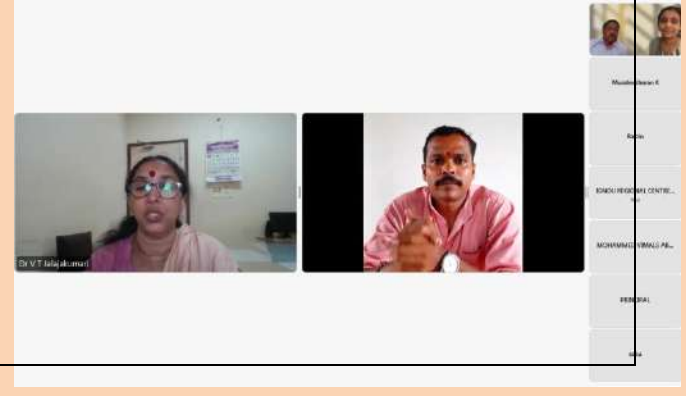
Photographs





Lecture And Demonstration On Yoga	RC COCHIN
<p>RSD has scheduled the activities planned at Regional Centre for the International Yoga Day for 26 days spread across 54 Regional Centres and the day 23-05-2022 has been assigned to RC Cochin. The virtual meeting was held through Webex and made live. The Webex Platform was provided by Regional Centre Trivandrum and Courtesy Gratitude is placed to Dr. B Sukumar, Regional Director for the same.</p> <p>A Work Order was issued on 20-05-2022 to involve all officials for the Virtual Meeting.</p> <p>Dr. Praseetha Unnikrishnan, AD gave the Welcome Address. A brief about date-wise scheduled activities planned at Regional Centre for the International Yoga Day by RSD wherein 26 days with two Regional Centres in a day for 24 days and three Regional Centres in a day for two days spreading across 54 Regional Centres have been charted was highlighted by Dr. J S Dorothy, Regional Director. The event involved a webinar, virtual interaction, collaboration with LSC- all targeting the event related to International Yoga Day. Dr. V T Jalajakumari, ARD gave a brief about International Yoga Day.</p> <p>Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture, Cochin was requested to give a lecture and demonstration on Yoga. During the Lecture and Demonstration on Yoga, Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture briefed about the physiological changes while doing specific exercises and also demonstrated the ease with which it can be done as a daily routine in one's life.</p> <p>Sh. K J Joseph, SO and Sh. K Muraleedharan, SO gave reflections of previous experience/ Session as in Cochin Regional Centre during the year 2016, during the tenure of Dr. M Rajesh as Regional Director, face-to-face exposure has been given using the same expert. Dr. S Vijayaragavan, ARD didn't login and the Vote of Thanks was proposed by the Regional Director acknowledging the guidance given by Dr. Umesh Pandey, Director RSD and Dr. Manoj Tirkey, Deputy Director, RSD.</p>	<p>Links:</p> <p>Facebook- https://fb.watch/dNcxJ9AWjD/</p> <p>YouTube - https://www.youtube.com/watch?v=LU0teoGQnM0</p>
<p>Resource Person:</p>	<p>Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture, Cochin</p>

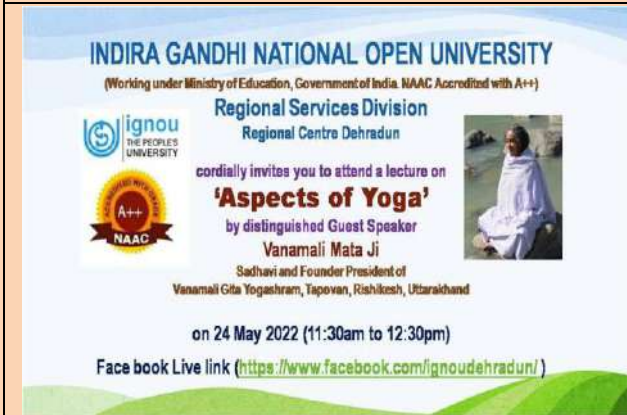
Photographs -



Importance of Yoga to Achieve Holistic Health		RC DARBHANGA
<p>IGNOU RC Darbhanga organized one-day National webinar on "Importance of Yoga to Achieve Holistic Health". The webinar was organized in virtual mode through Google Meet Application as well as face to face mode at Regional Centre on 24th May 2022. All Regional Centres, Study Centres of the Region and learners participated in the webinar. The programme started with the University Kulgeet. Dr. S. S. Singh, Sr. Regional Director, IGNOU RC Darbhanga welcome all the participants and briefed the importance of the Yoga in light of its history in the vedic literature like Geeta. Prof. Satyakam, Pro-Vice Chancellor, IGNOU in inaugural speech of webinar emphasised over the purity of the body and mind through yoga. Prof Satyakam also highlighted the popularity of the yoga across the world and the way peoples have adopted in other countries. In keynote address Yogacharya B.B. Thakur explained the relationship of body and the yoga for keeping the body fit and sound. Yogacharyaji also highlighted the practices prevailing in the society and the difference between the exercise and yoga in very simple words. Inaugural session was concluded with the vote of thanks by Prof. Kamlesh Kumar, Coordinator, IGNOU SC-0550, G.D. College, Begusaraai. Dr. Vikas Singh, HOD Sanskrit, Marwari College Darbhanga emphasised over the importance of Astang Yoga in daily life. Yogacharya Pankaj Anandji elaborated the causes of stress in daily life and the yoga associated with reducing stress. Yogacharya B. B. Thakur also correlated the importance of diet and the other activities for maintaining the good health. Dr. Shambu Mandal demonstrated the yogic activities which have been proven boon for the control of the many diseases. Retired Prof S.C. Jha, Department of Economics, MLT College Saharsa also briefed the importance of the yoga for good health and mind. The programme was concluded by Dr. R.N. Chaurasia, Coordinator, IGNOU SC-0522 with vote of thanks. Dr. Rajeev Kumar, Assistant Regional Director, moderated the programme. The programme was widely covered by the local print and non-print media. Regional Centre Darbhanga also streamed it at Facebook and Youtube of RC Darbhanga.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignou.darbhang/</p> <p>Twitter- https://twitter.com/rc_ignou</p> <p>YouTube https://www.youtube.com/watch?v=-HhIFeVKgmA&t=1s-</p>
Resource Person:	<p>Shree R.B. Thakur, Yogacharya, Aarogya Bharti Sansthan Darbhanga, Dr. Vikas Kumar, HOD Sanskrit Marwari College, Darbhanga, Shree Pankaj Anand, Director, Mithila Yoga Kendra Darbhanga</p>	

Aspects Of Yoga		RC DEHRADUN
<p>IGNOU Regional Centre Dehradun organized an online webinar / lecture on “Aspects of Yoga” on 24 May 2022. Sadhavi Vanamali Mata Ji, Founder President of Vanamali Gita Yogashram, Tapovan, Rishikesh, Uttarakhand was the distinguished Guest Speaker.</p> <p>The programme started with Kulgeet of IGNOU followed by introduction speech by Dr Asha Sharma, Sr Regional Director. As Guest of Honour, Dr UC Pandey, Director, Regional Services Division, IGNOU New Delhi addressed the audience.</p> <p>The distinguished speaker, Vanamali Mataji, through her 30 min long speech, explained that the religious practices in Sanatan Dharma have adopted Yogic exercises in a subtle way. Mataji explained that certain yogic postures and exercises like Surya Namaskar, Anulom Vilom Pranayama are very useful in bringing calmness to body and mind.</p> <p>After address by Mataji, the second speaker Ms Shivani Sharma gave a lecture on how a common man adopt yoga in his/her day to day life.</p> <p>Dr Hema pant, Deputy Director, IGNOU New Delhi also spoke few words in appreciation of the efforts made by Regional Centre.</p> <p>At the end, there was interaction session in which queries of audience was resolved by the speaker. Total 32 participants from different institutions, Study Centres and Regional Centres attended the lecture. Learners were provided link of Face Book Live to view the programme.</p> <p>At the end Dr Ranjan Kumar, Deputy Director, IGNOU Regional Centre Dehradun gave concluding remarks. He expressed vote of thanks to the speakers and the participants.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignoudehradun/videos/3389211414633404</p> <p>Twitter- https://twitter.com/DehradunIgnou/status/1529005336178622464</p> <p>YouTube - https://www.youtube.com/watch?v=p1owDiyhxxE&t=2408s</p>
Resource Person:	<p>Distinguished speaker Sadhavi Vanamali Mata Ji is the Founder President of Vanamali Gita Yogashram, Tapovan, Rishikesh, Uttarakhand. She has devoted her life to uplifting generations through the wisdom of the ancient rishis of this holy land. Mataji has written over 18 well-rated books on the Sanatana Dharma and the deities of the Hindu pantheon.</p>	

Photographs



INDIRA GANDHI NATIONAL OPEN UNIVERSITY
(Working under Ministry of Education, Government of India. NAAC Accredited with A++)

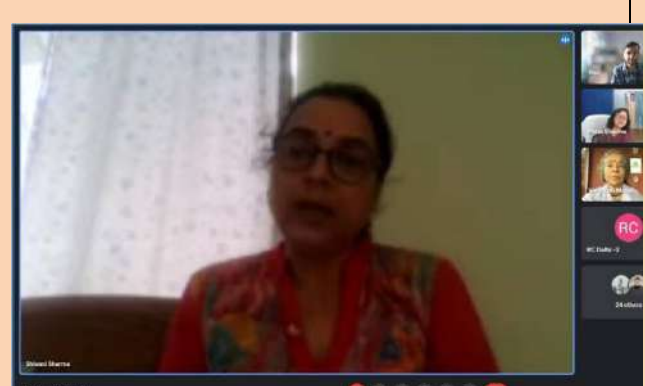
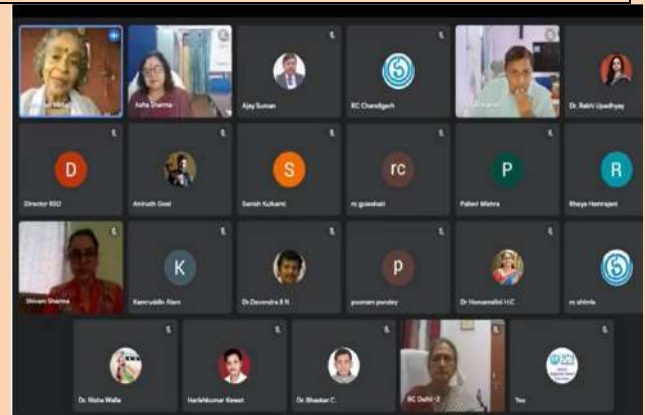
ignou
THE PEOPLES UNIVERSITY

Regional Services Division
Regional Centre Dehradun

cordially invites you to attend a lecture on
'Aspects of Yoga'
by distinguished Guest Speaker
Vanamali Mata Ji
Sadhavi and Founder President of
Vanamali Gita Yogashram, Tapovan, Rishikesh, Uttarakhand

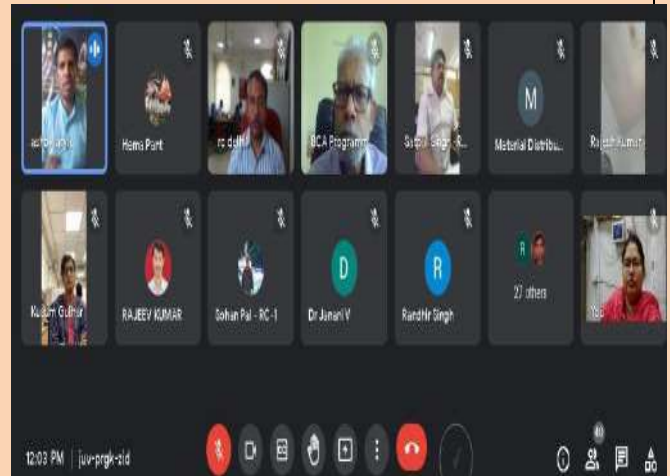
on 24 May 2022 (11:30am to 12:30pm)

Face book Live link (<https://www.facebook.com/ignoudehradun/>)



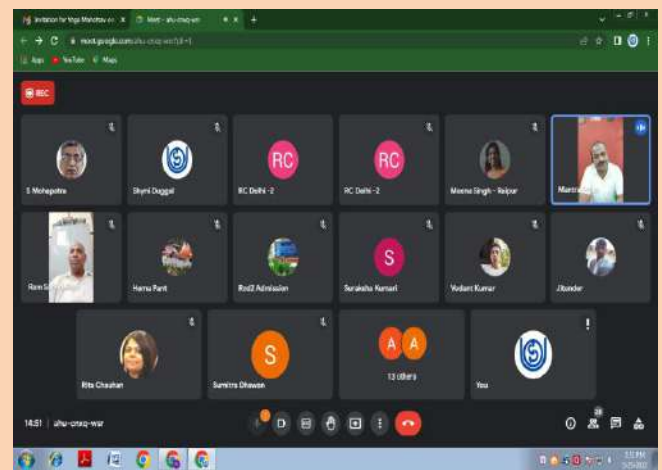
Increasing Immunity through Yoga		RC DELHI-1
	<p>On the occasion of International Yoga Day, IGNOU through its Regional Centres is celebrating Yoga Mahotsav. RC Delhi-1 organised an Online webinar on "Increasing Immunity through Yoga" on 13.05.2022 through google meet which was live streamed through YouTube and also shared on facebook for wide viewership. Yogacharya Mr. Ashok, Founder of Vedic Ashtanga Yog was the Resource Person. He is also associated with IGNOU as Academic Counsellor of the Certificate Programme in Yoga (CPY) Programme.</p> <p>Regional Director, Dr. Ashok Sharma, welcomed the resource person, dignitaries from IGNOU HQs, participants and learners. He elaborated on the topic of webinar and its importance in the current scenario when people are facing so much difficulty due to low Immunity.</p> <p>Yogacharya Mr. Ashok explained the importance of Yoga in day to day life. He demonstrated various yoga asanas which can be done easily at work place and are helpful in increasing immunity. He enlightened about the food intake that helps to boost immunity as well as provided 10 tips which if followed properly can help to boost immunity, keep a person in good health and help in fighting diseases. He shared comprehensive information on increasing immunity through yoga and diet. He also added that for places like Delhi where everyone is so much busy one can start practicing yoga any time (empty stomach) as per their convenience.</p> <p>During the question answer session, Dr. Vikas Singhal, Ms. Moni Sahay, Mr. Satpal and Mr. Sudhir interacted with the resource person. Dr. Arshia Hussain, ARD, RC Delhi-1 conducted the programme and presented vote of thanks. Overall, the Webinar was very informative and interactive. Altogether around 40-45 persons participated in this live programme through google meet and more than 300 persons have watched the video of this programme on Youtube so far. The Youtube link of session is "https://youtu.be/T1jdDym5uBc".</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignourcdelhi1</p> <p>Twitter- https://twitter.com/IGNOURCDELHI1</p> <p>YouTube - https://www.youtube.com/channel/UCp7Y5-GH4gYDVu2WSZdCVEQ</p> <p>The Youtube link of session is "https://youtu.be/T1jdDym5uBc".</p>
Resource Person:	Yogacharya Mr. Ashok, Founder of Vedic Ashtanga Yog was the Resource Person. He is also associated with IGNOU as Academic Counsellor of the Certificate Programme in Yoga (CPY) Programme	

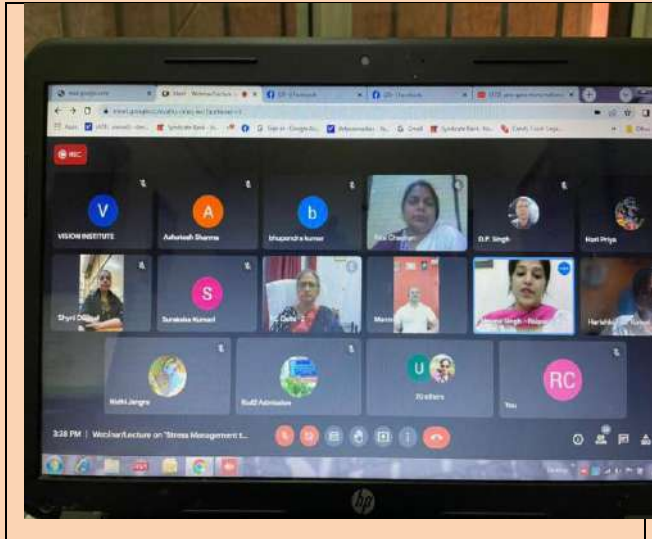
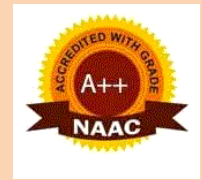
Photographs -



Stress Management through Yoga with demonstration and practice exercises		RC DELHI-2
<p>As a part of the series of activities being organized by Indira Gandhi National Open University towards celebration of International Yoga Day, an online event was organised on "Stress Management through Yoga with demonstration and practice exercises" on 25th May 2022 from 2:30 pm to 4.15 pm.</p> <p>Dr. Kanan Sharma, Sr. Regional Director, RC Delhi-2 had initiated the session by welcoming the Vice-Chancellor, Prof. Nageshwar Rao, PVC Dr. Srikant Mohapatra, IGNOU, Director Regional Services Division Dr Umesh Pandey and all other participants of the programme. Opening remarks were given by Dr Srikant Mohapatra, Pro-Vice Chancellor. Dr. Meena Singh, ARD welcomed Yoga Expert Sh. Kumar Sushamakar. Information regarding the programme schedule was disseminated through social media platforms. The yoga programme was live streamed through Regional Centre Facebook page and through YouTube channel as well.</p> <p>The Programme was ended by a Vote of Thanks by Dr. Rita Chauhan, ARD.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignourc2</p> <p>YouTube - https://youtu.be/10cnUwm_Nc0</p>
Resource Person:	Shri Kumar Sushamakar , Yoga Expert in Indian Oil Institute of Petroleum Management, Gurugram	

Photographs -





<p align="center">Workshop on Yoga with demonstration and practice of various Yoga exercises and Pranayam</p>	<p align="center">RC DELHI-3</p>
<p>IGNOU Regional Centre Delhi-3 organized a workshop on Yoga with demonstration and practice of various Yoga exercises and Pranayam under a trained Yoga teacher on 13th May 2022. Dr. Biplab Jamatia, Assistant Professor (Sr. Sc.), SOHS and Sh. Shishir Pokhriyal an expert of Yoga and Meditation were invited to demonstrate various Yogic exercises and impart lecture on Yoga and healthy living to the students of CPY Programme and staff member attended the programme.</p> <p>At the outset Regional Director welcomed all the participates and briefed them about Yoga and its benefits. He stated that Yoga is the essence of our life and as such everyone of us should make it a part of our daily life further emphasizing that it is a discipline based on a subtle science which harmonizes mind and body. It helps to discover the sense of oneness with ourselves. Dr. Biplab gave a brief account of the CPY Programmer and the requirements to be complied with Special mention was made about the workshop and Logbook. Sh. Shishir Pokhriyal highlighted the importance of Yoga in our day to day life and how it has helped million of people to overcome physical and mental fatigue caused by COVID -19. He demonstrated various yogic exercises and guided the participants to perform various Aasnas and Pranayam.</p> <p>Apart from this weekly yogic exercises are also being performed by the learners of the CPY Programme as a part of their practical demonstration. Select photographs are being attached.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/rcdelhi3</p> <p>Twitter- https://twitter.com/ignourcdelhi3</p> <p>YouTube - https://www.youtube.com/channel/UCB4cA0tCfeQttOyvwkkGHA</p>
<p>Resource Person:</p>	<p>Dr. Biplab Jamatia, Assistant Professor (Sr. Sc.), SOHS Sh. Shishir Pokhriyal an expert of Yoga and Meditation</p>

Photographs -





Yoga And Maintenance of Complete Health	RC DEOGHAR
<p>As part and parcel of the 'Yoga Utsav' programme, IGNOU Regional Centre Deoghar organized an online awareness programme on 25.05.2022 on Yoga in which Coordinators, Asstt. Coordinators, Academic Counselors and many students participated.</p> <p>Dr. S.K. Mishra, ARD started the meeting by welcoming the participants and the Chief Guest Dr. Bibhuti Bhushan Roy, specialist on Yoga. Dr. Roy being a Ph.D degree and D.litt on the subject. Yoga, member of different Yoga forums, instructor and visiting faculty to institutions; was applauded by the introducer. He also shared about Dr. Roy that he serve as Yoga teacher at Jharkhand Armed force, Central Law University etc. in the World Yoga convention 2013 also. He is working as Sr. Branch Manager in SBI.</p> <p>After that Arvind Manoj Kumar Singh RD I/c formally greeted the participants and thanked the chief guest for his auspicious presence. He also highlighting about ongoing 'Yoga Utsav' at all the Regional Centre accross the country by ongoing events by each of them. He then emphasized the relevance of the topic of discussion i.e. "Yoga and Complete Health" as Yoga not only helps us to maintain the physical and mental health but also spiritual health and to have a positive outlook.</p> <p>After that Dr. Bibhuti deliberated on the topic and explained different dimensions of Yoga in simple and digestible language. Specifically, he explained that Yoga means Joining "Atma to Parmatma" and also "Swans to all Kriyas" He explained about 'Pranayam' specially 'Inhale' and 'Exhale'. He suggested that "Pranayam to be done time to time in order to keep ourselves healthy. He also explained about the need of holding breath and releasing it. He also told how it energizes the whole body and relaxes us.</p> <p>He beautifully explained the process of "Kumbhak" (Internal retention) and "Rechak" (External retention), Swans (Inhale), Prswans (Exhale) and its impact on our body.</p> <p>Then he deliberated upon the concept of "Sthir Sukham Asnam" (Asanas help in constant pleasure). He pointed out that if we perform few gestures in Asanas with conscious breathing, it may be very effective to bring changes not only in physical life but how we conduct ourselves and how sensibly we conduct with others. "Yoga and Dhayanas" makes us Introvert in the sense of self enlightenment and consciousness of truth. Lastly he also mentioned efficacy of 'Astang Yoga' and about various energy 'Chakras' and how with advancements with Yoga, we can attain highest level of self actualization. In very simple language he dealt with how we can be conscious about proper breathing while we work sitting long hours. It relieves us from tension and rejuvenates us and we can effectively work. He also expressed that not only those people who do intricate Yoga Asanas are 'Yogic' but those ones who are successfully leading their life in productive manner they also are 'Yogic' in one way or other. Yoga should not be</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOU-Regional-Centre-Deoghar-103524659069716</p> <p>Twitter- https://twitter.com/search?q=%40rcdeoghar&src=typed_query&f=top</p> <p>YouTube - https://www.youtube.com/watch?v=DWv7PYFd7ck</p>

treated as something very outside or sacrosanct but can be adopted along with common day to day activities. After adoption we can share our success story of health and wellness with others. In that manner we can promote Yoga.

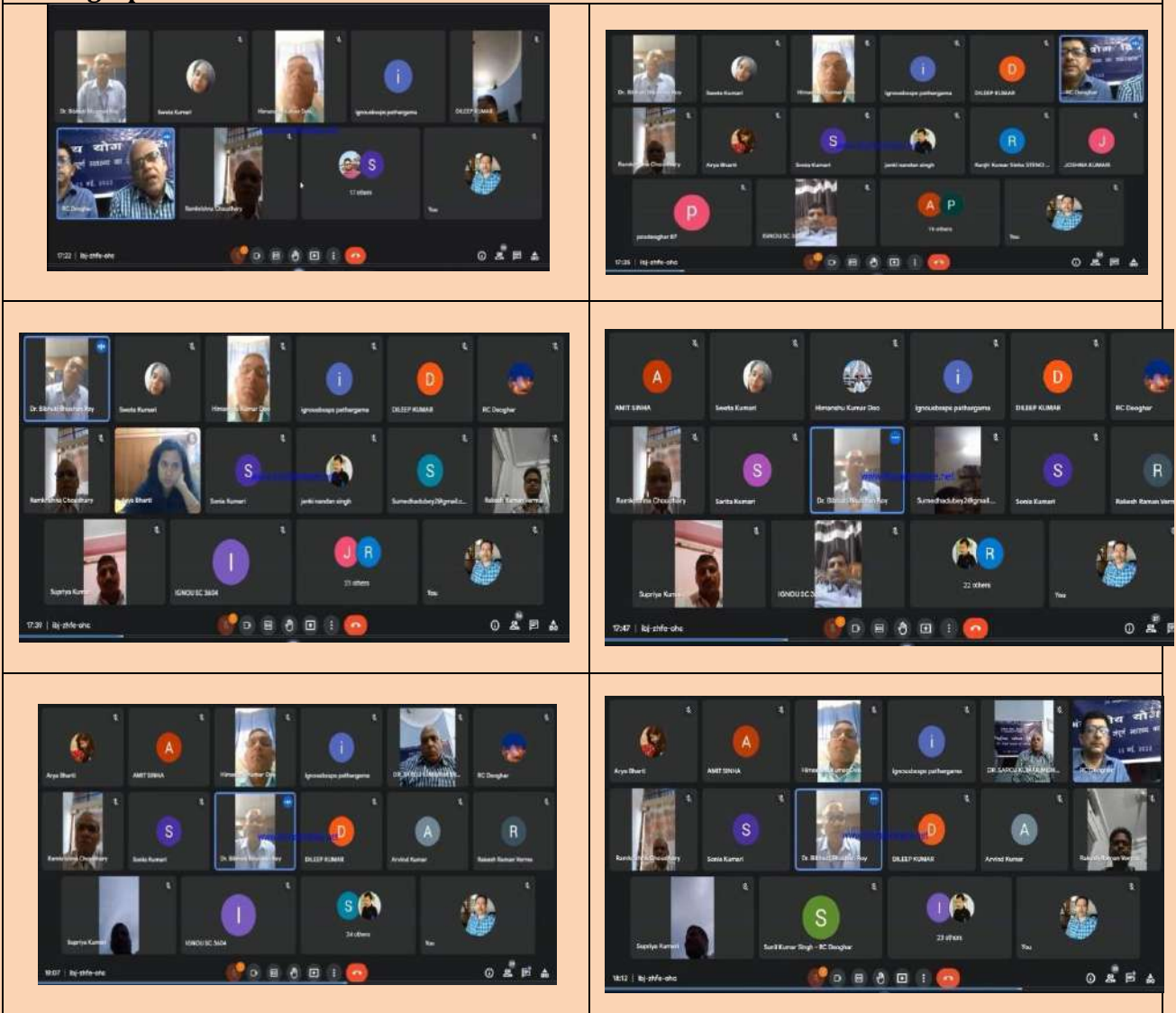
At last he also replied the queries raised by participant. After that formal thanksgiving was offered by Dr. S.K. Mishra, ARD.

Regional Director I/c wished that such type of events can be arranged in future time to time separately for students and faculty.

Resource Person:

Dr. Bibhuti Bhushan Roy is Ph.D in the subject of Yoga and has been visiting faculty/trainer to many Institution like Ranchi University/IICM etc.
He is a banker working as Sr. Manager (SBI) in Ranchi, Jharkhand.

Photographs



Essence of Yoga for Healthy Living	RC GANGTOK
<p>On the Yoga Utsav initiated by IGNOU towards the countdown of International Yoga Day 2022, the Regional Centre Gangtok organized a talk cum demonstration on "Essence of Yoga for Healthy Living" on the 26h May 2022 from 10.30 AM.</p> <p>The programme started with IGNOU Kulgeet followed by a welcome address and introduction of the guests by the Regional Director. The participants included RC staff and students and other people visiting the RC. Some RCs and other guests also participated through the shared Google link and the programme was also telecast live on RC Gangtok Facebook.</p> <p>Yoga Practitioner Dr. Geeta Nirola and her team comprising of two young ladies demonstrated some Yoga Asanas in which RC Gangtok staff actively participated. As mentioned earlier learners and visitors also joined in to listen and participate in the programme. Dr. Nirola, Associate Prof. HOD Nepali at Nar Bahadur Bhandari Govt. College Gangtok is an Apex Member of Sikkim & West Bengal, Art of Living. She talked on the various benefits of the yoga asanas while her team demonstrated and showed the ways yoga should be practiced and the procedures towards safe ways to perform and health benefits that these simple and easy to do yoga asanas can do a world of good to our body, soul and spirit in our fast and non-stop world of activities.</p> <p>Specal invitee Shri. Pawan Kumar Ray, Assistant Prof. Harkamaya College of Education, Gangtok, who is also an active Yoga Practitioner delivered a talk on the Importance of Yoga in our daily life. He delivered the talk in Hindi and mentioned how yoga has since long been practiced in India and how it has without any doubt benefitted all those who have practiced and made yoga a part of their daily chores. How much a person practicing yoga gains in mental health as well as spiritually in keeps him fit to do his task with ease. He stressed on the benefits and even doing Yoga in the morning for an hour or half and certainly a person doing so will certainly make the 23 hours worthwhile physically, mentally and spiritually. He also mentioned that practicing Yoga keeps diseases at bay.</p> <p>The RC staff and those who attended the programme thorough the Google link and FB enjoyed and were also relaxed physically and mentally for the remaining day.</p> <p>The talk concluded with a vote of thanks by Ms. Neeta Chettri and playing of the National Anthem.</p>	<p>Links:</p> <p>Facebook- https://fb.watch/dI6h0Cc7gE/</p> <p>Twitter- https://twitter.com/EntryRc</p> <p>YouTube - https://www.youtube.com/watch?v=opP28iT6wdM</p>

Resource Person: Yoga Practitioner Dr. Geeta Nirola and her team comprising of two young ladies demonstrated some Yoga Asanas in which RC Gangtok staff actively participated. As mentioned earlier learners and visitors also joined in to listen and participate in the programme. Dr. Nirola, Associate Prof. HOD Nepali at Nar Bahadur Bhandari Govt. College Gangtok is an Apex Member of Sikkim & West Bengal, Art of Living.

Photographs -



Importance Of Yoga For Teachers	RC GUWAHATI
<p>Regional Centre Guwahati, has organized the webinar lecture on “ The Importance of Yoga for Teachers” on 26th May, 2022 at 3.00 to 4.00PM as part of Yoga Mahotsav, 2022 campaign commemorating 100 days countdown to International Yoga day 2022.</p> <p>The programme began with the University Kulgeet followed by the welcome address by Joseph Somi, Regional Director. The inaugural address was delivered by the Dr. Srikant Mohapatra, Pro-Vice Chancellor, IGNOU. In his inaugural address Dr. Srikant Mohapatra emphasised the importance of yoga for all for good health. He emphasised that health is wealth. Yoga helps to develop well being of human being and provide peace and happiness and make human being more spiritual.</p> <p>The resource person Dr. Mousumi Bordoloi,, Principal, Govt. Banikanta College of Teachers education, Guwahati. In her lecture stated that Yoga is the art of living, providing us both physical and mental well being for human being. So it is required for all teachers to practice Yoga regularly in order to have a healthy mind in a healthy body. Yoga gives self relaxation, concentration; improves memory, self control and self awareness, thus help us to perform our duty to an optimum level. A complete webinar lecture was being recorded and is available in the Regional Centre YouTube Link as given below: https://youtu.be/-QYVMHJ49wk</p> <p>Vote of thank was proposed by Dr. Md. Baniyamuddin, Assistant Regional Director and the programme was anchored by Ms. Bristisnata Gogoi, AE(DP). And the programme concluded with the National Anthem.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/events/1176475673105429/</p> <p>YouTube - https://youtu.be/-QYVMHJ49wk</p>
Resource Person:	Dr. Mousumi Bordoloi,, Principal, Govt. Banikanta College of Teachers education, Guwahati.

Photographs –



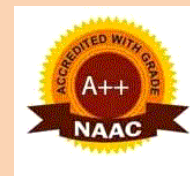


Yoga For Holistic Life		RC HYDERABAD
<p>On the eve of the International YOGA Day the Regional Centre, Hyderabad has organized YOGA Session at 11.00 am on 27.05.2022 all the staff present to the duties have attended the YOGA Session. RC Hyderabad has invited Dr. P. Nagaraju, Director, Pramanik YOGA & Assistant Professor, BVRIT, Hyderabad as Chief Guest for giving lecture on "Yoga for Holistic Life". Dr. P. Nagaraju, spoke on the significance of the YOGA, Yogasanas, Pranayama and Meditation and how the Yoga is helpful in dealing the human life in a holistic way. The speaker impressed the staff on the need of taking YOGA.as a part of their daily life to maintain the equilibrium of Mind, Heart and Soul. The positive impact of the YOGA has been demonstrated and explained through YOGA sutras. Thus the YOGA day has been celebrated with much sanctity at the premises of Regional Centre, Hyderabad. The Regional Director Dr. K. Ramesh thanked Dr. Nagaraju for accepting the invitation and impressed the staff of RC, Hyderabad with his lecture and demonstration of YOGA Aasanas, Pranayama and filled all the staff members with rejuvenated energy.</p>		<p>Links:</p> <p>Facebook- www.facebook.com/ignou.Rch/ignou.hyderabadregionalcentre</p> <p>Twitter- https://twitter.com/IGNOU_Hyderabad</p> <p>YouTube- https://www.youtube.com/watch?v=fYnuNb6lmsw</p>
Resource Person:	<p>Dr. P. Nagaraju, Director, Pramanik YOGA & Assistant Professor, BVRIT, Hyderabad</p>	

Photographs -

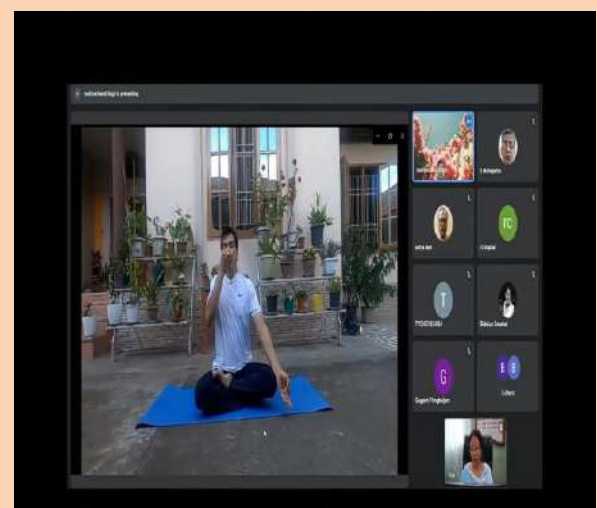
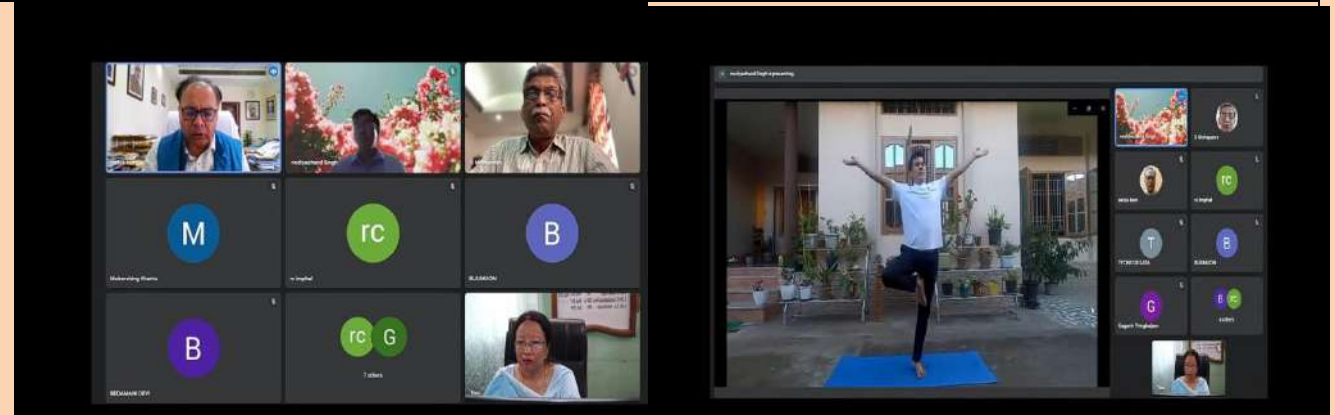






Importance Of Yoga In Our Today's Life		RC IMPHAL
<p>RC Imphal organized international yoga day (IDY) webinar on 27th May 2022 through virtual mode. The programme began with Dr. Oinam Jayalakshmi Devi, RD(i/c) RC Imphal requesting all to stand for the IGNOU Kulgeet.</p> <p>At the outset, RD(i/c) of RC Imphal, delivers the Welcome Speech and welcomes Dr. Srikant Mohapatra, Pro-VC, Dr. Umesh Chandra Pandey, Director RSD, Prof. Satyakam, Pro-VC, Dr. Maibam Nodiyachand Singh, HOD, Department of Yoga, Manipur University (the keynote speaker of the webinar), RD's from other RCs and coordinators of the study centres.</p> <p>This was followed by address from Dr. Srikant Mohapatra and Prof. Satyakam, where they appreciated and complimented for initiating this webinar and highlighted about IDY and its benefits.</p> <p>Dr. Singh, started the webinar by chanting Yoga sutras and emphasized about the importance of Yoga in our today's life and presented varieties of Yoga Asanas and its benefits through videos and virtual mode. He also spoke about introducing Yoga courses through online mode. He ends his speech by thanking and encouraging everyone to reach out to him anytime if there is any query with regard to Yoga.</p> <p>In an observatory remarks Dr. Srikant Mohapatra, appreciated the resource person and also suggested him to prepare an online course of 4-credit on Yoga and said that IGNOU will help him in developing the course.</p> <p>The Webinar ended with Vote of thanks by Mr. Kh. Sushil Kumar Singh, AR, RC Imphal.</p> <p>RC Imphal also organized a four-day Yoga training from an expert from 28th to 31st May 2022.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignou.imphalrc</p> <p>Twitter- https://twitter.com/ignou_imphal</p> <p>YouTube - https://www.youtube.com/watch?v=zfiL9F09ZG8</p>
Resource Person:	Dr. Maibam Nodiyachand Singh, Head of Department, Department of Yoga, Manipur University	

Photographs -




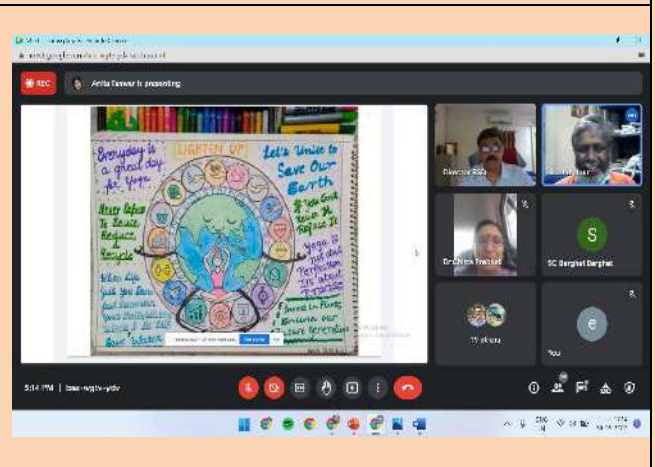
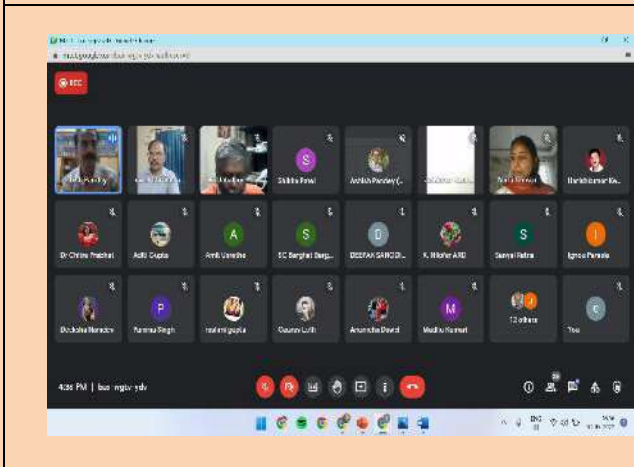
Yoga Workshop		RC ITANAGAR
<p>A Yoga workshop was conducted at RC Itanagar on 30.5.2022. Total 15 staff members of the RC and two faculty members of the Rajiv Gandhi Govt Polytechnic participated in the workshop. Smti P Laxmikumari Devi, Asstt Professor, Dept of Sports Science, Rajiv Gandhi University was the Resource Person. Dr Sanjib Katakya, Regional Director had inaugurated the workshop. In his brief address , he emphasized on maintaining good physical and mental health through Yoga. Dr P Laxmikumari Devi spoke in detail about the tradition of Yoga. She underlined the importance of Yoga in fighting the problems associated with the modern day lifestyle.</p> <p>Dr. Suman Adhikari , Assistant Regional Director thanked all the participants.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOU-Regional-Centre-Itanagar-106411178676800</p> <p>Twitter- https://twitter.com/ItanagarRC</p> <p>YouTube -</p>
<p>Resource Person</p>	<p>Dr P Laxmikumari Devi, Asstt Professor, Dept of Sports Science, Rajiv Gandhi University was the Resource Person in the Yoga Workshop.</p>	

Photographs -






<p>Poster Making Event on Sustainable Earth & Virtual Talk on Importance of Positive Psychology & Yoga.</p>		<p>RC JABALPUR</p>
<p>As per the IGNOU HQs plan, RC Jabalpur also participated in Yoga Utsav which is a month long activity for Yoga promotion among the academics and learners.</p> <p>In sequence on 30th,May'22 by RC Jabalpur organised two main events,</p> <p>1. Poster Event on topic 'Yoga and Sustainable Earth' 2. Virtual Talk on the topic 'Managing Self & Career with Positive Psychology and Yoga' by Prof. Ashish Pandey, from IIT Bombay. Session started with the IGNOU Kulgeet. Regional Director, Dr. S. Srinivas welcomed the key speaker and dignitaries from HQs and from different LSCs. He deliberated about the importance of positive psychology and Yoga for better composed, peaceful work and life. He has presented well planned research data also in support of his ideas on topic.</p> <p>Under the poster making event online entries received from across the India by the IGNOU learners and wards of IGNOU staff. Some of them have been selected for virtual exhibition. After a virtual talk, Director, RSD Dr. U.C. Pandey announced the virtual exhibition open. Important and selected posters exhibited and e-certificate also distributed to the participants.</p> <p>This online event organised through google meet (bax-wgtv-ydv), recording link of this event is shared with the RSD and different academics, also uploaded on FB and Youtube channel for benefitting it to all. This activity planned and coordinated by ARD, Dr. Vivek Shrivastava, with the help of ARD, Dr. Anita Paahadiya.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignourc.jabalpur.7/</p> <p>YouTube - https://www.youtube.com/channel/UCdMOgkU9C3CewxUj_2y1Brg/community</p>
<p>Resource Person:</p>	<p>Dr. Ashish Pandey is Associate Professor. A senior faculty at SJM School of Management, IIT Bombay. He teaches Organization Behaviour (OB), Organization Development (OD), Human Resource Management (HRM) related subjects. His research is in areas of Positive Psychological outcomes of Yoga and mindfulness, interface of business and society, spirituality at workplace.</p>	
<p>Photographs -</p>		
		



Yoga and Immunity	RC JAIPUR
<p>08th International Yoga Day was celebrated at RC Jaipur with a theme "Yoga and Immunity" on 31st May, 2022. Dr. Sanjib Patra, Associate Professor and Head, Department of Yoga, Central University of Rajasthan was invited online to give practical demonstration of Yoga Aasans & Pranayama for boosting the immunity. Live demonstrations of various Aasans were given by some students organized by Dr. Sanjib Patra through Online Google meet with their advantages, relevance and implications in day to day life. He emphasized on how YOGA can be useful in increasing our immunity and relieving stress naturally, Auto Immunity, Organs of Immune System, Life Style to combat COVID, Daily Yoga Practice, and Diet. Dr. Sanjib Patra during demonstration ensured active participation of all for practicing Yoga Aasans properly as per protocol. He motivated all the participants to spare at least 30-45 minutes daily for practicing yoga and make it a way of life.</p> <p>Dr. Mamta Bhatia, Regional Director welcomed invitees on the occasion and expressed her gratitude towards Hon'ble Vice Chancellor, Hon'ble Pro-Vice Chancellor(s) and Director RSD for guiding and motivating to arrange such activities at Regional Centre.</p> <p>All Academic and Administrative Staff Members, Coordinators, some Academic Counsellors of IGNOU RC Jaipur were present during the sessions on the occasion of Yoga day. The learners of RC Jaipur watched the programme live through Facebook and YouTube streaming. The programme was live streaming on Facebook page and YouTube channel of RC Jaipur. Dr. Indu Ravi, ARD coordinated the webinar. In the end of the webinar students of Central University of Rajasthan from Yoga Department demonstrated and practiced various chakras and Aasans of Yoga, pranayama to boost the immunity.</p> <p>At the end of the programme Mr. Sher Singh, ARD gave the vote of thanks.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/OfficialpageRCJaipur/posts/569774718192362</p> <p>Twitter- https://twitter.com/IgnouRc/status/1531508547707879424?s=20&t=YSI2-Dzx1cYfjb8Ymon1g</p> <p>YouTube - https://youtu.be/ogpGtWKu2V0</p>
<p>Resource Person:</p>	<p>Dr. Sanjib Patra, Associate Professor and Head, Department of Yoga, Central University of Rajasthan. Master of Science in Applied Yogic Sciences from TM University, Bhagalpur, Bihar Yoga Bharati, 2001; Ph.D. in Sleep medicine and Meditation from Swami Vivekanand Yoga AnusandhanSamsthan (S-VYASA University), Bengaluru, 2011.</p>

Yoga at Workplace and its benefits		RC JAMMU
<p>As a part of the Yoga Mahotsav 2022 campaign, commemorating the countdown to International Day of Yoga 2022, IGNOU Regional Centre Jammu organized a Webinar on the topic "Yoga at Workplace and its benefits" on 31.05.2022 at 11AM through various online platforms.</p> <p>Dr. Shreyansh Kumar Jain, the internationally famous Yoga expert and State Chairman, International Yoga Association was chief guest and key speaker on the occasion. Several Coordinators of Learner Support Centres of IGNOU in Jammu region participated in the event. Students of Certificate Programme in Yoga (CPY) associated with the LSC 1206, Govt. Degree College, Kathua also participated in the event. Some of the Regional Centres like RC Koraput, RC Dehradun also marked their presence in the virtual event. The staff of the RC also joined the programme.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/ignou.rcjammu/videos/729448274837548</p> <p>YouTube - https://www.youtube.com/watch?v=6vW4gbLbT7g</p>
<p>Resource Person:</p>	<p>Dr. Shreyansh Kumar Jain, the internationally famous Yoga expert and State Chairman, International Yoga Association</p>	
<p>Photographs -</p>		
		
		

<u>Importance Of Yoga, Various Asanas Of Yoga And The Effects Of Various Asanas On Health</u>	RC JODHPUR
<p>Indira Gandhi National Open University (IGNOU) Regional Center Jodhpur Yoga Camp Health Sadhna under Yoga Mahotsav program by Held on 01 June 2022 at 09 AM at Centre, Jodhpur to be done. Under which the officers and employees of IGNOU Regional Center Jodhpur participated in yoga training in Yoga Mahotsav. Regional Director of IGNOU Regional Center Jodhpur Dr. Ajay Vardhan Acharya informed that the Yoga Camp training program was completed on 01-06-2022 by IGNOU Regional Center Jodhpur at Health Sadhna Center Jodhpur. In which all the officers and employees of IGNOU participated. This yoga training camp was broadcast live through Facebook, Google Meet and YouTube channel of IGNOU Regional Center Jodhpur. IGNOU students participated in this program through online mode. In this camp, Shri Ishwar Devani of Yoga Training and guidance was imparted, highlighting the importance of yoga, various asanas of yoga and the effects of various asanas on health. In the program, Assistant Regional Director of IGNOU Regional Center, Jodhpur, Dr. Mukhtyar Ali, Dr. Rupali Srivastava and Assistant Registrar R.S. Meena] Sudarshan] Sangram Singh] Vikram Singh Meena] Dharmendra] Mayank Singh and Jagtar Singh participated.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/jodhpurrc/</p> <p>YouTube - https://www.youtube.com/channel/UC8axcSrvR3BZRSPHbW8QQWA</p>
<p>Resource Person:</p>	<p>Sh. Ishwar Devani, Yoga Instructor</p>

Photographs -





Activity Report on International Yoga Day		RC JORHAT
<p>On account of Yoga Utsav organized by the University, Regional Centre Jorhat has conducted a Training Session on Yoga for the learners of Certificate Programme in Yoga (CPY) and staffs of the Regional Centre on 1st June 2022 at 10.30 AM.</p> <p>Learners enrolled in Certificate Programme in Yoga (CPY), official and staffs of RC Jorhat participated in the yoga session. Ms. Malobika Bezbaruah and Ms. Kabita Neog, Academic Counsellor of CPY programme were the the yoga trainers in the programme.</p> <p>The programme was started by the welcome address by Dr. Anil Ch. Borah, Senior Regional Director of RC Jorhat. Ms. Malobika Bezbaruah elaborated the importance of Yoga in human life, its effectiveness and how it helps to keep the body fit and healthy.</p> <p>There was a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) by the yoga trainer Ms. Kabita Neog which was followed by the session on various Asanas and Pranayamas. The session was conducted in Google Meet.</p> <p>The whole programme was streaming live on our Face Book page-https://fb.watch/dmUwFq8THc/ . Video has been uploaded on YouTube Channel- https://www.youtube.com/channel/UCuULhycO6VQmJqA3GWfaj1A/videos</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOU.Regional.Centre.Jorhat</p> <p>Twitter- https://twitter.com/ignou_jorhat_37</p> <p>YouTube - https://www.youtube.com/channel/UCuULhycO6VQmJqA3GWfaj1A</p>
Resource Person:	<p>Ms. Malobika Bezbaruah, Academic Counsellor, CPY programme Ms. Kabita Neog, Academic Counsellor, CPY programme (C.K.B Commerce College, Jorhat LSC-0410)</p>	
Photographs -		
 <p>Q573+6WV, Malow Ali, Jorhat, Assam 785001, India Jorhat Assam India 30°C 86°F 2022-06-01 (Wed) 10:39(AM)</p>		 <p>Q673+6WV, Malow Ali, Jorhat, Assam 785001, India Jorhat Assam India 32°C 90°F 2022-06-01 (Wed) 11:33(AM)</p>



Webinar on "Yoga and diet for Good Health" as well as Yoga Practice Session		RC KARNAL
<p>"On the occasion of Yoga Mahotsav, Webinar on "Yoga and diet for Good Health" as well as Yoga Practice Session was organized by RC Karnal on 2nd June 2022. Academics and Staff of Regional Centre Karnal and other RCs, Coordinators/PICs, Academic Counsellors and IGNOU learners of the region participated in the programme.</p> <p>At the outset, Senior Regional Director Karnal, Dr. Punam K. Singh, welcomed the Chief Guest/Resource Persons, and the participants and explained the theme of Yoga Day programme.</p> <p>Retd. Prof. Rita Bhalla, Deptt of Yoga Studies, Himachal Pradesh University, Shimla was the Resource person. She delivered a talk on "Yoga and diet for Good Health". Dr Amit Punj, Yoga Specialist, Ayush Deptt Karnal was the Resource Persons for the Yoga Practice Session at RC premises.</p> <p>Prof Rita Bhalla said that yoga is very relevant in today's day and age, especially in the context of our fast-paced modern lifestyle, for health and personality. She talked about the role of diet with yoga for Good Health in day-to-day life. Dr Amit Punj described and demonstrated different forms of Asanas and Pranayam. They also responded to the queries of the participants. The programme was highly appreciated by the participants.</p> <p>The programme ended with a vote of thanks.</p>		<p>Links:</p> <p>Facebook: http://facebook.com/rckarnal10/</p> <p>Twitter: https://twitter.com/karnal_rc</p> <p>Youtube: https://www.youtube.com/channel/UCQLy1RYqvll1yAWI96C6Qg</p>
Resource Person:	<p>Retd. Prof. Rita Bhalla, Deptt of Yoga Studies, Himachal Pradesh University, Shimla</p> <p>Dr Amit Punj, Yoga Specialist, Ayush Deptt Karnal</p>	
Photographs -		
		



 **IGNOU Regional Centre, Karnal**
7 h · 🗨

Webinar on "Yoga and diet for Good Health" on 2nd June 2022- RC Karnal



इंदिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय
क्षेत्रीय केंद्र, करनाल

Webinar on
"YOGA AND DIET FOR GOOD HEALTH"
by
Dr. Ansh Shrivastava
Retired Prof. and Chairperson
Yog Department
Himachal Pradesh University Shimla

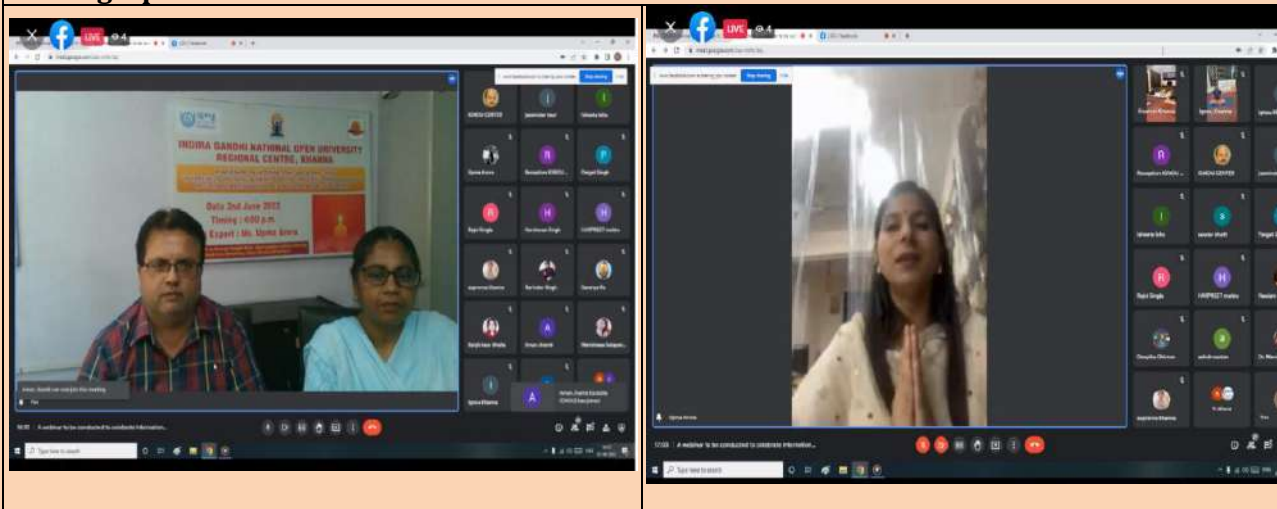
YOGA Practice Section
by
Dr. Ansh Paul (Yoga Specialist)
Ayush Department
Karnal

On 2nd June 2022
at 11.00 am onwards

Meeting Link: <https://meet.google.com/qyb-nd-yq-epz7ba-224>
Facebook: <http://facebook.com/ICR Karnal>
Youtube: Link: <https://www.youtube.com/channel/UC0LzDRVU...R0LAW394C5Q4>

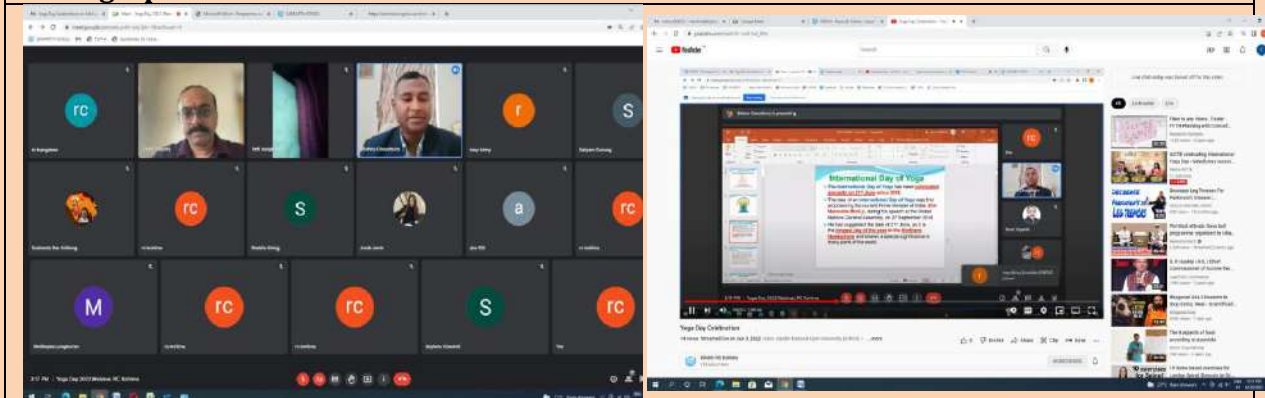
Awareness on living a healthy day-to-day life through Yoga	RC KHANNA
<p>IGNOU Regional Centre, Khanna organized a webinar on '<i>Awareness on living a healthy day-to-day life through Yoga</i>' as part of the month-long Yoga Utsav being celebrated by all the Regional Centres. Information regarding this was uploaded on Regional Centre website and Social Media platforms viz. Facebook & Twitter for wider dissemination. The information was also shared with all the higher authorities of IGNOU HQs as well as all the Regional Centres. Coordinators and Academic Counsellors of different LSCs were also invited to participate in it. The webinar was conducted through Google Meet and Facebook LIVE session.</p> <p>The programme started with the IGNOU Kulgeet and a formal welcome address by Dr. Santosh Kumari, Regional Director. She briefed about the meaning of Yoga and its importance in our day-to-day life. Mrs. Upma Arora, a Yoga trainer from the local NGO Patanjali Yogpeeth, was invited to deliver the main lecture. She emphasized that everyone should start his/her day by performing at least 10-15 minutes Yogasanas. In this way, one can lead a disease-free life. She also told that if one can perform Pranayama etc., one can get rid of various mental disorders/depressions/agonies. Therefore, for leading a healthy holistic life, one has to make Yoga a way of life.</p> <p>Ms. Mukta Joshi, the other Yoga trainer, performed different Yogasanas and Pranayamas in close coordination with Mrs. Upma Arora. The staff members of the Regional Centre also performed along with her. During this LIVE session, a good number of learners, coordinators/academic counsellors participated. Dr. Pramesh Chandra, Assistant Regional Director proposed the Vote of Thanks. The webinar ended with the National Anthem.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignoukhanna</p> <p>Twitter- https://twitter.com/ignourckhanna</p> <p>YouTube - https://www.youtube.com/channel/UCLOKEx3Qok9LwSvyClx5j-Q</p>
<p>Resource Person:</p>	<p>Mrs. Upma Arora is basically an educationist by profession. She is also a certified Yoga trainer who is actively associated with the local NGO – Patanjali Yogpeeth at Khanna.</p>

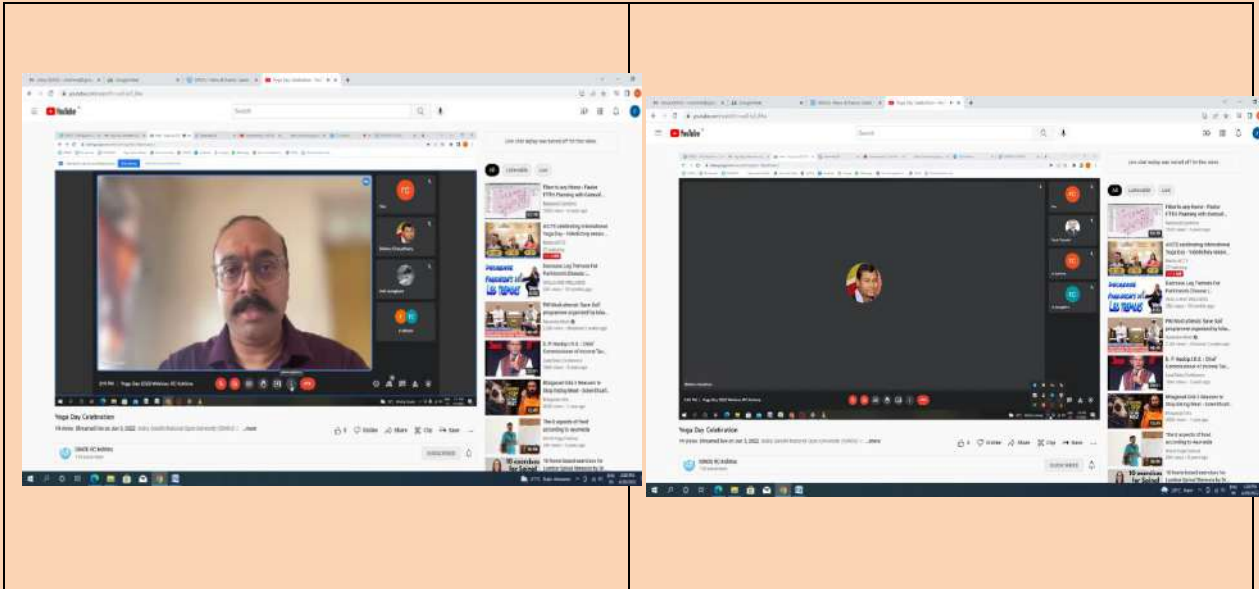
Photographs -

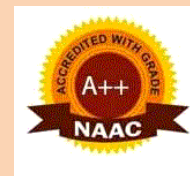


The Importance of Yoga on Human Health and Disease		RC KOHIMA
<p>As part of the month-long Yoga Mahotsav 2022 celebration of Indira Gandhi National Open University across the Regional Centres in the country, IGNOU Regional Centre, Kohima organised One-day National webinar on "Importance of Yoga in Human Health and Diseases" on 03rd June 2022 at 2.00 PM through Google Meet. Dr. Bishnu Choudhury, MD (Ayurveda), Dept. of Kayachikitsa (General Medicine), North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Ministry of AYUSH, Shillong delivered a lecture on the mentioned topic. At the outset Dr. Timir Tripathi, Regional Director, IGNOU Regional Centre, Kohima welcomes the main speaker and all the participants present on the occasion and encouraged everyone to get benefit out of it and practice on daily basis to maintain good health.</p> <p>Dr. Bishnu Choudhury highlights many good things on the importance of yoga. The importance of different postures of yoga and usages and their benefits on human health were also highlighted.</p> <p>Dr. Bishnu Choudhury also highlight the art of practicing yoga which helps in controlling an individual's mind, body and soul and brings together physical and mental disciplines to achieve a peaceful body, mind etc.</p> <p>The session ended with a vote of thanks proposed by Dr. Mayonmi Shimray, Assistant Regional Director</p>		<p>Links:</p> <p>Facebook- https://fb.watch/dLTBLTCRLY/</p> <p>YouTube - https://www.youtube.com/watch?v=oc0-lu3_8Ao</p>
Resource Person:	Dr. Bishnu Choudhury, MD (Ayurveda), Dept. of Kayachikitsa (General Medicine), North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Ministry of AYUSH, Shillong	

Photographs -

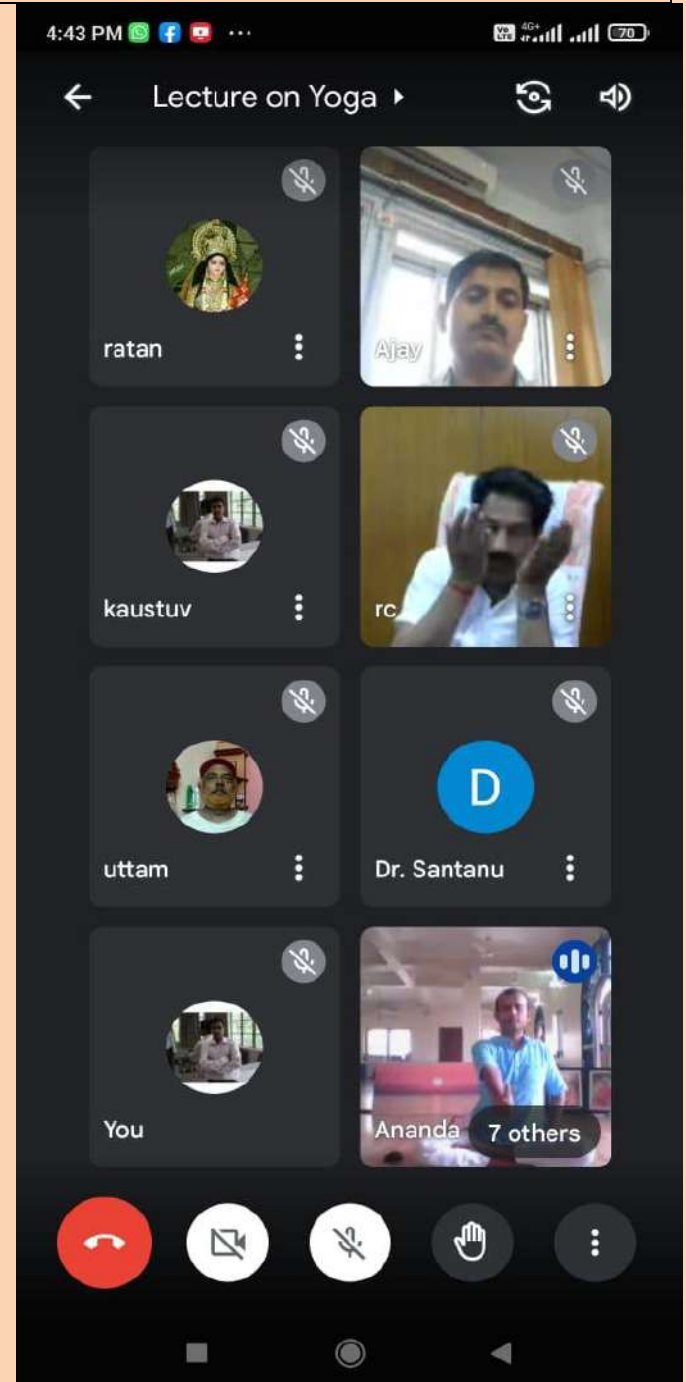


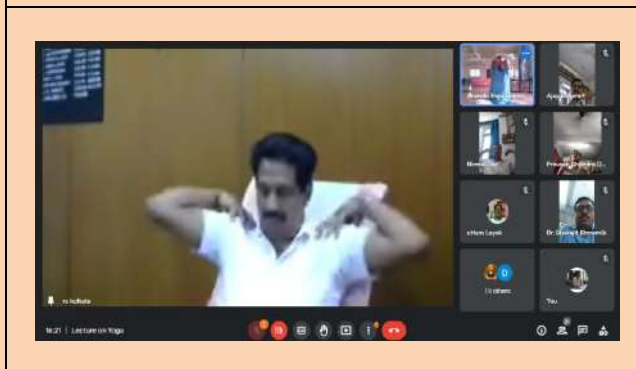




A LECTURE ON YOGA		RC KOLKATA
<p>As part of the month long celebration of yoga utsav on the eve of international yoga day 2022, a lecture on yoga was organized at Regional Centre Kolkata on 03.06.2022 by yoga expert Sh Rama Shankar ji of <i>Ananda Yoga Centre, Salt Lake, Kolkata</i>.</p> <p>The lecture began with the welcome address by Dr. Shiva Kumar GN, Regional Director. He urged the staff members to follow yoga practices in their daily life to develop immunity. He said that yoga not only relaxes an individual but also keeps the human body fit. Apart from physical fitness, yoga is also beneficial for reducing respiratory disorders, hypertension, and helps in the management of diseases like diabetes, depression, stress etc. He said that yoga is a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being. He stated that yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.</p> <p>In his lecture Sh Rama Shankarji described yoga as an ancient physical, mental and spiritual practice that is originated in India. He mentioned that the word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. He explained that yoga embodies unity of mind and body, yoga is not just about exercise; it is a way to discover the sense of oneness with oneself, the world and the nature. He said that the practice of yoga is about creating balance in the body by developing both strength and flexibility. Yoga is unification of Aatma with Parmaatma. It also means the unifications of physical, mental, intellectual and spiritual aspects of human being. He also demonstrate a few simple exercises to keep ourselves fit</p> <p>In his valedictory address Dr. Ajay Kumar Behera, Assistant Regional Director expressed his sincere gratitude to yoga expert Sh Rama Shankarji for his valuable lecture and demonstration. He said that yoga is found to be relevant today as its practice leads to both physical and mental wellbeing. He also appreciated the staff members for making the virtual event successful.</p> <p>All the staff members have whole heartedly participated in this virtual session on yoga.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOUKolkataOfficial</p> <p>Twitter- https://twitter.com/IGNOUKolkata</p> <p>YouTube - www.youtube.com/c/IGNOURCKolkataOfficial</p>
Resource Person:	<p>Sh Rama Shankar ji is an Yoga expert of <i>Ananda Yoga Centre, Salt Lake, Kolkata</i>. He is an alumni of Bihar School of Yoga, Munger, Bihar</p>	

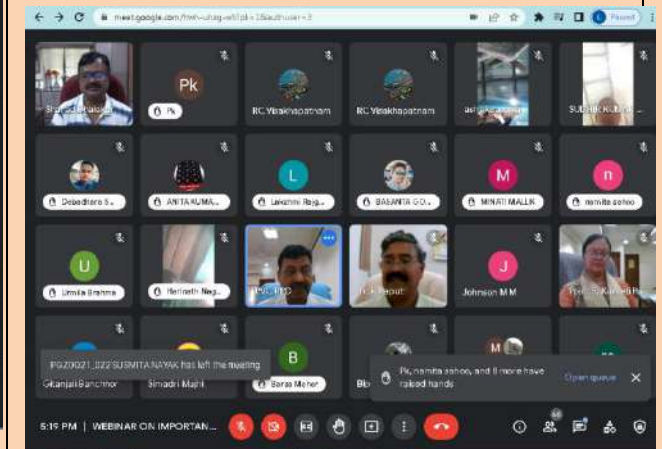
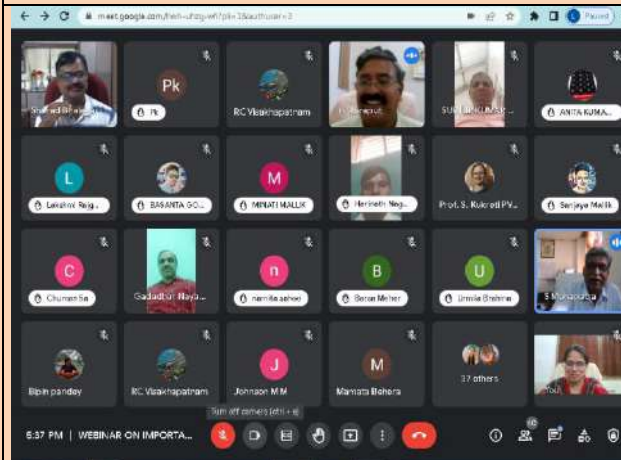
Photographs -





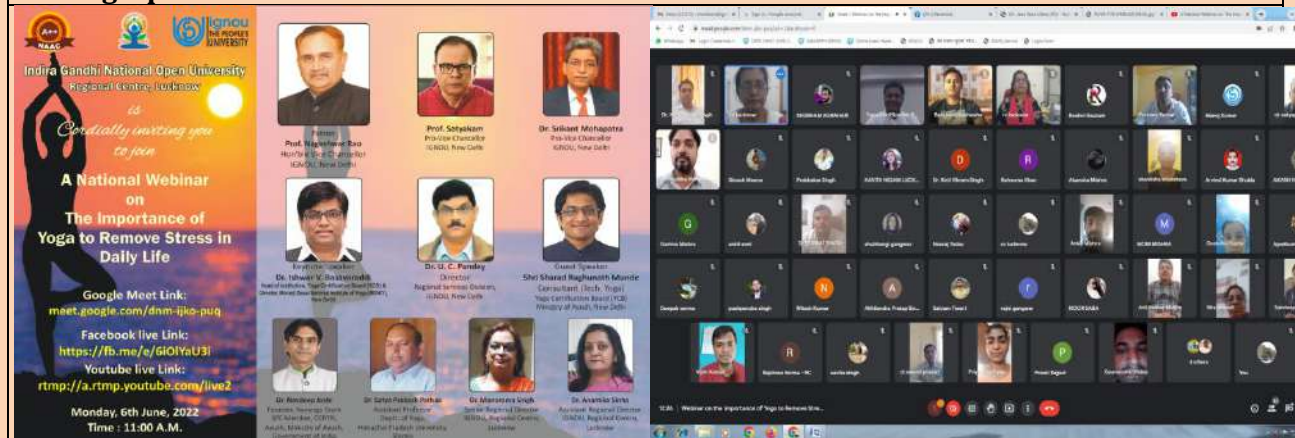
Webinar On Importance Of Yoga In Our Day To Day Life		RC KORAPUT
<p>IGNOU, Regional Centre, Koraput organized a Webinar on Importance of Yoga in Our day to day life” on 06/06/2022 through online/virtual mode and demonstration.</p> <p>The programme began with the Kulgeet of University after that Dr. B.Rajagopal welcomed all the dignitaries, Guests, Guest of Honours and Chief Speakers to this programme. In this programme 82 participants, including students, Academic Counsellors, Coordinators, staff of IGNOU IGNOU Regional Centre, Koraput and also Academics from different Regional Centres participated the programme through Google link shared earlier.</p> <p>On this memorable occasion Dr. Sharadchandra Dadasaheb Bhalekar, Principal, G.S. Collage of Yoga and Cultural synthesis, Lonavola graced the occasion as the Chief Speaker and delivered remarkable speech on different dimension of Yoga. He also demonstrated various Pranayams and discussed the significances of different Asanas and Pranayams to the participants.</p> <p>Prof. Rajendra Prasad Das, Honorable Pro Vice Chancellor delivered presidential address in the Webinar. The programme was glorified with the special address of Prof. Sumitra Kukertii Honorable Pro Vice Chancellor and at the end of the programme it was overvalued with the concluding remarks of Prof. Srikant Mohapatra, Honorable Pro Vice Chancellor.</p> <p>There was also a wonderful interactive session conducted with the participants and the Resource Person Dr. Bhalekar clarified all the doubts and querries of the participants.</p> <p>The programme was moderated by Dr. Latika Kumari Mishra, ARD and vote of thanks proposed by Mr. Madhab Kumar Bisoyi, ARD.</p>		<p>Links Not Available</p>
Resource Person	<p>Dr. Sharadchandra Dadasaheb Bhalekar, Principal, G.S. Collage of Yoga and Cultural synthesis, Lonavola, Teaching Anatomy- Physiology and yoga, Yoga Therapy, Yoga and Ayurveda and mental health.He has written four books on Pranayama- Mudra- Meditation, Anatomy-Physiology- Yogic Context, The path of vipasana meditation and Yogadarpan.</p>	

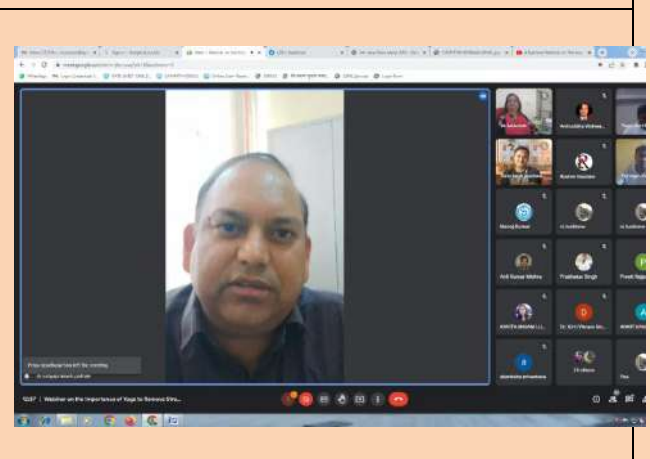
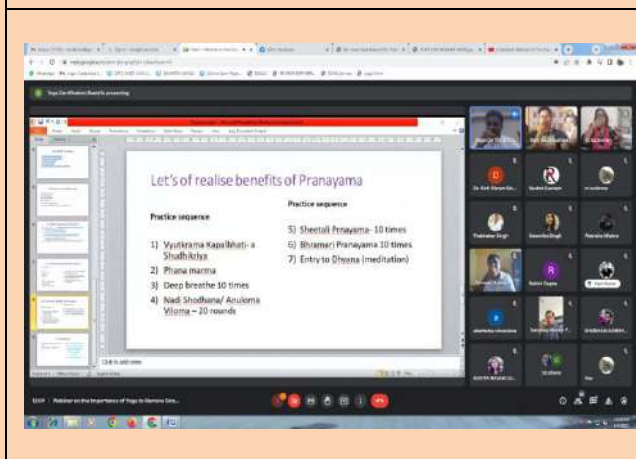
Photograph -



Importance of Yoga to Remove Stress in Daily Life		RC LUCKNOW
<p>Indira Gandhi National Open University, Regional Centre, Lucknow has organized a National Webinar on the Importance of Yoga to Remove Stress in Daily Life through online mode on 6th June, 2022 from 11:00 A.M. onwards. On this occasion Dr. Manorama Singh, Senior Regional Director, Dr. Anil Kumar Mishra, Deputy Director, Dr. Reena Kumari, Dr. Anamika sinha, Dr. Kirti Vikram Singh, Asstt. Regional Directors, Dr. Kamal Saxena, Dr. Parwat Singh, Dr. Perveen Kumar, Dr. S. P. Gupta, Dr. S. P. Singh, Dr. V. K. Trivedi Coordinators, Dr. Nehashree Srivastava, Assistant Coordinators and other staff members of Regional Centre, Study Centre along with the learners were present in this webinar. Dr. Ishwar V. Basavaraddi, Head of Institution, Yoga Certification Board (YCB) & Director, Morarji Desai National Institute of Yoga (MDNIY), New Delhi was the Keynote Speaker of this webinar. The webinar was also addressed by Shri Sharad Raghunath Munde, Consultant (Technical Yoga), Yoga Certification Board (YCB), Ministry of Ayush, New Delhi and Dr. Satya Prakash Pathak, Assistant Professor, Department of Yoga, Himachal Pradesh University, Shimla have also addressed the webinar. Dr. Ishwar V. Basavaraddi discussed about Ashtang Yoga Kriya and How to relieve stress with the help of Ashtang Yoga. He focused upon Dhyana as the key for removing stress from the daily life.</p>		<p>Links:</p> <p>Facebook:</p> <p>https://www.facebook.com/profile.php?id=100004676805530</p> <p>Twitter-</p> <p>https://twitter.com/IGNOULucknow</p> <p>YouTube -</p> <p>https://www.youtube.com/watch?v=E_rjGv33vGs&t=3s</p>
Resource Person:	<p>Dr. Ishwar Basavaraddi is the Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, New Delhi for the last 16 Years. He is also the Head of Institute, Yoga Certification Board, Ministry of AYUSH, Government of India since 2018.</p>	

Photographs -





Importance Of Yoga In The Life	RC MADURAI
<p>IGNOU Regional Centre, Madurai has conducted Yoga Utsav in association with the LSC 43016 at Vivekananda College, Madurai on 07.06.2022 @ 4.30 PM in commemoration of the International Yoga Day Celebrations in IGNOU. Dr. G. Balakrishnan, Coordinator of LSC 43016 at Vivekananda College, Madurai welcomed the participants and about 50 students attended the event. Dr. M. Shanmugam, Sr. Regional Director, RC Madurai delivered inaugural address and in the initial remarks highlighted the importance of Yoga in the life. Dr. G. Anbalagan, Assistant Regional Director, RC Madurai delivered felicitation address and requested the students to practice Yoga for the wellbeing of mental and physical health. Dr. Seenimurugan, Director of Physical Education, Vivekananda College, Madurai highlighted that the yoga day is celebrated to understand the importance of yoga for wellness of the mind and body. Mr. I. Irulappan, Director, Vivekananda School of Yoga, Nilakkottai, Dindigul District who is an expert in the yoga, performed yoga demonstrations in the stage which has followed by all the staff and students. Dr. Premanandam, Asst. Professor at Vivekananda College delivered vote of thanks. The entire event was live streamed in the YouTube and Google Meet of RC Madurai.</p>	<p>Links:</p> <p>YouTube - https://www.youtube.com/watch?v=Hy1DRJCa4XE</p>
<p>Resource Person:</p>	<p>Mr. I. Irulappan, Director, Vivekananda School of Yoga, Nilakkottai, Dindigul District who is an expert in the demonstration and practice of yoga to the college students and youth.</p>

Photographs -

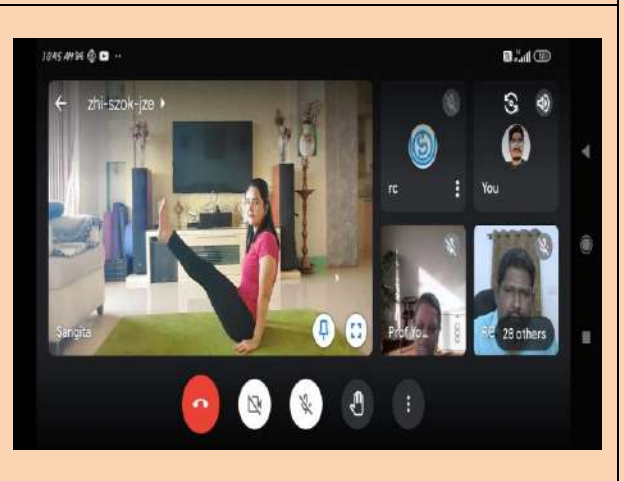
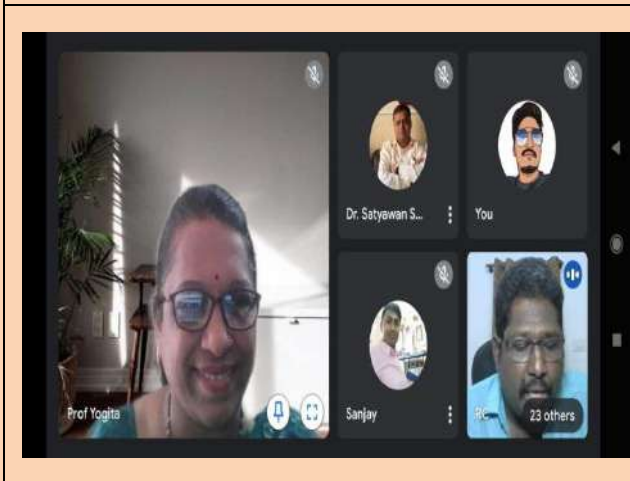
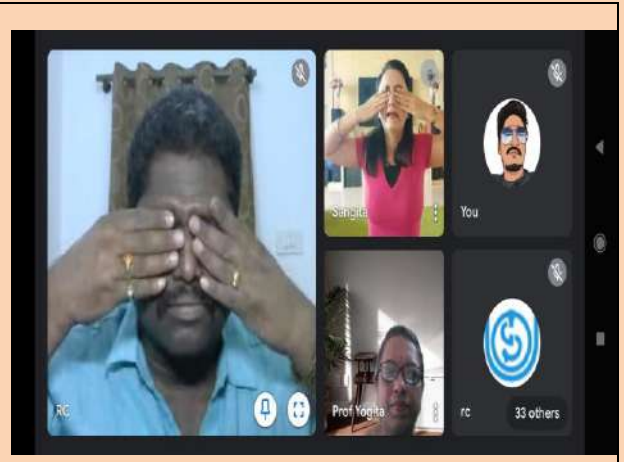






"Rejuvenating through Yoga"		RC MUMBAI
<p>The Regional Centre Mumbai has organised a webinar on "Rejuvenating through Yoga" - a live session with demonstration by Yoga Expert Dr.YogitaMandole on the occasion of "Yogotsav - 2022" on 07.06.2022 at 10.00 AM.</p> <p>Dr.SatywanHanegave, Coordinator and Vice-Principal of K.J.Somaiya College welcomed the participants in the live session. In the initial remark, Dr. E. Krishna Rao, Regional Director (I/c) has spoken about the relevance of yoga in daily life and brief introduction of speaker and Yoga Expert Dr.YogitaMandole</p> <p>Later Dr.YogitaMandole, Yoga Expert started her live session on the above topic. In her presentation, she has explained the current situation of the society. And also teaches the different aasanas and pranayam which will help us to fight against the daily life problems. She also gave brief information about the benefits of each aasanas and pranayam.</p> <p>After the practical session, Dr.PrashantNitnaware, Coordinator, LSC 1632 gave the vote of thanks.</p> <p>This informative and practical webinar was attended by a total of 40 participants. The participants also gave positive feedback at the end of the session.</p> <p>The programme has ended by National Anthem</p>		<p>Links:</p> <p>No recording facility available in Google Meet Hence unable to record.</p> <p>Facebook- https://www.facebook.com/ignourcmumbai/</p> <p>Twitter- https://twitter.com/ignoumumbai</p> <p>YouTube - https://www.youtube.com/c/RCMumbaiOfficial</p>
Resource Person:	<p>Dr.Yogita Mandole, Yoga Expert, Mumbai</p> <ul style="list-style-type: none"> - Certified Yoga Teacher – Yog Vidya Niketan, Vashi – Approved by Government of Maharashtra - Yoga Wellness Instructor – Level 2 – Yoga Certification Board, Ministry of AYUSH, Government of India 	

Photographs -







“YOGA – AS A STRESS BUSTER”		RC NAGPUR
<p>As per directions of HQ, Nagpur Regional Centre conducted National Seminar/Webinar on 8th June 2022. The programme was held through Zoom platform and live broadcasted YouTube/Facebook/Twitter. The programme started with IGNOU Kulgeet. Dr. P. Sivaswaroop, Senior Regional Director welcomed the experts and participants. He explained that besides two experts, the R.C. encourages active participations of Certificate Programme in Yoga (CPY) students of Nagpur Regional Centre also. So, they talked to all the students and Four students came forward to speak on the theme. Prof. S. K. Mahapatra, PVC, IGNOU, New Delhi in his inaugural address said that the entire world is celebrating Yoga Day. He complimented RC Nagpur for the active involvement of students.</p> <p>Dr. Radhika Sarvesh Wazalwar, Yoga Trainer, Nagpur gave details of Yoga, five cautious. And she gave few techniques which can be followed by sitting in the office chair. She explained instant relaxation technique also. Dr. Alka Mayur Bhiwandkar from Mumbai explained the stress and various means of Yoga to reduce it. IGNOU CPY Students Ms.Rachna Bamborde, Nagpur, Ms.Ritu Sahu, Pune and Smt.Shilpa Khandelwal from Amravati spoke on the theme quoting from the IGNOU Study material and their own experiences. Dr. Y. Venkateshwarlu, ARD is proposed Vote of thanks. Dr. Tushar Tale, Assistant Co-ordinator, PDIMTR (36029) conducted the programme. Shri C. H. Rajgure, SO and Shri Rajesh Wasnik, Assistant extended the Technical Support.</p>		<p>Links:</p> <p>Facebook- http://www.facebook.com/NagpurRC</p> <p>Twitter- https://twitter.com/NagpurRC</p> <p>YouTube - https://www.youtube.com/watch?v=dmbFEeIjuLA</p>
<p>Resource Person:</p>	<p>Mrs. Radhika Sarvesh Wazalwar, Yoga Trainer, Nagpur – MSc.(Yoga Therapy)</p> <p>Dr. Alka Mayur Bhiwandkar from Mumbai – PhD (Yog Shastra)</p>	
<p>Photographs -</p>		
		







Indira Gandhi National Open University
Regional Centre, Nagpur


Seminar/Webinar
ON
"YOGA - AS A STRESS BUSTER"
Wednesday, 8th June 2022, 11 am


Prof. Nageshwar Rao
Hon'ble Vice Chancellor

Prof. Satyakam
Hon'ble Pro-Vice Chancellor



Prof. Shrikant Mohapatra
Hon'ble Pro-Vice Chancellor



Dr. U. C. Pandey
Director, RSD

Yoga Experts :
1. Dr Radhika Sarvesh Wazalwar, Nagpur
2. Dr Alka Mayur Bhivandkar, Mumbai

IGNOU Yoga Programme (CPY)
Students also speak on the Topic.

Dr. P. Sivaswaroop
Senior Regional Director

<https://myyoutube.com/IGNOU Nagpur>

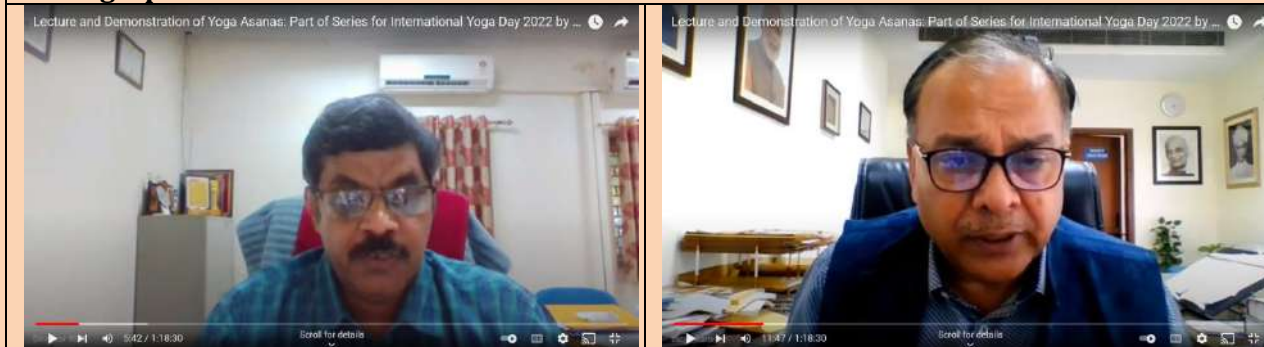
<https://www.facebook.com/NagpurRC>

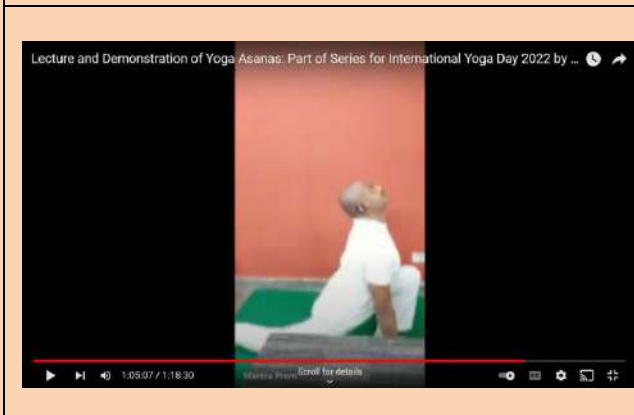
Lecture and Demonstration of Yoga Asanas	RC NOIDA
<p>As a part of the series of activities being organized by Indira Gandhi National Open University towards the preparation of International Yoga Day, an online event i.e “Lecture and Demonstration of Yoga Asanas” was organized by RC NOIDA on 12th May, 2022 from 4 p.m. to 5:10 p.m. through google meet.</p> <p>Dr Amit Chaturvedi Senior Regional Director RC Noida has initiated the session by welcoming the PVCs, IGNOU, Director, Regional Services Division, Regional Directors and all other participants of the programme. Opening remarks were given by Dr. Umesh Chandra Pandey, Director, Regional Services Division which was followed by the address of Hon'ble Pro Vice Chancellor Prof. Satyakam.</p> <p>Yoga expert Sh. Kumar Sushamakar, Indian Oil Institute of Petroleum Management, Gurugram was invited to deliver the lecture on the importance of yoga for healthy living and demonstrate basic Yoga Asanas.</p> <p>Dr Siran Mukerji, Additional Director, RC NOIDA presented the concluding remarks and Dr A.M. Saklani, Deputy Director, RC NOIDA proposed the vote of thanks. The programme was coordinated by Dr. Anjana, Assistant Regional Director.</p> <p>The information regarding the schedule of programme was disseminated mainly through the social media platforms of RC NOIDA i.e. Telegram channel and Whatsapp group. The event was attended by a total of 52 participants through google meet.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/102293317909999/posts/pfbid02dUuogHS4XpNgyMmTuK8q2xE5zaUyGJYz52pUUcjGtcNxJeZPUktSitEuy1zPdNfHl/</p> <p>Twitter- https://twitter.com/rcnoida/status/1524757869127553024?t=y7ea1h7ma1TXMNWQzgGfuw&s=08</p> <p>YouTube- https://youtu.be/_9TeriZhprA</p>

Resource Person:

Sh. Kumar Sushamakar, Invited Guest/Yoga expert is working at Indian Oil Institute of Petroleum Management, Gurugram

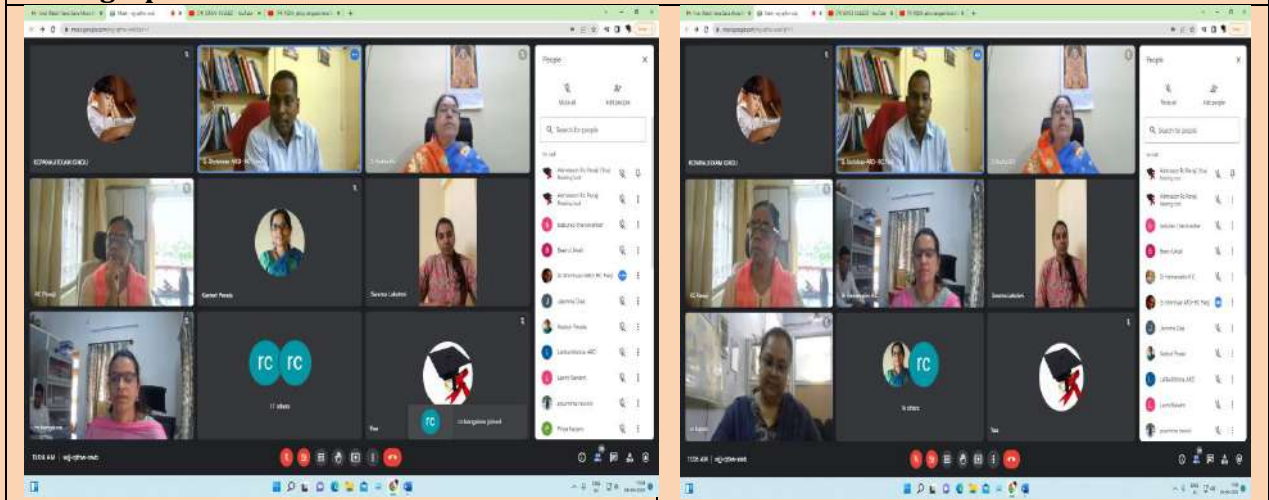
Photographs -

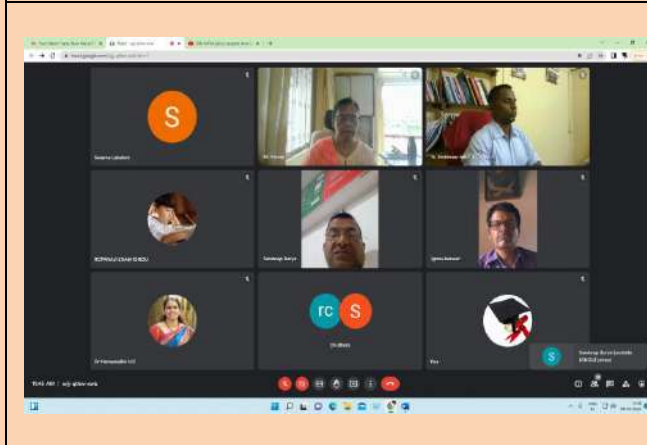
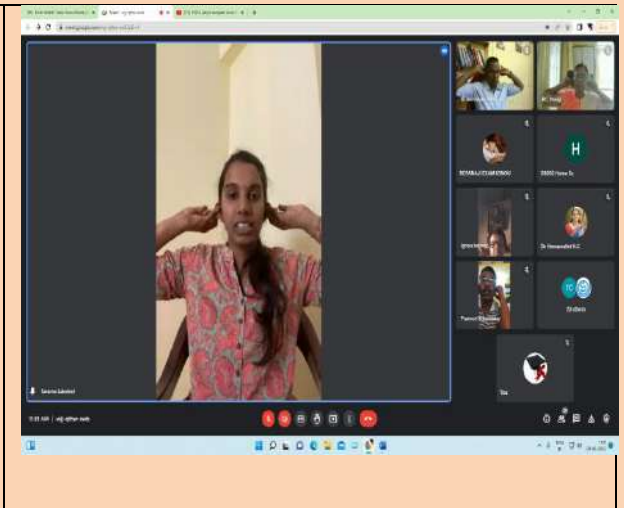
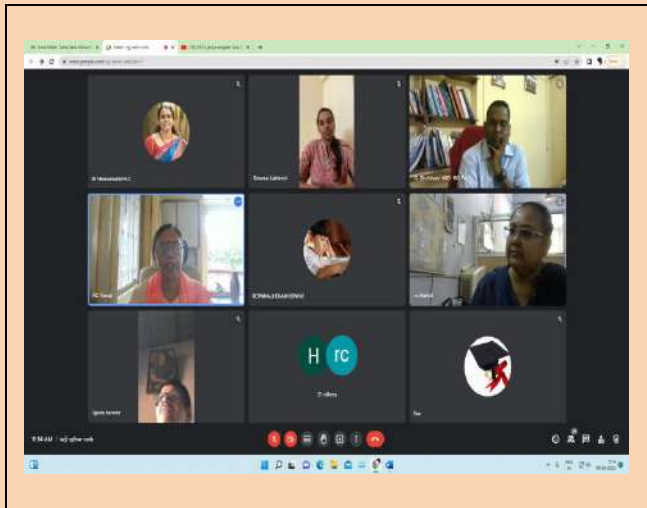




Yoga for the Body, Mind and Soul	RC PANAJI
<p>An online meeting was held through Google to celebrate Yoga Utsav in Panaji region on 08 JUNE 2022.</p> <p>The topic was "Yoga for the Body, Mind and Soul" and was conducted by Mrs Swarna Lakshmi, a practitioner and teacher of <i>Yoga</i> and Art of Living.</p> <p>All RC Panaji staff , a few Regional Directors and staff of other RCs, some of the Study Centre Coordinators and staff, JSS Karwar staff, and some students were present.</p> <p>The Resource person Mrs Swarna Laxmi taught some simple <i>Yoga asanas</i> which could be done even while seated at work</p>	<p>Links:</p> <p>Facebook- https://fb.watch/dCPB8VI9rr/</p> <p>Twitter- https://twitter.com/RcPanaji/status/1539124353971142657?cxt=HwWgoDS-b_ciNwqAAAA</p> <p>YouTube - https://youtu.be/zjbZUqLSaC8</p>
Resource Person:	Mrs. Swarna Lakshmi, a practitioner and teacher of <i>Yoga</i> and Art of Living.

Photographs –





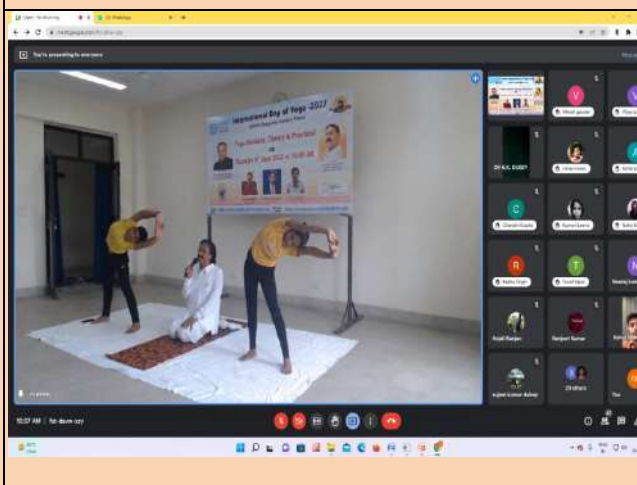
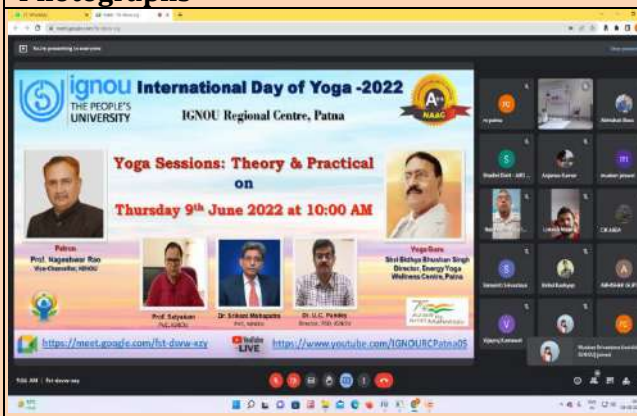
Yoga Sessions: Theory & Practical	RC PATNA
<p>Regional Centre, Patna organized “Yoga Sessions: Theory & Practical” in the Conference Room of the Regional Centre from 10 am to 11 am on 09.06.2022 as a part of Yoga Mahotsav. Yoga Guru Shri Bidhya Bhushan Singh, Director, Energy Yoga Wellness Centre, Patna graced the occasion as the Resource Person. All the staff of the Regional Centre, Regional Evaluation Centre and Regional Centre, Bhagalpur physically participated in the session and more than one hundred participants including the Coordinators of the LSCs, Academic Counselors and Students watched this programme on You Tube and Google Meet. At the outset the Regional Director, Dr Abhilash Nayak welcomed the Resource Person Yoga Guru Shri Bidhya Bhusan Singh Ji, his disciplines and the staff of the RC, REC and RC, Bhagalpur. He briefed the participants about the noble initiative of the University to organize Yoga Utsav over a month’s time to celebrate the International day of Yoga on 21st June 2022. Then he highlighted the significance of yoga in a common man’s life. Then he invited Yoga Guru Bidhya Bhusan Singh Ji and his disciplines to go ahead with the session. At first, Shri Singh explained the difference between yoga and physical exercise and then discussed the spiritual significance of Yoga and its role in modern life. Then he and his disciples trained the participants in the Zero Minute Yoga focusing on “cutting the roots of diseases”. Shri Singh explained the Asanas one after another and his disciples went on demonstrating the Asanas he was describing. The participants repeated the Asanas that the disciples demonstrated. The team trained the participants in the Asanas like Naukasana (Boat Pose), Viprit Naukasana(Reverse Boat Pose), Tadasan(Palm Tree Pose), Tiryak Tadasan(Side Bending Palm Tree Pose), Kati Chakrasan(Waist Rotating Pose), Anulom Bilom Pranayam(Alternate Nostril</p>	<p>Links:</p> <p>Facebook- https://m.facebook.com/story.php?story_fbid=pfbid02VKV2v1jkXmRFH39cnrMAqRtQ4f9mM35D1LDkNMk4SEUfpuMBuME8semrLDiFfFPbl&id=100025779620785</p> <p>Twitter- https://twitter.com/ignourcpatna/</p> <p>YouTube - https://youtu.be/632rL5e7Jp4</p>

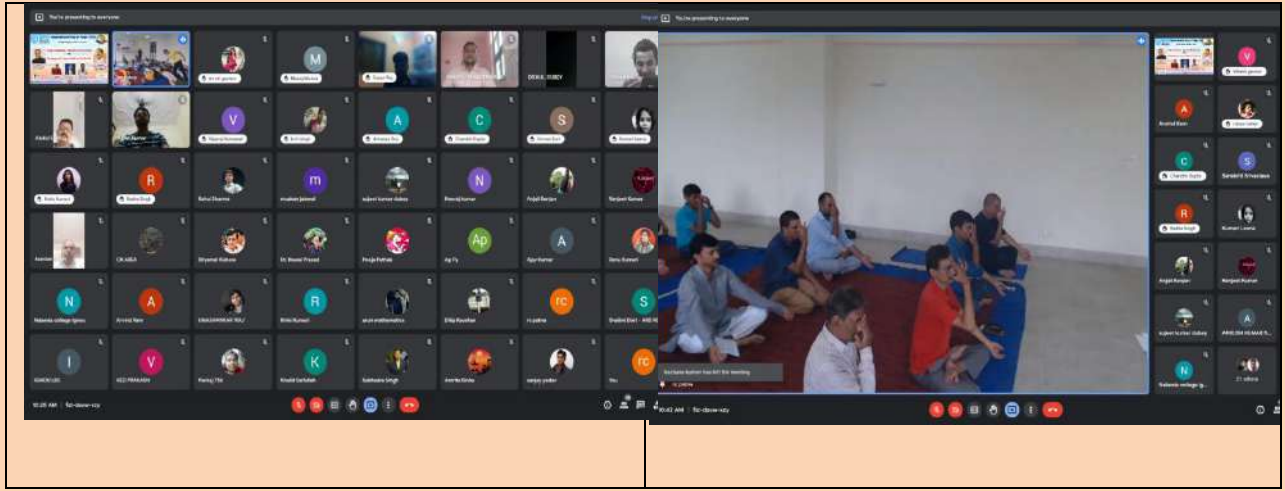
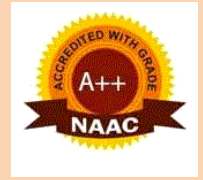
Breathing) and Dhyana(Meditation). The participants greatly enjoyed doing the sessions and were greatly benefited from this initiative of the Regional Centre. The Regional Director requested Shri Singh to conduct sessions in future for the benefit of the staff. Mr Anand Kumar, AR proposed formal Vote of Thanks to Shri Singh and his team, the staff of RC Patna, RC Bhagalpur, REC Patna, the Coordinators , Academic Counselors and students for being physically and virtually present in the event.

Resource Person:

Yoga Guru Shri Bidhya Bhushan Singh is the Director of the Energy Yoga Wellness Centre, Kadam Kuan, Patna.

Photographs -





Yoga: An Approach to Healthy Life and Yoga for Humanity	RC PORT BLAIR
<p>The Yoga Utsav- 2022 has been celebrated at IGNOU Port Blair Regional Centre in collaboration with the Kannada Sangha Association on Thursday, 9th June, 2022. The staff members both Regular and Daily Wages, and the staff of Kannada Sangha Association, Port Blair participated in the function. Dr. S. Raja Rao, Senior Regional Director invited the participants who have attended from different locations and extended a warm welcome yoga guru and requested him to make a presentation about his proposal lecture. The Yoga Expert Shri. N. Sera Arasan, Yoga Physician from Vasumathy Yoga Clinic, Dairy Farm-Port Blair has given special lecture through virtual mode on Yoga: An Approach to Healthy Life and Yoga for Humanity”.</p> <p>Shri. N. Sera Arasan also demonstrated various Hashanahs of yoga through his young student. The programme was conducted at Kannada Sangha Hall. All the members of IGNOU Regional Centre and participants from Kannada Sangha have actively participated and enjoyed the yoga demonstration practice session.</p> <p>Dr. Nurul Hasan, Assistant Regional Director (Selection Grade), Port Blair Regional Centre proposed the vote of thanks to the Yoga Expert Shri. N. Sera Arasan.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/107226557766377/posts/529869902168705/</p> <p>Twitter- https://twitter.com/IGNOUPortBlair/status/1538825888560578560?t=DUDCsaT2lzW019TydDOtbw&s=19</p> <p>YouTube - https://www.youtube.com/watch?v=LiOAVVS3KnY</p>
Resource Person:	Shri. N. Sera Arasan, Yoga Physician from Vasumathy Yoga Clinic, Dairy Farm-Port Blair





Yoga in Daily Life	RC PUNE
<p>As per schedule given by RSD Regional Center Pune has conducted the Yoga Day on 10th June 2022 from 11.30 A.M. to 12:45 NOON.</p> <p>Dr. D. R. Sharma Sr. Regional Director Welcomed the participants and Introduce Hon. PVC Dr. Srikant Mohapatra IGNOU New Delhi to the participants.</p> <p>Hon. PVC Dr. Srikant Mohapatra IGNOU New Delhi graced this occasion by delivering inaugural speech. He has explained the background of yoga day celebrations and importance of yoga in daily life. He has welcomed the expert on the behalf of IGNOU family.</p> <p>Dr. N. R Rajendra Prasad introduces the expert to the participants.</p> <p>Dr. Kajal Gupta Medical officer NIN Pune who was the expert on deliver the lecture entitled “Yoga in Daily Life”</p> <p>As a part of this lecture she has explained the eight limbs of Yoga i.e. Astanga Yoga</p> <ol style="list-style-type: none"> 1) Yama 2) Niyama 3) Asana 4) Pranyanama 5) Prathahara 6) Dhyana 7) Dharana 8) Samadhi <p>The explanation given for Yama & Niyama linking to daily life was excellent. Asteya was linked to office work and she has suggested that nobody should keep the work pending. This was a very nice explanation given by her like that all the eight limbs were explained well and connected to the daily life.</p> <p>The programme was concluded with the Vote of Thanks proposed by Dr. N. R. Rajendra Prasad ARD RC Pune.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/100049083915610/videos/1234831417260704/</p> <p>YouTube - https://www.youtube.com/watch?v=ht6aCTvVqvs</p>
<p>Resource Person:</p>	<p>Dr. Kajal Gupta, BNYS, FIBAA, FRM, MSc (Clinical Psychology) is a health care professional with 5 years of experience in clinical field and academics. She is a passionate educator and clinician specializing in Naturopathy, Acupuncture, Nutrition, Health, Wellness, Medical Education, and Counselling.</p>

Photographs -



Yogic lifestyle for chronic Diseases	RC RAIPUR
<p>IGNOU Regional Centre, Raipur organized a workshop on International Day of Yoga on 10.06.22 at 4pm in Physical mode. On this occasion, the Regional Centre, Raipur invited three Resource persons namely Dr. Vikram Pai, AIIMS, Raipur, Dr. Meghnath Verma, AIIMS, Raipur and Miss Jayashree Khakhria, Jolly'S Yoga Centre, Raipur. The staff of the Regional Centre actively participated in this one day workshop with enthusiasm. Dr. Bijaya Kumar Sahoo, Assistant Regional Director presided over the meeting. Dr. Vikram Pai talked about Yogic lifestyle for chronic Diseases and he explained to the participants about the cure of different diseases through the regular practice of yoga. In detail he briefed the participants on diet system to be adopted by each and every individual to remain healthy. Secondly Dr. Meghnath Verma presented his views on yoga and diabetes and he elucidated different aspects of yoga through which the diabetes can be prevented. He nicely explained the different pranayams and their usefulness for the human beings to remain healthy and fit and fine. Miss Jayashree Khakhria shared her thoughts and notions on the effect of Yoga to boost fertility in males and females in the present society. She narrated different examples through which the fertility in males and females can be generated. Finally Sri Pradeep Kumar Das offered vote of thanks and workshop came to the conclusion.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignouraipur.raipurcg/</p> <p>Twitter- https://twitter.com/IGNOURaipurRc</p> <p>YouTube - https://www.youtube.com/watch?v=ve2sZ7BkEKg https://www.youtube.com/watch?v=vWhI7fN5zKY https://www.youtube.com/watch?v=ls1XIU5raRE</p>
<p>Resource Person:</p>	<ol style="list-style-type: none"> 1. Dr. Vikram Pai, AIIMS, Raipur is a faculty member of department of Yoga. 2. Dr. Meghnath Verma is a Research Officer associated with AIIMS Raipur. 3. Miss Jayashree Khakhria is associated with Jolly's Yoga Center, Raipur.

Photographs -

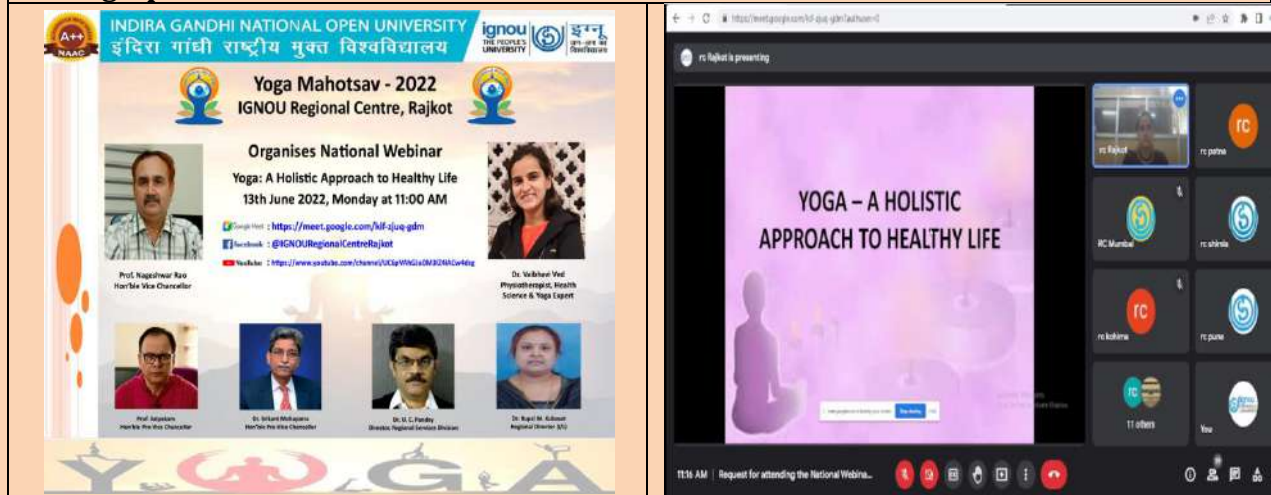


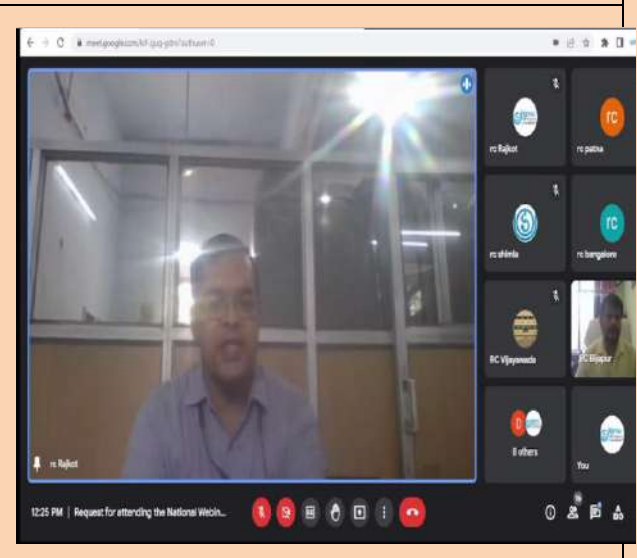
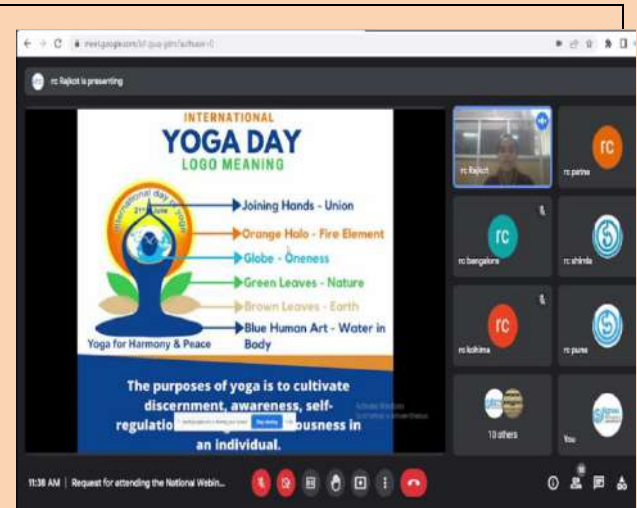
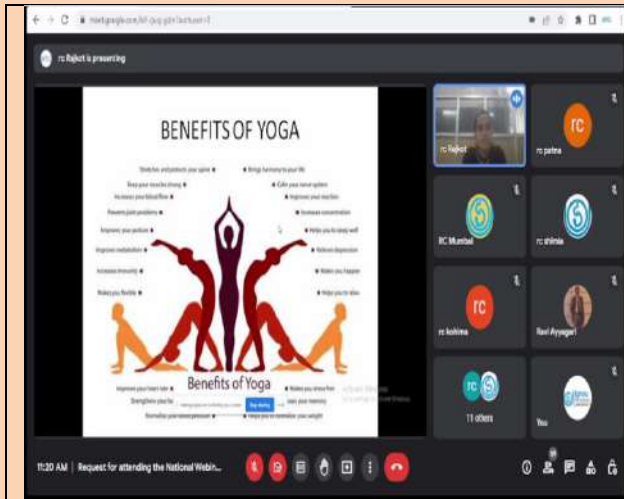


Yoga : A Holistic Approach to Healthy Life	RC RAJKOT
<p>The International Day of Yoga (IDY) is celebrated every year on 21st June. This year the IDY will be focused on India Branding with extensive promotions across the boundaries through all possible platforms including print, digital, social media, etc.</p> <p>As a part of this initiative, IGNOU Regional Centre Rajkot was organized a National webinar on "Yoga : A Holistic Approach to Healthy Life" on the occasion of 8th International Yoga Day as a part of the Yoga Mahotsav 2022 campaign on 13th June 2022 (Monday) at 11.00 AM.</p> <p>Google meet at: https://meet.google.com/kif-zjuq-gdm</p> <p>Live streaming on Facebook Page : https://www.facebook.com/IGNOURegionalCentreRajkot and YouTube: https://www.youtube.com/channel/UC6pVAhGJa0M3IZ4iACw4dsg</p> <p>The webinar was started with IGNOU Kulgeet. Dr. Rupal M. Kubavat, RD (I/c) was delivered welcome address and introduction of the speaker. Chief Speaker - Dr. Vaibhavi Ved, Physiotherapist, Health Science & Yoga Expert, Rajkot was delivered very useful speech with presentation and demonstration. Dr. Ambarishkumar H. Ved, DR was presented vote of Thanks and the webinar was ended by National Anthem. Shri Baij Nath Vishwakarma, AE (DP) was provided technical support for the Webinar. All the Regional Centres, Schools, Divisions, Centres, learners and public were invited in the webinar</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOURegionalCentreRajkot</p> <p>Twitter- https://twitter.com/IGNOU RC Rajkot</p> <p>YouTube - https://www.youtube.com/channel/UC6pVAhGJa0M3IZ4iACw4dsg</p>

Resource Person:	Dr. Vaibhavi Ved, Physiotherapist, Health Science & Yoga Expert, Rajkot was delivered very useful speech with presentation and demonstration
-------------------------	--

Photographs -

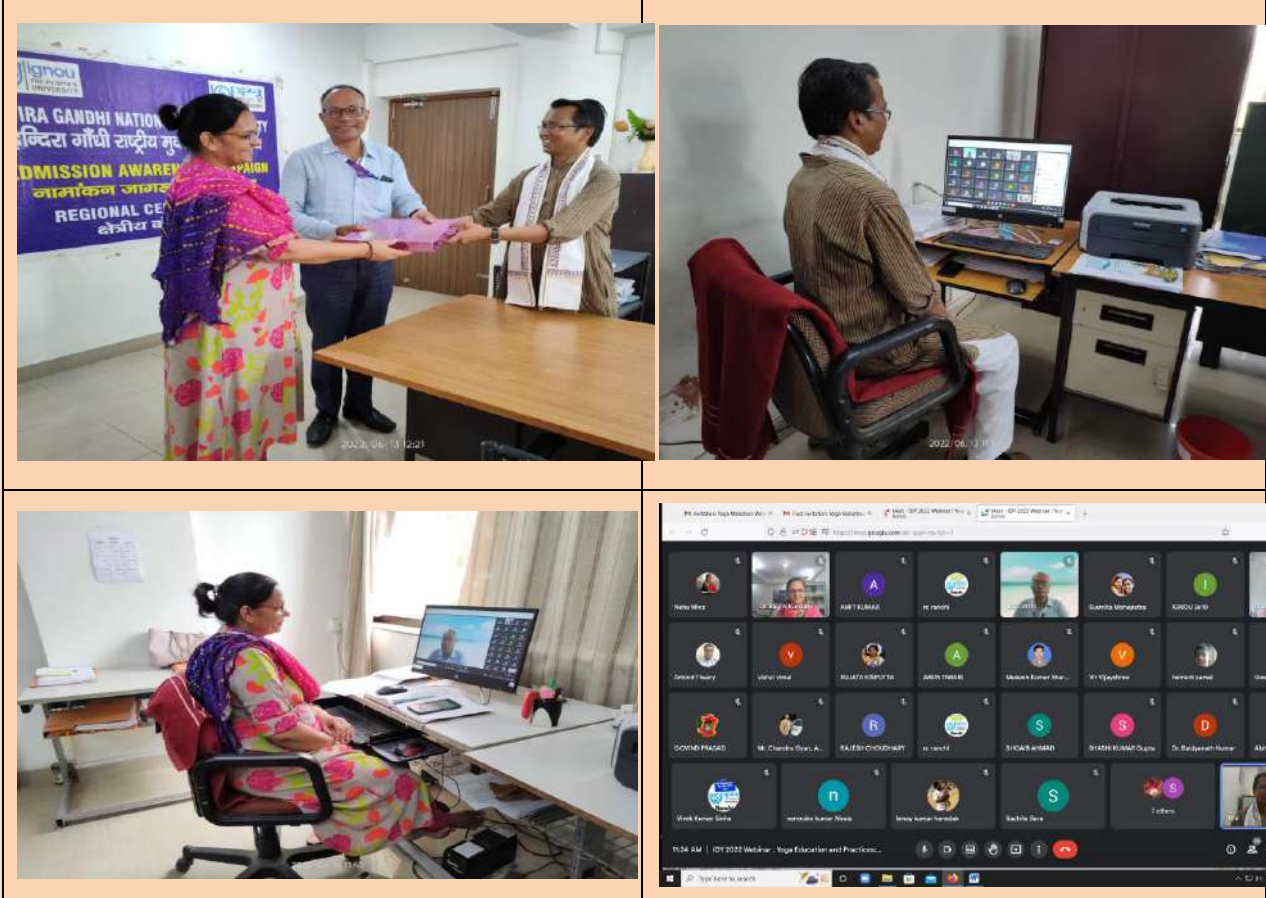




Yoga Education and Practices-Prospects for Career and Good Health	RC RANCHI
<p>On the Occasion of International Yoga Day Celebration” a Webinar on the topic-“Yoga Education and Practices-Prospects for Career and Good Health was organized by RC Ranchi on 13.06.2022@11.00am. Dr B B Roy, Banker & reputed Yoga Expert was Guest Speaker who delivered lecture on the scheduled topic. All the officers/staff of RC, Coordinators,LSCsFunctionaries,AcademicCounsellors and students participated in the scheduled Webinar. The session of the webinar was very informative, interactive and lively session indeed.The session was streamlined on RC Faceboo and You tube channel</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignou32ranchi/</p> <p>Twitter- https://twitter.com/32ranchi</p> <p>YouTube - https://www.youtube.com/c/rcranchi32</p>

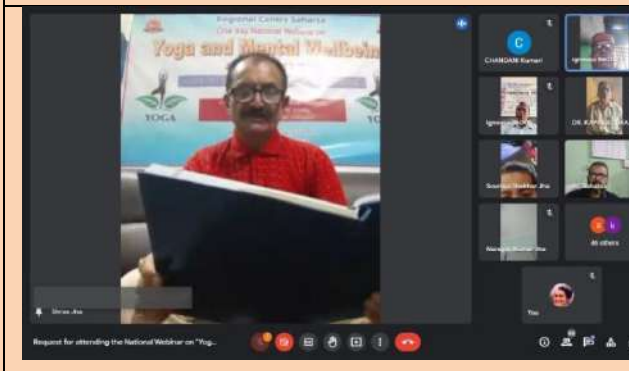
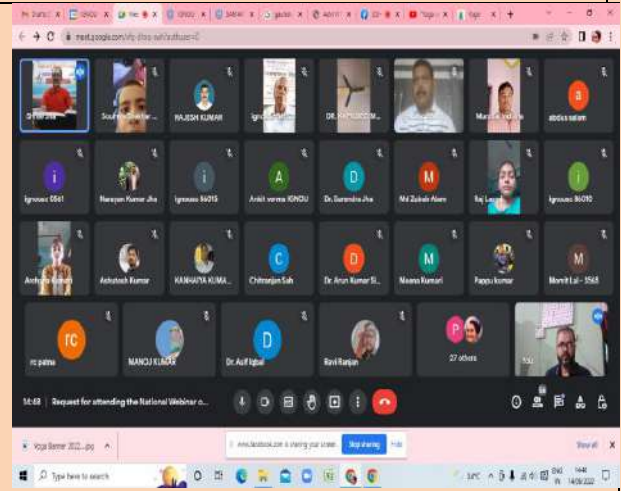
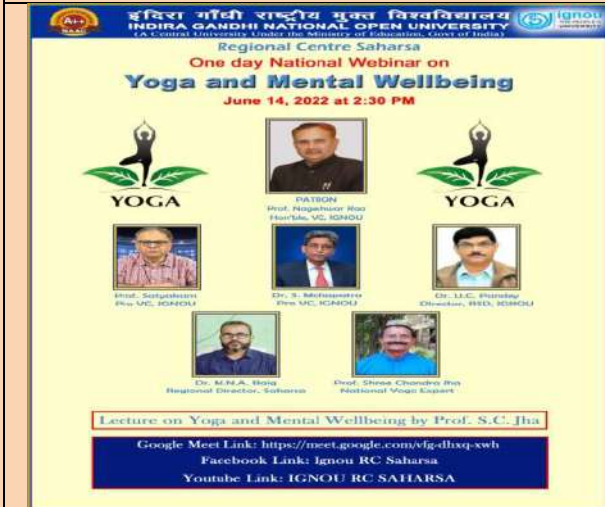
Resource Person:	<p>Dr B B Roy-He is a Banker,YogaExpert,Guest Faculty at Ranchi University and Researchers.He is having very wide experience in this field. Actively participating in Yoga Education, practices and making aware to the people about good health and career prospects in the field of Yoga.</p>
-------------------------	---

Photographs -



Yoga and Mental Wellbeing		RC SAHARSA
<p>As part of month long Yoga 2022 activities carried out by Indira Gandhi National Open University, the Regional Centre Saharsa organized One day National Webinar on the topic 'Yoga and Mental Wellbeing' on 14th June 2022. The Resource Person on the occasion, Prof SC Jha, National Yoga Expert, delivered online lecture on the topic which was available on Youtube as well as Facebook of IGNOU Regional Centre Saharsa.</p> <p>Welcoming the chief guest and RP and other participants during the Google Meet, Regional Director Dr Mirza Nehal Ahmad Baig said that Yoga is "The Art and Science of Living", adding that it is "The Journey of the self, through the self, to the Self", He said that in this 8th edition of International Day of Yoga, the theme is "Yoga for Humanity"</p> <p>The Resource Person Prof. S.C. Jha during his lecture said that Yoga has been very important in our country since the ancient times. A number of books have been written on the theme, the most famous being 'Yoga Darshan' by Patanjali. He added that after the declaration of 21st June as IDY in 2014, the Yoga has got worldwide fame. It is all the important in this fast moving life which is resulting in mental illness and pain all around. Yoga helps in getting rid of such ailments.</p> <p>In the end Prof. S.C. Jha thanked IGNOU for inviting him to deliberate upon such important theme. A number of participants in the meet asked specific question about various diseases to which the Yoga Expert gave satisfactory responses.</p> <p>The meeting ended with vote of thanks.</p>		<p>Links: https://meet.google.com/vfg-dhxq-xwh</p> <p>Facebook- https://www.facebook.com/profile.php?id=100014288821331</p> <p>YouTube - https://www.youtube.com/channel/UChNkll_fvaPrWhM30F2OsFw</p>
Resource Person:	Prof. Shree Chandra Jha, Retired Professor, Economics, MLT College, Saharsa National Yoga Expert	

Photographs

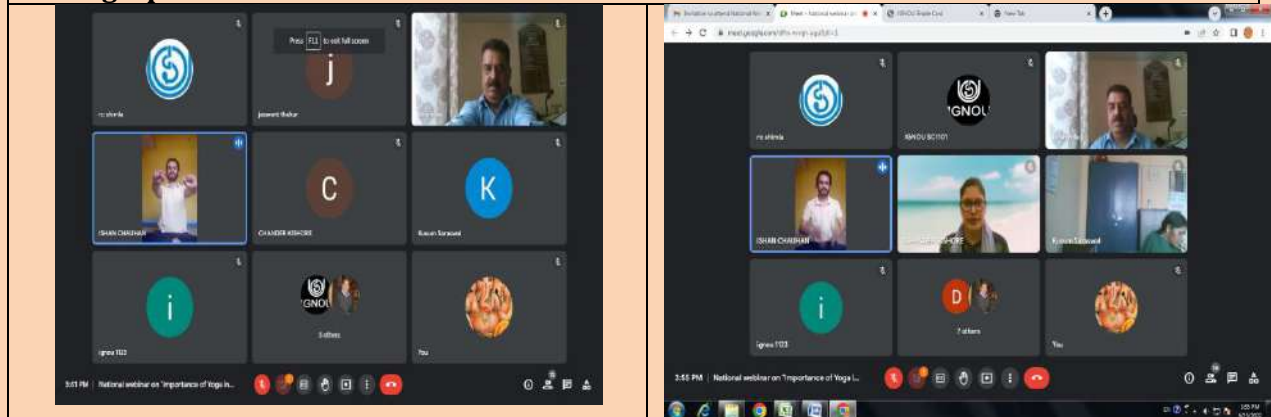


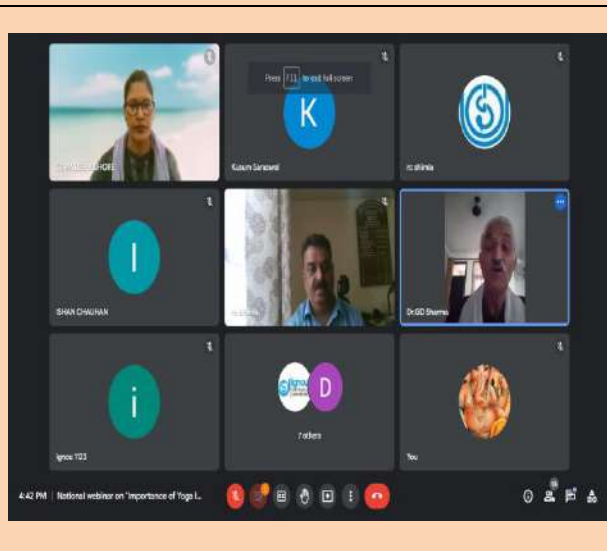
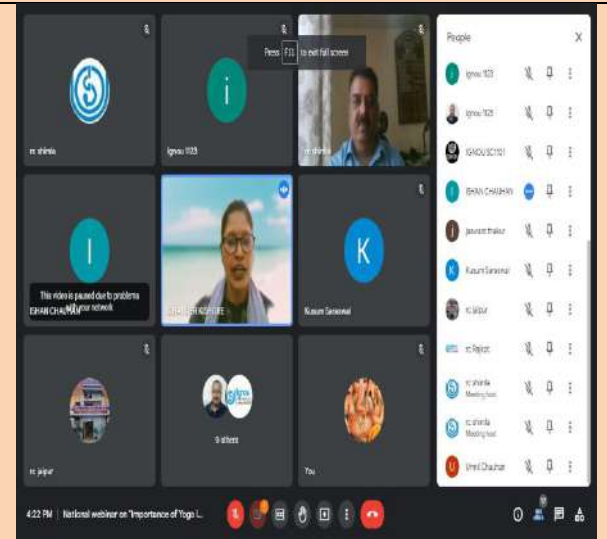
Yoga And Stress Management		RC SHILLONG
<p>The 8th edition of International Day of Yoga (IDY) will be celebrated with the theme “Yoga for Humanity”. Ministry of AYUSH has chosen this theme for the 8th International Day of Yoga 2022 to be organised in India and across the globe on June 21, 2022. As a part of this initiative the Indira Gandhi Open University (IGNOU) has planned to hold a series of activities across all Regional Centres of India. Yoga-related activities include webinars, camps, workshops, etc will be performed all the Regional Center.</p> <p>Accordingly, the IGNOU Regional Center Shillong organized one lecture cum demonstration on “Yoga and Stress Management” on 14th June 2022 from 11.00 a.m. to 12.30 p.m. both online and offline mode. Dr. Anamika Upadhyaya, AYUSH certified Yoga and Wellness Instructor gave a lecture on a different aspect of Yoga and demonstrate a few Yoga in front of the participant present in hybrid mode. All the staff of Regional Center Shillong participated physically in the conference room of the Regional Center whereas many people participated online. Few popular ASHANA were performed such as shukrmavyayaam, Tadasana, Triyaktadasan, marjariasana, Shishuasana, Ushtraasana, NadisodhanPranayaam and then Meditation. The resource person reiterates to the participant’s the importance of Yoga, the awareness and benefit of each ashana on mental, physical and social health. Regular performance of YOGA will take control of our stress and social wellbeing.</p>		<p>Links:</p> <p>YouTube - https://www.youtube.com/watch?v=VIYiMqkR6W4</p>
Resource Person:	Dr. Anamika Upadhaya faculty in the Art of Living Organisation, voluntarily facilitating the Health and Stress Management. AYUSH certified Yoga and Wellness Instructor.	
Photographs -		
		



Importance of Yoga in Present Scenario		RC SHIMLA
<p>IGNOU Regional Centre, Shimla organized a National Webinar on 'Importance of Yoga in Present Scenario' as a part of International Day of Yoga 2022 (Yoga Utsav) celebrations of IGNOU through virtual mode on 15th June, 2022. The schedule of the webinar i.e. Day/Date/Time and name of Resource Persons along with Google Meet & YouTube Link was uploaded on RC Website, Facebook Page and Twitter platforms in advance. The information was also shared with Hqrs., Regional Centres, Study Centres and Academic Counsellors etc. through email and WhatsApp groups. Following two session were scheduled in the Webinar: <i>Session-1: Yoga Protocol</i> <i>Session-2: Global Importance of Yoga</i></p> <p>The webinar was attended by the participants from different Regional Centres and Study Centres including the staff members of Regional Centre, Shimla. Both the sessions were very-very informative, useful and interactive. Participants raised so many questions and got satisfactory answers from the Resource Persons.</p>		<p>Links: Facebook- https://www.facebook.com/ignouregionalcentreshimla/videos/1726225027741153</p> <p>Twitter: https://twitter.com/ignoushimla</p> <p>YouTube - https://youtu.be/LZVcGtcComA</p>
<p>Resource Person:</p>	<p>Mr. Ishan Chauhan, Ph.D Research Scholar and Yoga Expert. He has organized number of State/National level Yoga & Meditation camps.</p> <p>Prof. G.D. Sharma, Retd. Prof. & Chairperson, Deptt. of Yog Studies, HPU Shimla. He has also served in the prestigious positions such as Head, Registrar & Dean (Academic) in the Deptt. of Yoga Science, University of Patanjali, Haridwar (UK)</p>	

Photographs -







Yoga in Day to Day Life	RC SILIGURI
<p>IGNOU Regional Centre Siliguri celebrated the International Yoga Day with a three day Yoga Utsav held on 13, 14 and 15 June 2022 at the Regional Centre premises. The Yoga Utsav was organized in collaboration with Shivananda Vedanta Yogashram.</p> <p>The events of programme was inaugurated by Dr. Pravin Pralayankar, Regional Director on the first day, i.e on 13 June 2022 at 4 pm. On all the three days, all the staff members of the Regional Centre and a few Yoga practitioners from Shivananda Vedanta Yogashram participated.</p> <p>Ms Malina Chowdhury, Master Trainer of Shivananda Vedanta Yogashram was the main demonstrator. Demonstration and training was wholesome and raised our awareness about the benefits of Yoga in daily life. There were various performances of standing and sitting asanas. Various asanas were demonstrated and it culminated in</p> <p>The main programme was scheduled on 15th June 2022, where Dr Gautam Roy was the resource person. He spoke about the origin and history of yoga through centuries in India and how it helped people lead a healthy life. He mentioned precisely about certain postures and Asanas that help to increase concentration and bring energy, inner peace and happiness in a busy materialistic world we live in. He added that Yoga helps in harmonious living. He related Yoga to learning and education and how it can function as a catalyst in the achievement of the Sustainable Development Goals.</p> <p>On all the three days the programme began with an introductory lecture followed up by warm-up exercises, breathing exercises, asanas and Omkar chanting. All the staff members and disciples from the Shivananda Vedanta Yogashram enthusiastically joined the programme.</p> <p>During the interaction session, the staff members in general reflected that the three day's event has refreshed them physically, mentally and spiritually each one of them. It was also decided that the Shivananda Vedanta Yogashram shall extend cooperation to the Regional centre and hold a one day Yoga demonstration day programme at each of the study centre, each month, and finally on June 21, 2023 a mega programme shall be organized at the Regional Centre, Siliguri.</p> <p>On the final day, Dr. Pravin Pralayankar, Regional Director(I/C) thanked all the participants, the resource persons and the inmates of the Shivananda Vedanta Yogashram. He spoke about the importance of Yoga and physical exercises in our daily life.</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignourc.siliguri.9/</p> <p>YouTube - https://www.youtube.com/channel/UCYage4DOztDzl6aN00A-c7Q/featured</p>
<p>Dr Gautam Roy and Ms Malina Chowdhury</p>	<p>Dr Gautam Roy and Ms Malina Chowdhury are engaged in the field yoga since last twenty years and have credit to promote yoga both in india and abroad.</p>

Photographs



Yoga and Mental wellbeing		RC SRINAGAR
<p>Regional Centre Srinagar conducted Yoga workshop in connection with the celebration of Yoga Utsav scheduled by the IGNOU New Delhi. The workshop was conducted on 15-06-2022. All the staff members actively participated in the event. Regional Director in his welcome address stressed upon the need of Yoga in our day to day life and focused on the importance and benefits of Yoga. The Yoga Asnas were demonstrated by the Yoga expert, Mohammad Tahir. Online lecture was also delivered on this occasion by Yoga teacher and expert Dr. S. Surjeet Singh, Senior Assistant Professor, Directorate of Physical Education, University of Kashmir, Srinagar.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IgnouRegionalCentreSrinagar</p>
<p>Resource Person:</p>	<p>Dr. S. Surjeet Singh, Senior Assistant Professor, Directorate of Physical Education, University of Kashmir, Srinagar.</p> <p>Mohammad Tahir, a Physical Education trainer, is a Yoga expert who regularly conducts Yoga sessions with the Directorate of Youth Services and Sports, J&K, Universities and Colleges of Kashmir and the leading schools of the Valley.</p>	
Photographs -		
		



Different Forms Of Yoga, Highlighting The Importance Of Pranayama		RC TRIVANDRUM
<p>As part of Yoga Utsav 2022, IGNOU Regional Centre has organized Yoga demonstration on the 16th June 2022 at Regional Centre, Trivandrum conference hall.</p> <p>The programme has started with the IGNOU Kulgeet followed by the welcome address by Dr T R Satyakeerthy, Assistant Regional Director, IGNOU Regional Centre, Trivandrum.</p> <p>Dr.B.Sukumar, Regional Director, IGNOU Regional Centre Trivandrum has delivered the presidential address . In his address he stressed upon the 'Importance of Yoga in our present situation.</p> <p>The demonstration of yoga has been handled by Shri. Moni Visakan, Director, Sivananda Yoga Vedanta Madom, Thiruvananthapuram and Shri Prasanth Sreeranjana, Yoga Instructor, Sivananda Yoga Vedanta Madom, Thiruvananthapuram. They have explained the different forms of Yoga, highlighting the importance of Pranayama, which helps the regulation of Oxygen and Carbon Dioxide in human body. They also have demonstrated various Yogic Exercises to the participants and stressed its importance in maintaining our health.</p> <p>The demonstration has been followed by meditation and the meeting has ended with a vote of thanks by Shri.R Raja, Assistant Registrar, IGNOU Regional Centre, Trivandrum</p> <p>Photographs and YouTube link in connection with the celebrations are being attached for information and records, please.</p>		<p>Links:</p> <p>Facebook- https://m.facebook.com/story.php?story_fbid=pfbid0UikoDYzUuAnTutFJ8HQocsFvT8KGLJmic3GxejoLnDZRXB4RoE19112DSn1vXVaqI&id=100009907304085</p> <p>Twitter- https://twitter.com/IgnoUtrivandru1/status/1537453470025846784?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Cwtwgr%5Etweet</p> <p>YouTube - https://www.youtube.com/watch?v=wjqMF_PqQR8</p>
Resource Person:	The demonstration of yoga has been handled by Shri. Moni Visakan , Director, Sivananda Yoga Vedanta Madom, Thiruvananthapuram and Shri Prasanth Sreeranjana , Yoga Instructor, Sivananda Yoga Vedanta Madom, Thiruvananthapuram	

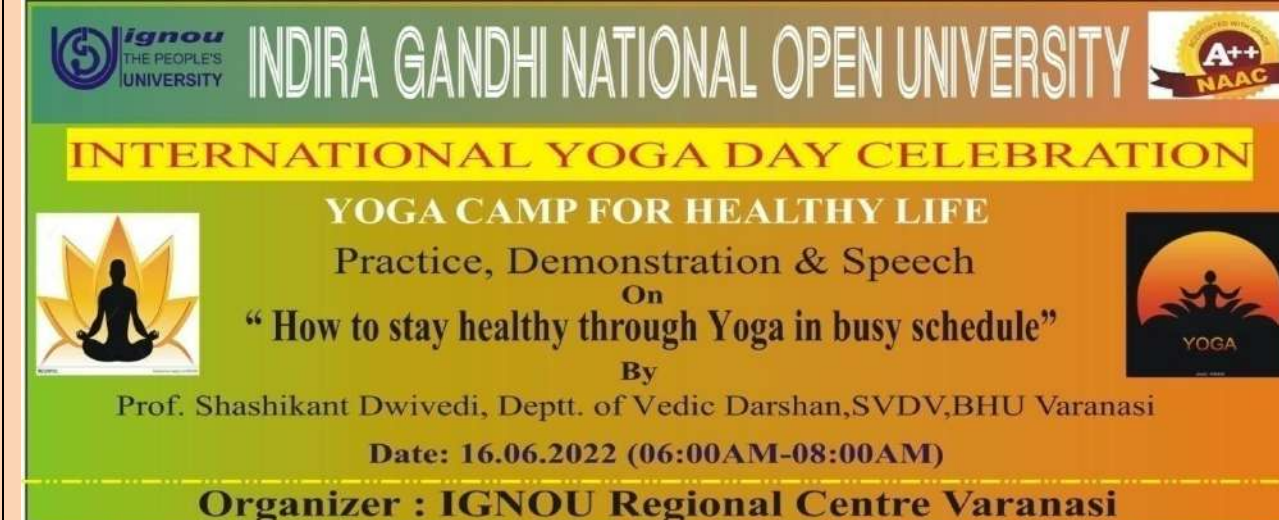
Photographs -





How to stay healthy through Yoga in busy schedule	RC VARANASI
<p>Yoga camp was organized at the premises of Regional Centre Varanasi on 16.06.2022 from 6:00 AM to 8:00 PM as per activities planned for RC Varanasi.</p> <p>A lecture on “How to stay healthy through Yoga in busy schedule” was delivered by Prof. ShashikantDwivedi, Deptt. Of Vedic Darshan, SVDV, BHU, Varanasi. He highlighted the importance of Yoga in daily life and told that this is the only option for stays healthy and overcome from tension at the job place. Dr. S K Pandey, ARD, RC Varanasi welcomed to all and narrated that Yoga not only make us able to face the health challenges of present pandemic period but also incorporate positivity in our personality every day.</p> <p>A practice session for all the staffs of RC Varanasi and LSC 48056 & LSC 27109 was also conducted. Ms. NidhiTiwari and Ms.YashitaSharma.Yoga practice experts of BHU conducted the practice session and demonstrated practices of Yoga to the participants. Surya Namaskar, SukshmVyayam, PawanMuktasan, MandookAshan, SalabhAshan, BhujangaAshan, Naukasanetc and Pranayam were practiced by the participants under the direction of the both. Pof. Sandeep Kumar, Coordinator LSC 48056 and Prof. R N Sharama, Coordinator at LSC 27109 along with their PTFs participated in the programme and learnt Yoga practices. Whereas form RC Varanasi, Mr.KrishnMurari, Anil Kumar, Shyam Sunder, Brijesh Kumar, ManojPandey, AnupamKushwaha, PratibhaYeadav, Avinash& Ravi Kumar actively participated in the programme</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/ignouvns/videos/1717248025334157</p> <p>Twitter- https://twitter.com/IGNOUVaranasi/status/1537748307841232897?t=rzkGP9ZXc6Zvd_gnwtt8hA&s=19</p> <p>YouTube - https://youtu.be/cRlX2wEFqIE</p>
<p>Resource Person:</p>	<p>Prof. ShashikantDwivedi, Deptt. Of Vedic Darshan, SVDV, BHU, Varanasi</p>

Photographs -



The poster features the IGNOU logo and NAAC accreditation in the top corners. The main text reads: "INDIRA GANDHI NATIONAL OPEN UNIVERSITY INTERNATIONAL YOGA DAY CELEBRATION YOGA CAMP FOR HEALTHY LIFE Practice, Demonstration & Speech On 'How to stay healthy through Yoga in busy schedule' By Prof. Shashikant Dwivedi, Deptt. of Vedic Darshan, SVDV, BHU Varanasi Date: 16.06.2022 (06:00AM-08:00AM) Organizer : IGNOU Regional Centre Varanasi". The poster includes two images of a person in a yoga pose: one on a lotus flower and one against a sunset background.





THE WORLD VIEW OF YOGA	RC VATAKARA
<p>IGNOU Regional Centre Vatakara conducted Yoga Utsav programme on 16th June 2022 at 11 Am. The two hour live programme was conducted on the topic, “The World-View of Yoga”. The programme was participated by Yogacharya Dr. K.P.Balakrishnan, who delivered the keynote address, Sh. K.V. Rajan, who was the lead discussant, Dr. M.Rajesh, Sr. Regional Director, Dr. Prameela.O, Assistant Regional Director and Dr. Praveen Kumara, Assistant Registrar. The link for the programme recording is https://youtu.be/HurBoHu77rI</p> <p>Prayer The function began with a prayer rendered by Ms. Neethu Raveendran</p> <p>Welcome Address Dr.M.Rajesh, Sr. Regional Director welcomed the gathering. He highlighted the importance of Yoga as a way of life. He stated that strict adherence to yogic principles shall not only ensure world peace but also prosperity and fraternity. The importance of Yoga in ensuring physical and mental well being was also highlighted.</p> <p>Introducing the Guests Dr. Prameela.O, Assistant Regional Director, introduced the keynote speaker, Dr. K.Balakrishnan and stated that he had through his institution – Yogabharati, brought yoga closer to the lives of the people of Vatakara. After completing his graduation in science, YogacharyaDr.K.P.Balakrishnan undertook deeper studies in the theory and practice of yoga and was also conferred a doctorate for his contributions. Dr. Prameela.O also introduced Sh.Rajan K.V, who apart from being a retired bank manager is an astute practitioner of Kalaripayattu, pranic healing etc.</p> <p>Key – Note Address The Keynote address delivered by Dr. K.P.Balakrishnan was very informative and utilitarian. First, he dispelled the misunderstanding that yoga is only about asanas/ exercises. He emphasised the fact that control over the mind and body is essential to the practice of Yoga. Distinguishing between alpha and beta waves, he explained the role of yoga in generating alpha waves in the human mind, thereby providing positive stimuli. Dr. Balakrishnan drew upon the scientific writings of Dr.Ornish, Sigmund Freud and other to demonstrate the worth of yoga in maintaining a healthy body and mind. He also alluded to some of the successful applications of yoga. Dr. Balakrishnan also drew a parallel of the tenets of yoga with “Ashtanga patha” of Buddhism. He further stated that the success of a yoga practitioner also lay in how far he was able to control his negative emotions along with managing his diet.</p> <p>Lead Discussion The discussion on the lecture was led by Sh. Rajan KV, who explored the postulates laid by Dr. Balakrishnan in finer detail. He traced the concept of yoga to the Mahabharatha and Lord Sree Krishna’s dictum of “Nishkama Karma”. He stated that for ordinary individual’s performance of one’s duty constituted the tenets of yoga. He discussed the various sub-divisions of yoga and explained how each sub division</p>	<p>Links:</p> <p>Facebook- https://www.facebook.com/permalink.php?story_fbid=359348548952664&id=100220378198817</p> <p>Twitter- https://twitter.com/IVatakara/status/1537738342699532288?s=20&t=NGaB7YUGvIJZaBtSLO5XIQ</p> <p>Youtube - https://www.youtube.com/watch?v=KzqvmQ4-6eU</p>

catered to a certain purpose.

Question and Answer Session

The participants also raised certain queries, which were eloquently responded to by the experts.

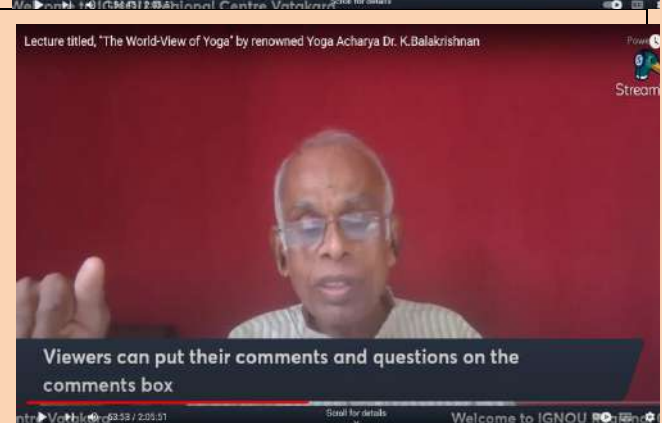
Vote of Thanks

The vote of thanks was delivered by Dr. Praveen Kumara, Assistant Registrar, who thanked the two speakers and the participants for sparing their valuable time for attending the programme.

Resource Person:

Dr. K.P. Balakrishnan had through his institution – Yogabharati, brought yoga closer to the lives of the people of Vatakara. After completing his graduation in science, Yogacharya Dr.K.P.Balakrishnan undertook deeper studies in the theory and practice of yoga and was also conferred a doctorate for his contributions.
Sh.Rajan K.V, who apart from being a retired bank manager is an astute practitioner of Kalaripayattu, pranic healing etc

Photographs -

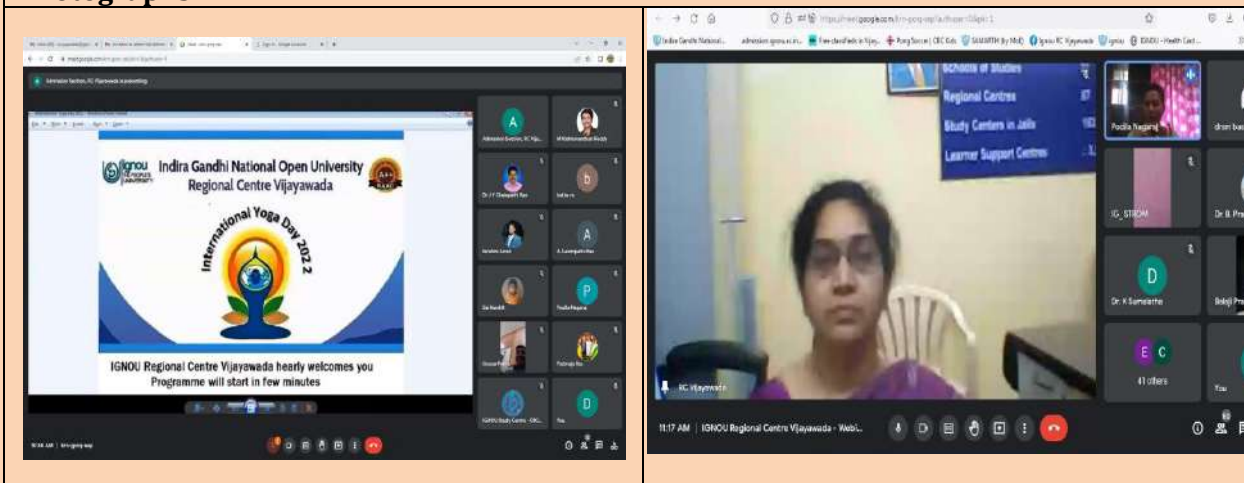


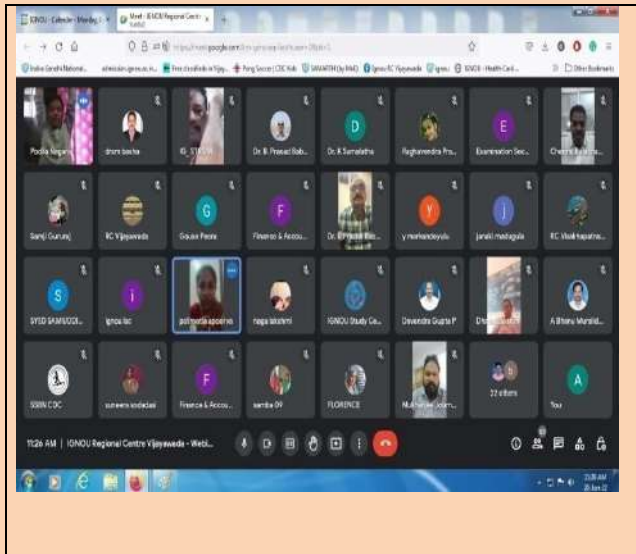
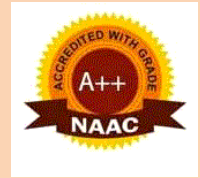
Webinar on Yoga for Well being	RC VIJAYAWADA
<p>RC Vijayawada organized a webinar on the theme Yoga for well being on 20.06.2022 from 11 am to 12 pm as a part of <i>Yogotsav - 2022</i> campaign.</p> <p>Dr K Sumalatha, Regional Director i/c welcomed the participants and introduced the speaker Dr P Nagaraju, Director, Pramanik Yoga, Hyderabad. She highlighted about the Yoga Utsav at all the Regional Centres across the country and emphasised that yoga has many benefits to our physical and mental health.</p> <p>Dr P Nagaraju spoke about basics of yoga, Patanjali yoga and surya namaskaras. During his talk he demonstrated and the participants along with him did some yoga activities like body stretching, forward bending, breathing exercises, bharadwaja asana. Finally he advised the participants to maintain good health through yoga practice at least two days a week and also advised to change the lifestyle for good health and psychological wellbeing.</p> <p>The academic and administrative staff, Coordinators, some academic counselors of RC Vijayawada, colleagues from other RCs attended the webinar. The programme was streamed live on RC Facebook page and Youtube channel to enable the learners of RC Vijayawada to watch the programme. There were a total of 124 participants.</p> <p>The programme ended with a vote of thanks by Dr B Prasad Babu, ARD.</p>	<p>Links:</p> <p>Facebook: www.facebook.com/IGNOU-Regional-Centre-Vijayawada-110076084959347</p> <p>YouTube: https://youtu.be/C-uCbvM9ng</p>

Resource Person:

Dr P Nagaraju
Director, Pramanik Yoga
Hyderabad

Photographs –





Yoga & Stress Management		RC VISAKHAPATNAM
<p>The 8th International Day of Yoga celebrations were held today at the IGNOU Regional Centre at MVP Colony, Visakhapatnam. Dr. R. Tulasi Rao, Faculty, Department of Yoga and Consciousness, Andhra University, Visakhapatnam was the Chief Guest and delivered a Lecture on “Yoga & Stress Management”. The program was chaired by Dr. Dharmarao Gonipati, Regional Director and he inaugurated the programme with his remarks on the importance of International Yoga Day and benefits of Yoga in the day-to-day professional life to reduce the stress. In the lecture, Dr. Tulasi Rao, the Chief Guest has explained the causes of illnesses in the human body due to stress in the Work Palce as well as in the personal life and how Yoga can be helpful in fighting with it. There was a demonstration session after the lecture and the Guest also presented various Asanas for stress management.</p> <p>An exhibition depicting the programmes of Yoga Day celebrations and quotations on Yoga and its importance. The programme was conducted in face to face mode and the videos are placed in YouTue, FB and Twitter handles. Sh. A.L.P. Rao, Assistant Registrar, IGNOU Staff participated in the event.</p>		<p>Links:</p> <p>Facebook- https://www.facebook.com/IGNOUVisakhapatnam/posts/1932398183631433</p> <p>Twitter- https://twitter.com/RCVisakhapatnam/status/1538843213288865793?cxt=HHwWgoDU0frviNsqAAAA</p> <p>YouTube - https://www.youtube.com/watch?v=guQvZ_pLh5k</p>
Resource Person:	Dr. R. Tulasi Rao, Faculty, Department of Yoga & Consciousness, Andhra University, Visakhapatnam	

Photographs -

