

## Indira Gandhi National Open University

Date wise schedule of activities planned at Regional Centres for the International Yoga Day 2022

Sl. No.	Regional Centre	Date	Yoga Activity planned at the Regional Centre
1	Bhopal	12/5/2022	1. Lecture on, "The Need for inclusion of Yoga Discipline in the Indian Education System". 2. One day Workshop entitled, "Energizing & Beautifying the Body and Mind with Yoga" for Students and Staff of RC and REC Bhopal. 3. Awareness Campaign on Yoga to be communicated to students and LSCs through email.
2	Noida	12/5/2022	Lecture and Demonstration by Yoga Expert in virtual mode.
3	Delhi-3	13/5/2022	Webinar on Yoga with demonstration and practice of various Yogic exercises as per Yoga protocol under a trained Yoga Teacher.
4	Delhi-1	13/5/2022	Webinar on Yoga for staff & students.
5	Agartala	17/5/2022	Lecture and Demonstration on Yoga
6	Ahmedabad	17/5/2022	1. Lecture on importance & advantages of adopting Yoga in daily life. 2. Practical Training of Yoga to staff of RC.
7	Bangalore	18/5/2022	Webinar on Yoga with an expert from Sri Sri Ravishankar Institute.
8	Aizwal	18/5/2022	A special workshop on Yoga under the guidance of YOGA Wing, Sports and Youth Services Department, Govt. of Mizoram, Aizawl
9	Bhubaneswar	19/5/2022	Seminar on "Digestive Disorders and Yoga" in association with Bharatiya Yoga Sansthan, Odisha Prant.
10	Bhagalpur	19/5/2022	Demonstration Session on Yoga
11	Chandigarh	20/5/2022	Lecture cum Yoga session by Sh. Tejpal Singhal (Yoga expert)
12	Bijapur	20/5/2022	Yoga Training Programme at Regional Centre Bijapur for local LSC staff.
13	Cochin	23/5/2022	Lecture and demonstration on Yoga
14	Chennai	23/5/2022	Training Programme for RC-Staff by Trained Yoga Teacher
15	Dehradun	24/5/2022	Lecture on Yoga followed by practice; display of Yoga Charts and Standees
16	Darbhanga	24/5/2022	One day National webinar on "Importance of Yoga to achieve holistic health.
17	Deoghar	25/5/2022	Online Session by an Yoga expert on the topic "Yoga And Maintenance of Complete Health " .
18	Delhi-2	25/5/2022	Webinar on Yoga with demonstration and practice exercises.
19	Guwahati	26/5/2022	Lecture Session on Yoga by an expert
20	Gangtok	26/5/2022	Lecture session by a Yoga expert with some basic yoga exercises for healthy living.
21	Imphal	27/5/2022	1. Webinar on Yoga for RC staff. 2. Workshop cum yoga Camp at RC from 27th to 31st May 2022.
22	Hyderabad	27/5/2022	Lecture on Yoga for Holistic Life with some Yoga practice sessions
23	Jabalpur	30/5/2022	1. National Poster Event on Yoga and Sustainable Earth. 2. National Virtual Talk on "Managing Self & Career with Positive Psychology and Yoga"
24	Itanagar	30/5/2022	Yoga workshop at Regional Centre
25	Jammu	31/5/2022	Webinar on Yoga by Dr. Shreyansh Kumar Jain for students and coordinators of the Learner Support centers
26	Jaipur	31/5/2022	Lecture by a Yoga expert on 31st May2022
27	Jorhat	1/6/2022	Training programme on Yoga for staff & students of the Regional Centre
28	Jodhpur	1/6/2022	Yoga Camp will be organized by IGNOU RC Jodhpur
29	Khanna	2/6/2022	A webinar on the topic "Awareness on living a healthy day-to-day life through Yoga" in collaboration with local NGO Patanjali Yog Peeth.
30	Karnal	2/6/2022	1. Talk by an Yoga Expert through Online mode. 2. Yoga camp and practice sessions at RC Premises.
31	Kolkata	3/6/2022	Lecture session by yoga expert for staff and students of the Regional Centre.
32	Kohima	3/6/2022	Webinar on Yoga regarding its importance for human health and diseases.

Sl. No.	Regional Centre	Date	Yoga Activity planned at the Regional Centre
33	Lucknow	6/6/2022	1. Online Workshop on the Importance of Yoga to remove stress in daily life. 2. Pranayaam Training Programme for the staff and learners of Regional Centre, Lucknow
34	Koraput	6/6/2022	1. Webinar on the importance of Yoga in our day to day life. 2. Workshop on Yoga for the RC/LSC staff and students.
35	Mumbai	7/6/2022	Lecture session on Yoga and Health
36	Madurai	7/6/2022	Yoga Camp at LSC-43016, Vivekananda College, Madurai
37	Panaji	8/6/2022	1. Yoga sessions in the RC premises. 2. Talk by Yoga expert through Google Meet 3. Talk on Satvik Aahaar by RD Panaji through Google Meet
38	Nagpur	8/6/2022	Webinar on "Yoga - As a stress buster."
39	Port Blair	9/6/2022	Planned to organize Yoga Lecture and practice session for the Regional Centre staff.
40	Patna	9/6/2022	YOGA Sessions: Theory & Practical
41	Raipur	10/6/2022	Workshop on Yoga at IGNOU, Regional centre, Raipur
42	Pune	10/6/2022	Lecture session on Yoga.
43	Ranchi	13/6/2022	Webinar on Yoga with practice sessions
44	Rajkot	13/6/2022	Webinar on Yoga by an expert
45	Shillong	14/6/2022	Workshop on Yoga at the Regional Centre
46	Saharsa	14/6/2022	Online lecture by Yoga expert Prof (Dr) S C Jha on 'Yoga and Mental Wellbeing'
47	Srinagar	15/6/2022	Lecture Session on the topic "Yoga for Peace & Prosperity" in collaboration with Brahma Kumari Ishwariya Vishwa Vidhyala Mount Abu Rajasthan (World Spiritual University) & Raj Yoga Education & Research Foundation, BK Centre Jammu & Kashmir
48	Siliguri	15/6/2022	Yoga Camp at the Regional Centre premises in collaboration with Shivananda Yogashram, Nema, Matigara, Siliguri.
49	Shimla	15/6/2022	1. Workshop on Yoga 2. Webinar on Yoga
50	Vatakara	16/6/2022	A virtual talk by Yogacharya Dr. Balakrishnan K on the topic, "The world-view of Yoga".
51	Varanasi	16/6/2022	Yoga camp for local RC/LSC staff in collaboration with Faculty of Ayurveda, Institute of Medical Science, BHU, Varanasi.
52	Trivandrum	16/6/2022	Demonstration on Yoga with practical session for RC and LSCs Staff
53	Vishakhapatnam	20/6/2022	1. Lecture on "YOGA- A Life Style" by Dr. R. Tulasi Rao, Faculty, Department of Yoga and Consciousness, Andhra University. 2. Demonstration of YOGA Postures by Experts. 3. Photo/Poster exhibition on Yoga at the Regional Centre. 4. Essay Writing Competition on YOGA related Topics.
54	Vijayawada	20/6/2022	Webinar on ""Yoga for Well Being" for RC/LSC staff and students