

IGNOU REGIONAL CENTRE, KORAPUT

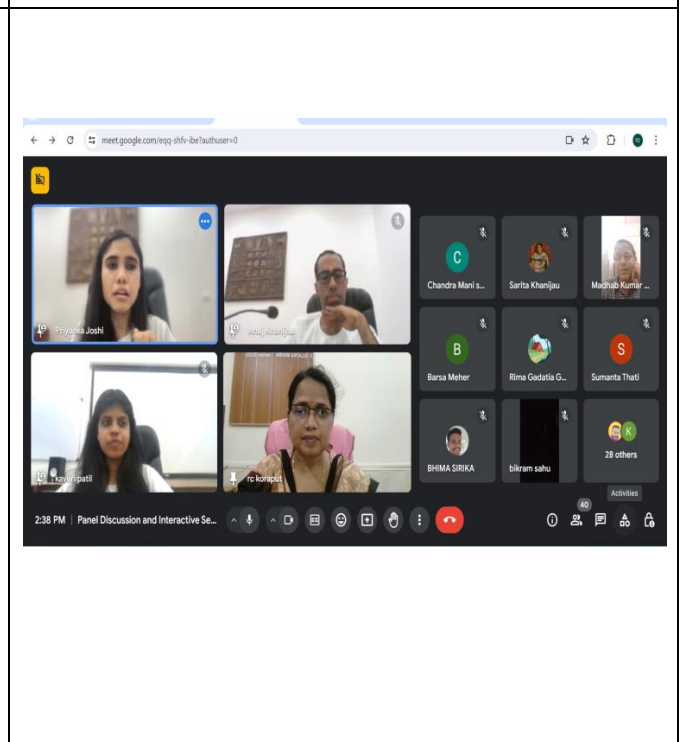
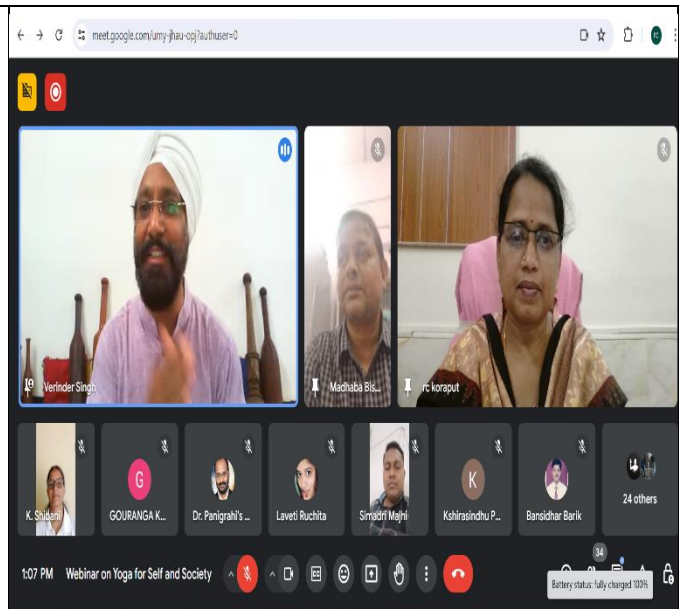
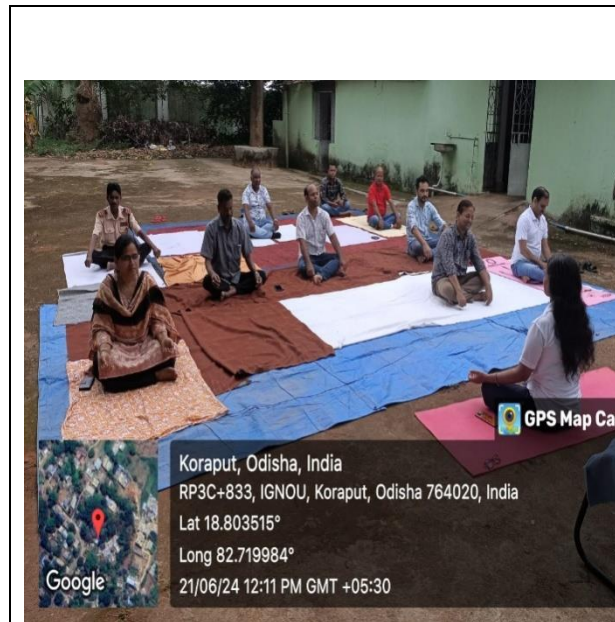
Activities on Xth International Day of Yoga on 21st June 2024

IGNOU Regional Centre conducted 10th International Yoga Day at Regional Centre premises on 21-06-2024. On this occasion face to face yoga programme conducted at 11 am. Smt Shibani Bala Konhar, Yoga Teacher from Art of Living, Koraput attended the programme as Resource Persons and addressed the participants on this special occasion. She narrated different features of Yoga with demonstration for the well being of humanbeing. She also explained the value of varieties of Asanas and Kriyas of Yoga with demonstration.

In the afternoon IGNOU, Regional Centre, Koraput organized a **Webinar on “Yoga for Self and Society”** at 12.30 pm through online/virtual mode . In this programme students, Academic Counsellors, Coordinators, staff of IGNOU Regional Centre, Koraput attended the program. In the beginning of the programme Dr. Latika Mishra, RD (I/c) welcomed all the Participants and Guest and also highlighted the significance of Yoga in our day to life. Mr. Verinder Singh Sahota, International Yoga and Meditation Coach, General Manager, Rourkela Steel Plant, Odisha was the Chief Speaker of the programme. Mr. Verinder Singh delivered a remarkable speech on different dimension of Yoga and its relevance in our day to day life. The details of the link is: <https://meet.google.com/umy-jhau-opj>.

After the Webinar a **Panel Discussion and Interactive Session** conducted on “Yoga for Self and Society” on 21-06-2024 at 2.20 pm. In this programme three experienced and expert Teachers Art of Living Foundation joined as Resource Person. The details of the link is: <https://meet.google.com/eqq-shfv-ibe>. Three Panelist such as Shri Anuj Khanijau, Priyanka Joshi and Kaveri Patil made wonderful presentation and interaction with the participants and students. During the deliberation of they highlighted various useful and simple yoga Mudras and specific exercises to maintain good physical, mental and emotional health.

Photographs of the events.



Dr. Latika Mishra
Regional Director (I/c)