

International Day of Yoga 2019 @ IIT Delhi



Yoga is a physical, mental and spiritual practice originating in India. With the United Nations General Assembly (UNGA) unanimously declaring 21st June as the International Day for Yoga (IDY), Yoga has become an International phenomenon.

Like the earlier years, this time too we invite you all to the celebration of International Day of Yoga on the 21st June. We have planned a wide variety of events on this occasion for your to get a taste of Yoga.

Some of these events are in the form of pre-IDY workshops, some events are planned for the 21st June while some are post IDY events.

Please find further the list of all the IDY events in the upcoming days. All these events are free of cost.

Campus residents, friends and guest are wholeheartedly invited to participate in these events.

So, block your calendars and plan on attending most of the events. To help us in planning these events better, we request you to register using the link below.

Event registration link: <http://tiny.cc/idy19req>

PRE-IDY EVENTS

1) YOG NIDRA WORKSHOP

Yoga Nidra is a yoga technique designed to achieve deeper layers of consciousness. Through complete deep relaxation with clear consciousness, come witness the joy of a psychic sleep under the guidance of a renowned instructor from Anandmurti Gurumaa ji's Ashram in Ganaur, Haryana.

Date: Monday, 17 June

Time : 5pm – 8:30 pm

Venue: Wellness Room, SAC

2) ISHA UPAYOGA WORKSHOP

Be a part of Upa Yoga session organized by Isha Foundation which is ranked among the leading organizations in offering scientifically structured solutions for individuals to live as conscious, joyful and healthy human beings. Through a synthesis of 5-minute yoga practices, this session will present easy-to-practice yet potent tools to enhance health, joy, peace, love, success and inner exploration, helping one

cope with the hectic pace of modern lifestyles and realize their full potential in all spheres of life.

Date: Tuesday, 18 June

Time: 6pm-8pm

Venue: Wellness Room, SAC

3) VIHANGAM YOGA

Come and join us in the workshop of Vihangam Yoga which is an ancient meditation technique practiced by Indian seers and sages which is intended to bring the timeless benefits of Yoga to every human being on the planet.

Date: Wednesday and Thursday, 19th and 20th June

Time: 6am- 8am

Venue: Wellness Room, SAC

IDY EVENTS

1) RUN FOR YOGA

Come and join us to blend the quiet and calm yoga with the collective storming of our running to boost our happiness quotient.

Date: Friday, 21st June

Reporting time : 5:45am

Start time: 6:00am

Venue: Hockey Ground

Exciting goodies will be distributed!! See you there!

2) MORNING YOGA SESSION

Come and witness the refreshing and soul soothing morning yoga session amidst chirping birds, clear sky and fresh clean air with in an all new flavor under the guidance of Yogi Haimanti Mukhopadhyay.

Date: Friday, 21st June

Time : 6:30am – 8:00 am

Venue: Hockey Ground

Snacks to be served afterwards.

3) YOGA COMPETITION

Participate in Yoga Competition to give Yoga a sporty twist on this International Day of Yoga. Practice sessions for the same shall take place during Evening Yoga sessions.

Date: Friday, 21st June
Time : 11am -12:30 pm
Venue: Wellness Room,SAC

Snacks to be served after the event.

4) YOGA FOR CHILDREN

An exciting array of yoga asanas especially designed for children awaits their entry to discover the engaging and interesting side of yoga.

Date: 21st June
Time: 11am -12:30 pm
Venue: Dramatics Room, SAC

Snacks to be served after the event.

5) PANEL DISCUSSION ON 'YOGA: SCIENCE OR PSEUDOSCIENCE'

Await to get enlightened and inspired by the views of multi-dimensional panelists from 4 different spheres of life - SPIRITUALITY, MEDICINE, ENVIRONMENT and INDUSTRY on the topic 'YOGA: SCIENCE OR PSEUDOSCIENCE.' The panelists include Dr. Rahul Mehrotra Director & Head, Non Invasive Cardiology, Max Super Specialty Hospital, Saket, New Delhi, Sahil Aggarwal, an IIT Delhi alumnus, and co-founder of Vision India Foundation, Sandeep Vaswani is an Engineer, MBA and an Art of Living trainer, Dr. Krishna Kant Shukla -- A musician, scientist, writer, poet, philosopher and environmentalist.

Date: Friday, 21st June
Time : 6:00 pm- 7:30 pm
Venue: Seminar Hall

6) AN EVENING IMMERSSED IN BHAKTI YOGA

Bringing to you a stress-buster in the form of divine music that will definitely touch your soul. Come long to delve into the realm of music where melodies would rule our hearts and divine music would control our minds as we witness one of the finest singers in Indian folk and classical music, the multifaceted Dr Krishna Kant Shukla, fill the atmosphere in colors of bhakti yoga. While teaching Physics and Astronomy as an assistant professor in upstate New York, Krishna decided to quit academics and follow his heart and soul deep into the fathomless waters of Indian Classical Music.

Date: 21st June
Time : 7:30pm- 8:30 pm

Venue: Seminar Hall

POST-IDY EVENTS

1) ART OF LIVING YOGA WORKSHOP

The much awaited and much demanded Yoga workshop is here by the Art of living society to cater to multidimensional needs of today's multifaceted society. This will not only improves your flexibility, strength and health but is also bound to deepen yourself-awareness and self-reliance with an all new holistic approach to yoga.

Date: 22nd June

Time : 6pm -7:15pm

Venue: Dramatics Room, SAC

2) HEARTFULNESS MEDITATION WORKSHOP

Come and practice the simple and subtle practice of meditation that will connect each of us with the light and love in our hearts and will awaken our potential for simple yet joyful existence.

Date: Monday to Wednesday, 24th to 26th June

Time : 5:30pm- 6:30pm

Venue: NRCVEE committee room, Block V-401.

All are invited to participate and take home the precious and invaluable gifts of lifestyle transformation free of cost that will definitely embark you on a journey towards a more joyous and a healthy life.

Regards,

Wellness Club, IIT-D