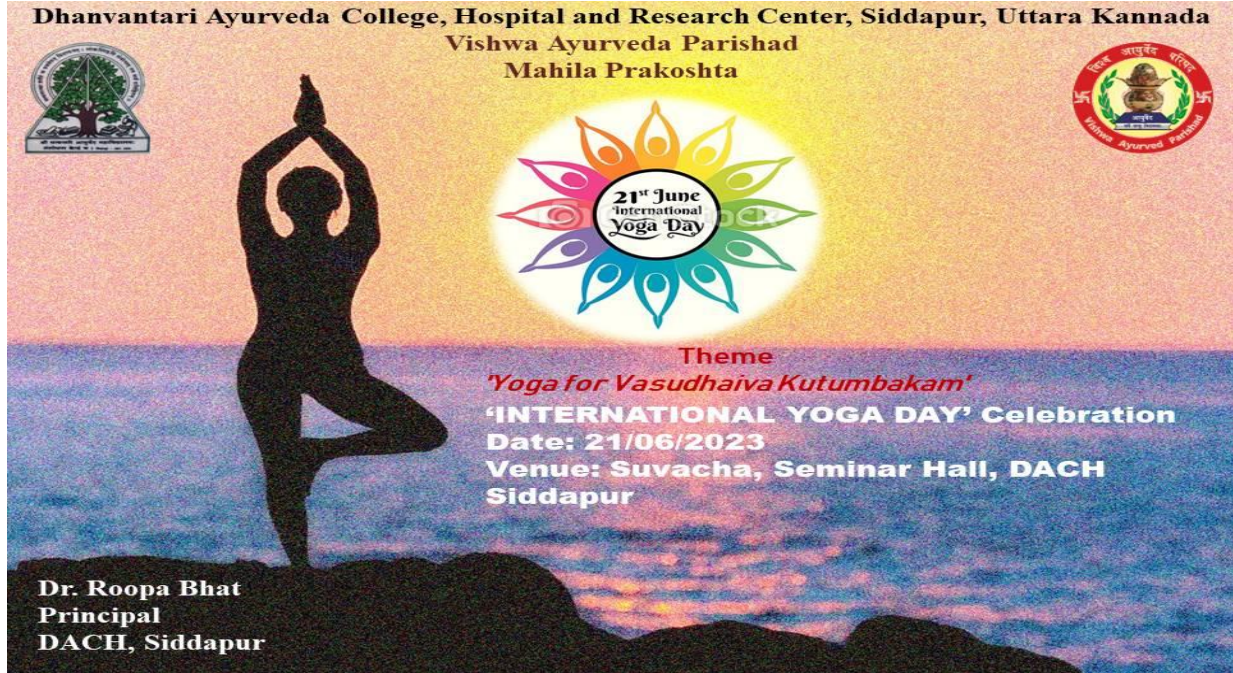


INTERNATIONAL YOGA DAY CELEBRATION- 2023

Brief Summary Report



'International Yoga Day' was celebrated at Dhanvantari Ayurveda College, Siddapur on 21st June 2023 as per the Common Yoga Protocol issued by Ministry of AYUSH, Govt. of India and NCISM, New Delhi. Around 200 students participated in the program. They were guided by the Yoga instructor of our college, **Mr. Manjunath. Hegde**.



The program began with Invocation prayer (Veda mantra), which gave a divine touch to the whole program.



Later, Mr. Manjunath explained the importance of Yoga in day-to-day life. He also explained the importance of each Asana and Pranayama in healthy as well as diseased condition.

Various Yogic postures as per the Common Yoga Protocol were performed on this occasion.

1. Sadilaja/ Chalana krivas/ Loosening practices



2. Yogasanas

- a) **Standing Posture** – Different asanas namely, Vrikshasana, Trikonasana, Ardha chakrasana, Pada hastaasana



- b) **Sitting Posture-** Bhadrasana, Shashankasana etc.



c) Prone Position- Makarasana, Bhujangaasana etc.



d) Supine Position- Pawana muktaasana, Ardha Halasana, Shavasana etc.



3. Pranayama



The program ended with chanting of Shanti mantra- '*Sarvebhavantu sukhinaha*'.