

**IGNOU Regional Centre, C1, Institutional Area, Bhubaneswar-751013**

**Odisha**

**Report on**

**Activities on X<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024**

(Please submit report in 250 words only)

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The 10<sup>th</sup> International Yoga Day was celebrated at IGNOU Regional Centre Bhubaneswar on 21<sup>st</sup> June 2024 through face-to-face mode in the morning session where Regional Centre officials undertook Yoga activities under the guidance of Yoga expert Bhanupriya Thakur. Ms. Thakur demonstrated many Yogic exercises which were practiced by all RC staff. This was followed by a webinar in the afternoon session in which Dr. Ajay Sahoo, Dr. Satyanarayan Mishra and Dr. Reetanjali Pradhan were the resource persons. The resource persons spoke on three different sub-themes related to Yoga for self and society. Dr Ajay Sahoo spoke on the issue of Self Development and Yoga. Dr. Mishra highlighted the role of transformation of self and the society through the medium of Yoga. Dr. Pradhan discussed the role of Yoga in female reproductive health and life style-correction. 151 participants including IGNOU learners attended the webinar with utmost enthusiasm. Delivering the welcome address, Sr. RD Dr S K Tripathy emphasized the role of Yoga as a way of unification of the body and the mind. Dr. B C Nanda, DD conducted the programme while Dr P K Jena ARD gave the guest introduction. Dr S K Panigrahi, DD offered the vote of thanks.

Please insert good quality photographs (Maximum 04) along with the captions.

