



INDIRA GANDHI NATIONAL OPEN UNIVERSITY
REGIONAL CENTRE MUMBAI

International Yoga Day
2022



The International Yoga Day – 2022 Report

On the event of 8th IYD, the IGNOU Regional Centre Mumbai has organized the following activities.

- (i) YOGA demonstration and practice at 11.am by Shri. Ram Palat Yadav.
- (ii) YOGA workshop at 2.30.pm by Mrs. Rashmi Rajesh Ramgaria.

The RC Mumbai has prepared special posters and the above mentioned events and posted in the RC Mumbai regional media to reach all the stakeholder of IGNOU and with learners. Though the events here planned for RC staff, however for the benefit of staffs. This event also plans for live through RC facebook and youtube.

Session – 1: Poster

ignou THE PEOPLE'S UNIVERSITY
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
REGIONAL CENTRE MUMBAI

presents
Celebration of International Yoga Day - 2022
a LIVE yoga session by
Shri. Ram Palat Yadav
Hon. Lieutenant (Indian Navy) Retd., Jilla Prabhari, Patanjali Yog Samiti,
Panvel Vibhag & Rajya Karyakarini Member & Training In-charge,
Patanjali Yog Samiti, Mumbai Prant.

on theme **Yogasan**
& its benefits
21st June 2022 @11.00 am
Join a session through
<https://youtube.com/c/RCMumbaiOfficial>

Shri. Ram Palat Yadav


YouTube
LIVESTREAM
RCMumbaiOfficial

Invitee : **DR. E. KRISHNA RAO**, Regional Director (I/c),
IGNOU RC Mumbai

Website : rcmumbai.ignou.ac.in
Email : rcmumbai@ignou.ac.in

Session – 1: Programme shedule -

INDIRA GANDHI NATIONAL OPEN UNIVERSTIY	
Regional Centre Mumbai	
International Yoga Day - 2022	
Programme Schedule	
	Date – 21.06.2022
Welcome and MC	Mr. Adhishak Sawant (JAT - D/W)
Floral Welcome to the Guest	Dr. E. Krishna Rao, Regional Director (i/c)
Inaugural Speech	Dr. E. Krishna Rao, Regional Director (i/c)
Guest Speech & Yoga Session	Mr. Ram Palat Yadav (Hon. Lieutenant (Indian Navy) retd., Jha Prabhakar, Patanjali Yog Samiti) (Yogasan & its benefits)
Memento to the Guest	Dr. E. Krishna Rao
Vote of Thanks	Mr. Sanjay Kumar (JAT)
National Anthem	All Participants


Regional Director (i/c)
देशीय निदेशक
REGIONAL DIRECTOR
इन्दु क्षेत्र केंद्र
IGNOU REGIONAL CENTRE
मुंबई - 400 080.
MUMBAI - 400 080.

Session – 1: Report

The Regional Centre Mumbai has organised a physical "Yoga Workshop", live demonstration was given by Yoga Instructor Mrs. Rashmi R Ramgaria, Owner of Sangam Yoga Classes, Panvel on the occasion of "International Yoga Day - 2022" on 21.06.2022 at 02.30 PM.

In the initial remark, Dr. E. Krishna Rao, Regional Director (I/c) has welcomed the yoga instructor and spoken about the relevance of yoga in daily life and brief introduction of Yoga Instructor Mrs. Rashmi R Ramgaria. Further, he has mentioned that IGNOU has conducted a month long YOGA sessions in all its Regional Centres across the country under the guidance and leadership of Hon'ble Vice Chancellor. He further pointed out that even today also all the Regional Centres are celebrating 8th INTERNATIONAL YOGA DAY (IYD) and organising YOGA sessions for the benefit of RC staff and IGNOU students.

Later, Yoga Instructor Mrs. Rashmi R Ramgaria has started her physical yoga session. In her demonstration, she has explained the current situation of the society. And also teaches the different types of pranayama which will help us to fight against the daily life problems. She also gave brief information about the benefits of each pranayam. The expert has given yoga and health tips to the working professionals. By sitting itself they can perform the same and get good health thereby make Healthy INDIA as dream by our Hon'ble Prime Minister.

After the practical session, Dr. E. Krishna Rao, Regional Director (I/c) felicitated Yoga Instructor Mrs. Rashmi R Ramgaria with bouquet and memento.

This informative and practical yoga session was attended by Regional Centres staff and students. The programme was also telecasted through Facebook live. The participants also gave positive feedback at the end of the session.

Few photographs of the above session are attached herewith to publish the same in our University Digi News.

Session – 1:Photos



Session – 2: Poster



ignou THE PEOPLE'S UNIVERSITY

INDIRA GANDHI NATIONAL OPEN UNIVERSITY
REGIONAL CENTRE MUMBAI



presents

Celebration of International Yoga Day - 2022
a LIVE yoga session by

Mrs. Rashmi Rajesh Ramgaria
Yoga Instructor and owner of Sangam Yoga Classes

Yoga Workshop

21st June 2022 @2.30 pm

Join a workshop through
<http://www.facebook.com/ignourcmumbai/>



**Mrs. Rashmi R
Ramgaria**



@ignourcmumbai

Invitee : DR. E. KRISHNA RAO, Regional Director (I/c),
IGNOU RC Mumbai

Website : rcmumbai.ignou.ac.in
Email : rcmumbai@ignou.ac.in



Session – 2: Programme Shedule

INDIRA GANDHI NATIONAL OPEN UNIVERSTIY


Regional Centre Mumbai

International Yoga Day - 2022

Programme Schedule

Date – 21.06.2022

Welcome and MC	Mr. Bhailash Chaudhary (JAT - D/W)
Focal Welcome to the Guest	Dr. E. Krishna Rao, Regional Director (I/c)
Instaigural Speech	Dr. E. Krishna Rao, Regional Director (I/c)
Guest Speech & Yoga Session	Ms. Rashmi Keshi Rangaria Yoga Instructor and owner of Sangam Yoga Classes Panel (Yoga Workshop)
Memento to the Guest	Dr. E. Krishna Rao
Vote of Thanks	Mr. Sanjay Kumar (JAT)
National Anthem	All Participants


Regional Director (I/c)

अंग्रेय निदेशक
REGIONAL DIRECTOR
इन्दु अंग्रेय केंद्र
IGNOU REGIONAL CENTRE
मुंबई - 400 060.
MUMBAI - 400 060.

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Session – 2: Photos

