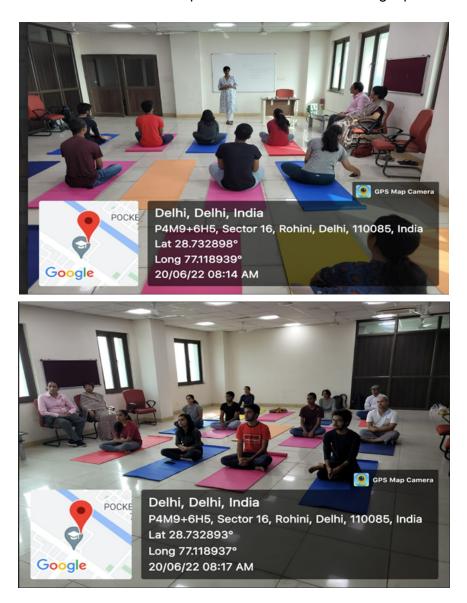
## Sadhana Society International Day of Yoga - 2022

This report outlines the events organized by Sadhana Society on International Day of Yoga, June 21, 2022. We orchestrated the following activities to commemorate this significant day.

## 1. Pranayama Workshop : June 20, 2022

The title of the workshop was 'Why Should I Change the Way I Breathe'. Dr. Sumitra A. Bentur, an Ayurveda physician and Yoga therapist with more than 20 years of experience, was the resource person for the workshop. The workshop was divided into 2 segments with the first one hour being dedicated to theoretical concepts and the second hour being a practice session.



## 2. Online Practice sessions : June 6 - June 20, 2022

We planned a yoga performance on the campus grounds on June 21 from 7 am to 8 am as a part of the festivities. We scheduled 15 online practice sessions from 6 to 7 p.m. commencing on June 6, 2022, to get ready for this performance. Dr. Sonika Thakral oversaw its administration.

