

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.

