



N. L. Dalmia[®]
**Institute of Management
Studies and Research**
(A School of Excellence of N. L. Dalmia Educational Society)

Event Report: Online Yoga Session on International Yoga Day

Date: June 21, 2023

Time: 8:00 am - 9:00 am

Mode: Online Yoga Session

The Online Yoga Session organized by N. L. Dalmia Institute of Management Studies & Research on the occasion of International Yoga Day was successfully conducted on June 21, 2023, via Zoom. The session aimed to promote physical and mental well-being among students, faculty members, and non-teaching staff of NLDIMSR. The event was led by Dr. Minati Sahoo, a faculty member at NLDIMSR, and Ms. Jigna Thakkar, an Art of Living Yoga Teacher.

The session commenced promptly at 8:00 am, with participants joining the Zoom meeting from their respective locations. The virtual gathering exhibited a remarkable turnout, with enthusiastic students, faculty members, and non-teaching staff members actively participating in the event.

Ms. Jigna Thakkar, with her extensive experience in yoga, guided the attendees through various asanas (yoga postures) that focused on enhancing flexibility, strength, and relaxation. Her instructions were clear, and she provided modifications for different levels of experience, ensuring that participants of all fitness levels could engage in the practice. Participants followed along diligently, embracing the physical challenges posed by each asana.

Dr. Minati Sahoo then led the session into a serene and calming meditation practice. She emphasized the importance of mindfulness and inner peace, guiding participants in finding their centre and cultivating a tranquil state of mind. The meditation segment provided an opportunity for attendees to disconnect from external distractions and connect with their inner selves.

Throughout the session, the synergy between Dr. Minati Sahoo and Ms. Jigna Thakkar was evident, as they seamlessly transitioned between different yoga practices. Their expertise and passion for yoga resonated with the participants, creating a positive and harmonious atmosphere during the session.

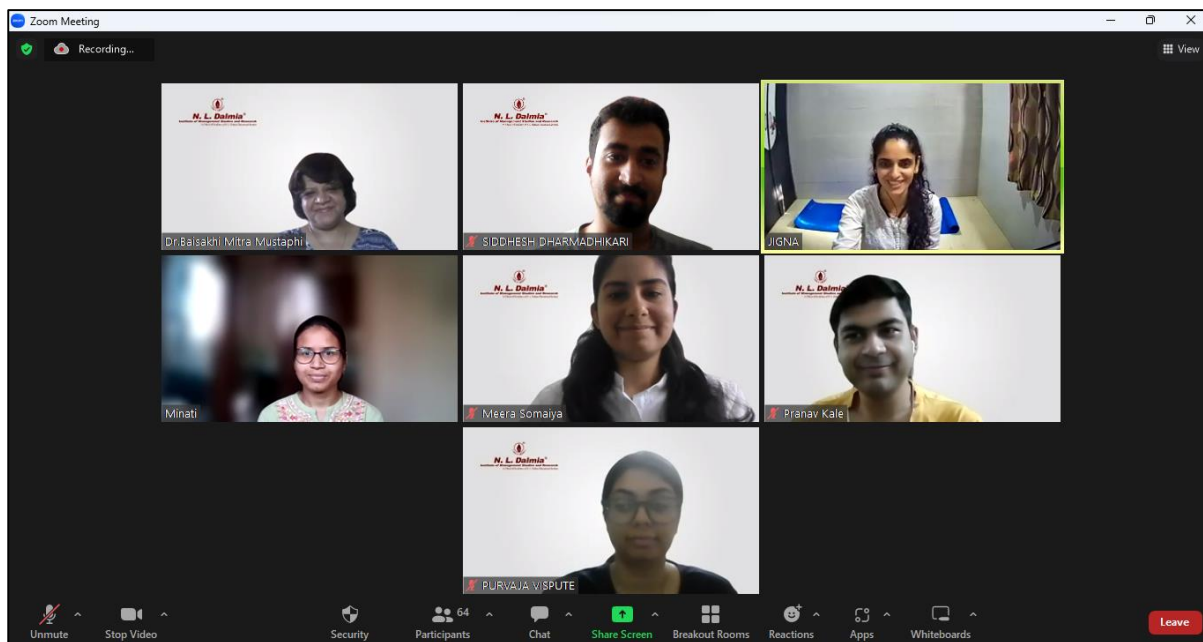
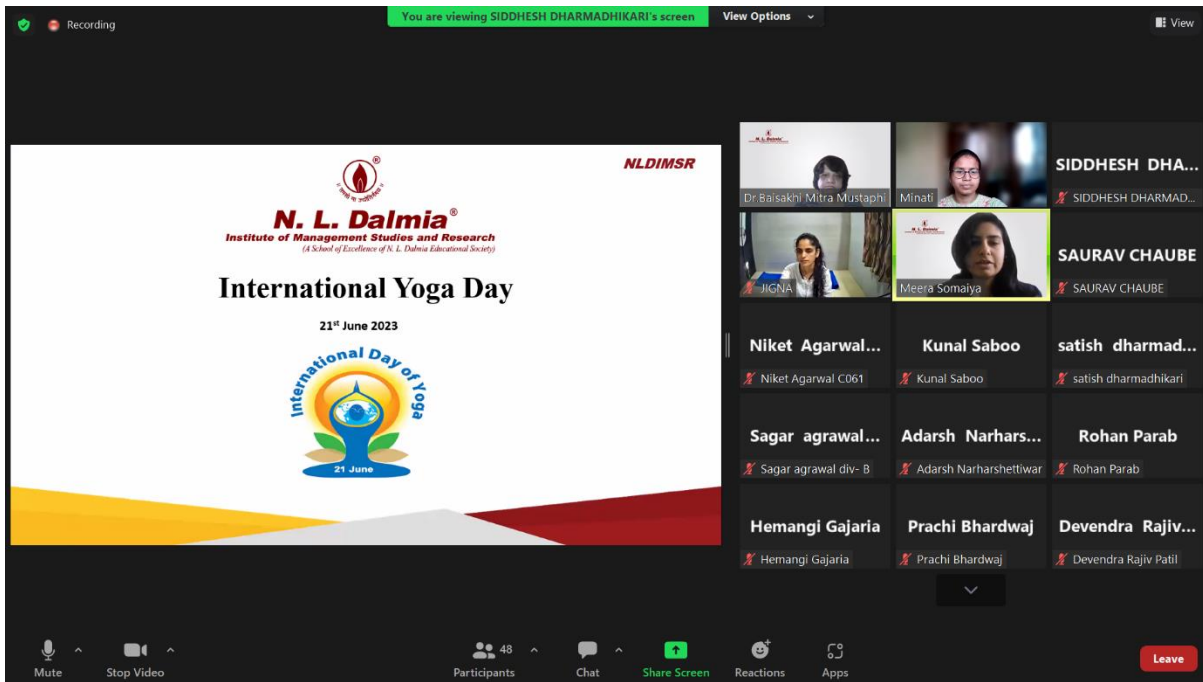
The event concluded at 9:00 am with a closing message from Dr. Minati Sahoo, expressing gratitude to all participants for their active involvement. She reiterated the significance of incorporating yoga into our daily lives to maintain physical fitness, mental clarity, and emotional balance.

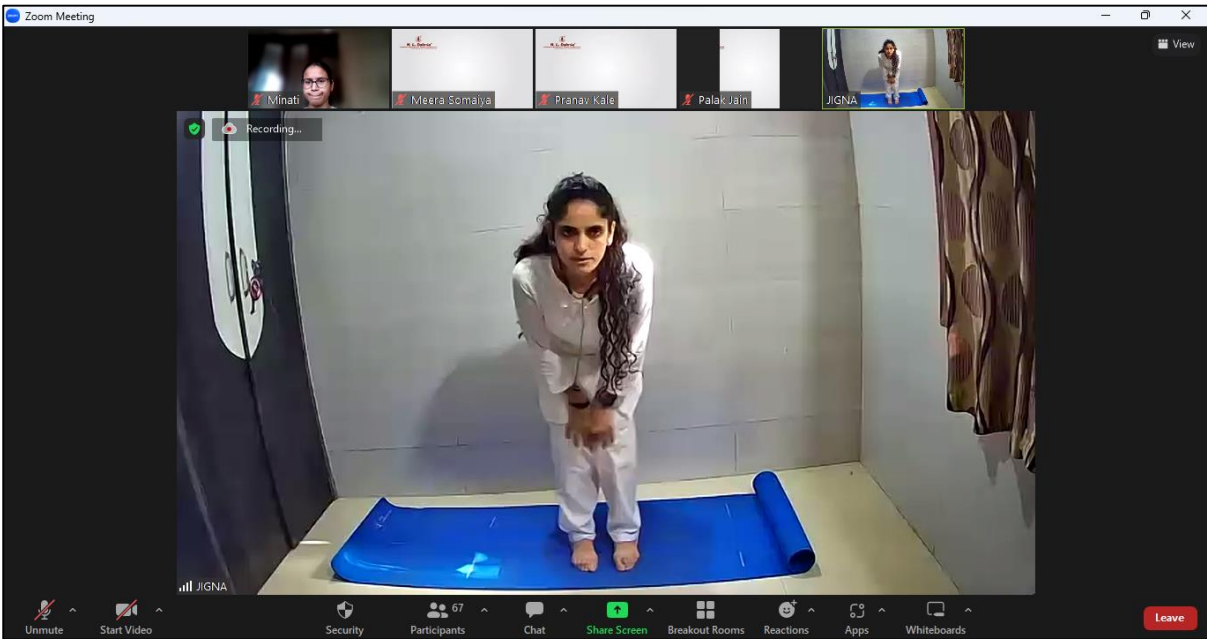
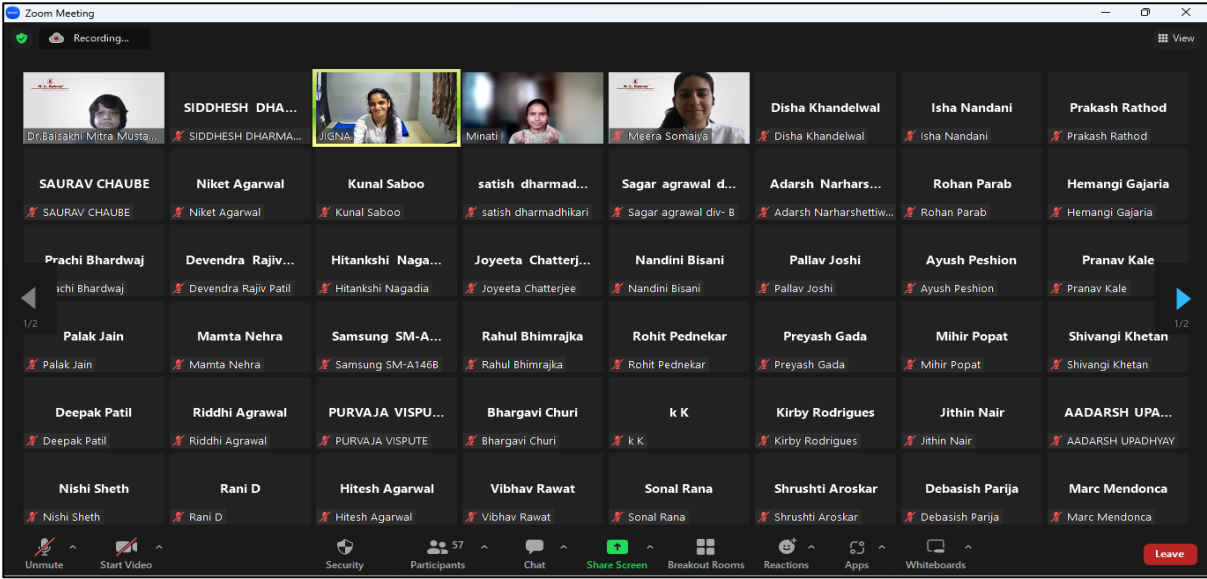
The Online Yoga Session on International Yoga Day was an immense success, fostering a sense of unity, wellness, and rejuvenation among the participants. The event served as a reminder of the numerous benefits that yoga offers, encompassing physical well-being, stress reduction, and overall holistic development.

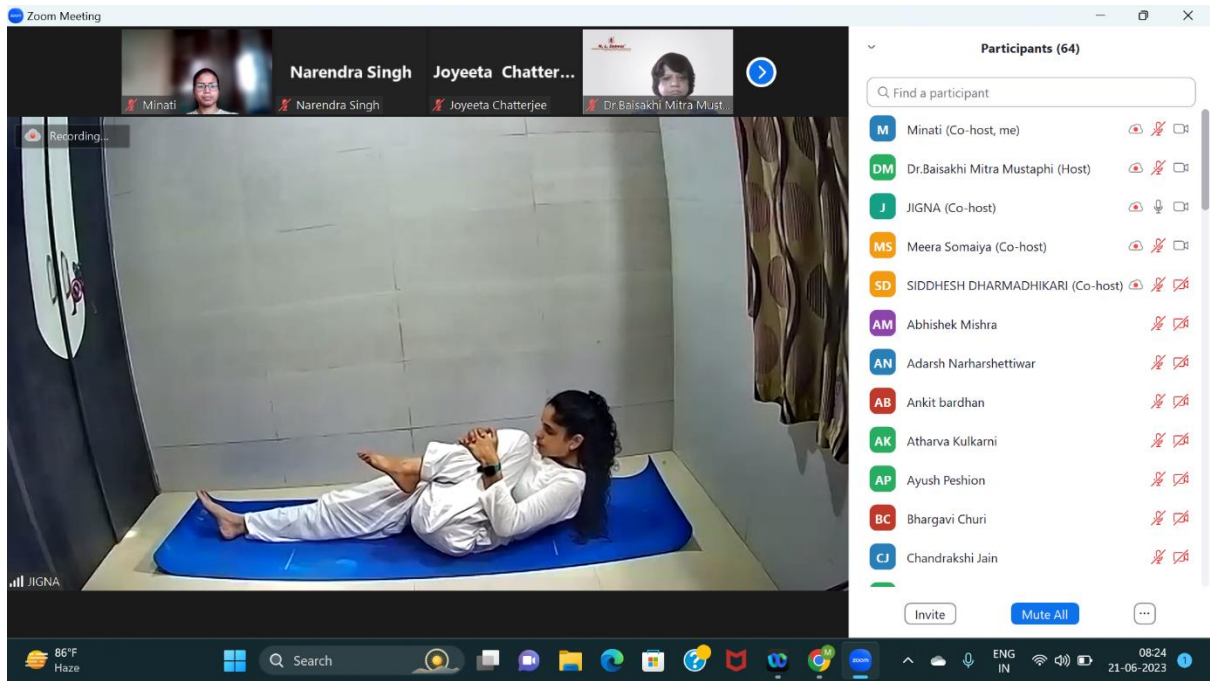
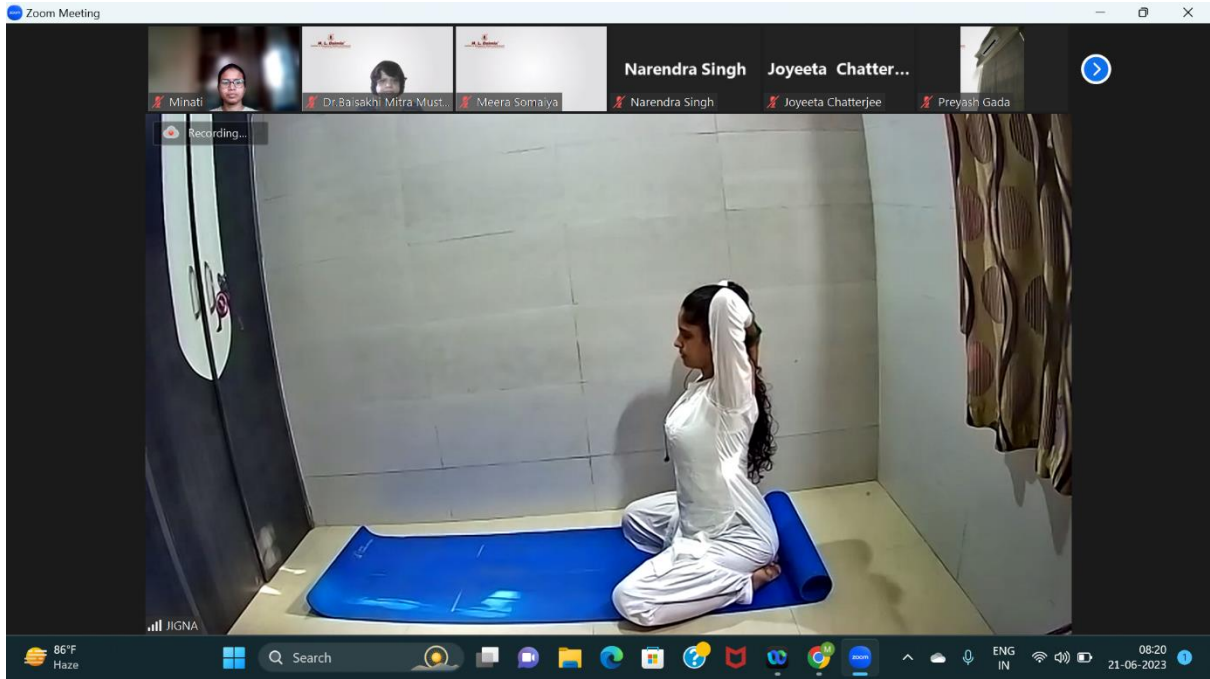
NLDIMSR acknowledges and appreciates the efforts of Dr. Minati Sahoo and Ms. Jigna Thakkar in conducting the session and extends gratitude to all the participants who made the event a memorable

one. The institution looks forward to organizing similar initiatives in the future, promoting the integration of yoga into the daily lives of its members.

Glimpses from the session:







Zoom Meeting

Recording...

JIGNA Meera Somaiya Dr. Baisakhi Mitra Mu... Minati

Participants (69)

Find a participant

- SD SIDDHESH DHARMADHIL... (Co-host, me)
- DM Dr. Baisakhi Mitra Mustaphi (Host)
- J JIGNA (Co-host)
- M Minati (Co-host)
- MS Meera Somaiya (Co-host)
- AU AADARSH UPADHYAY
- AM Abhishek Mishra
- AN Adarsh Narharshettiwar
- AB Ankit bardhan
- AK Atharva Kulkarni
- AP Ayush Peshion
- BC Bhargavi Churi
- CJ Chandrakshi Jain
- Chharul swami

Unmute Start Video Security Participants 69 Share Screen Reactions Apps Whiteboards More Leave

Minati