

A healthy mind resides in a healthy body'.

Sri Aurobindo Society (SAS) took an initiative to bring in the essence of yoga through easy exercises. An energy-packed event was organised to celebrate the International Yoga Day on 21st June 2021, at 4:30 p.m for all the members at Delhi Branch. The event was organised to promote awareness about yoga and maintaining good health.

We at 'SAS' strongly believe in the well-being of our members, be it physically or mentally. Yoga is a rejuvenating practice to align the body, the mind and the spirit. We are striving to make yoga and meditation a constant part of our workplace for a healthier tomorrow. The theme was '**EASY YOGA se bhi hoga**', as we wanted to promote easy and simple exercises which anyone can do, whether they are working from home or in the office.

The event started with a welcome speech. We talked about the benefits of yoga. Our Yoga Instructor 'Rikky ji' has been associated with SAS for the last 7 years. **Since 2018, he is working as a yoga instructor at IIT Delhi. He is also associated with the National Association for the Blind.** He has deep knowledge about yoga asanas, breathing techniques and meditation.

The yoga event started with chanting of 'om mantra' followed by 'Gayatri mantra'. It was an engaging activity for all the members of the society as well as for those who connected to us through facebook live. Our Yoga Instructor taught us a few basic exercises to relax various body parts, as we all are sitting for long hours these days. It included simple exercises for hands, wrist, shoulder, neck and knees for instant rejuvenation. He also gave demonstrations of various exercises for healthy living and correct body positions . He also taught '*nadi shodhana*', '*anulom vilom*' and '*bhramari pranayama*' followed by '*yoga nidra meditation*'.

To promote a healthy environment and positivity around, Sri Aurobindo Society organised this event and proudly announced the regular online yoga class for its members. The members who are interested to join the online sessions of yoga, can contact the Delhi office on 9990715903.

The event was held online and was also live on Facebook for viewers to join. More than 100 members joined this event on different social media platforms. This event has benefitted the members by making them learn simple yoga exercises. It promoted inner strength, flexibility and balance.