



INTERNATIONAL DAY OF YOGA - 2024



The Center for Integrative Medicine Research (CIMR), AIIMS, New Delhi,
commemorated the 10th International Day of Yoga (IDY)
from June 10th to 21st June, 2024.

List of events	Date
National Yogasana Competition - 2024	10th June, 2024
National Yoga Quizathon - 2024	11th June, 2024
Yoga Workshop for Research Patients	13th June, 2024
Yoga Workshop for Students And Researchers	14th June, 2024
Yoga Workshop for Faculty	16th June, 2024
Yoga Workshop for Officer and Staffs	18th June, 2024
Yoga Workshop for Nursing Officers	19th June, 2024
Mass Yoga Practice at Director's Lawn	21st June, 2024

National Yogasana Competition - 2024



1. The IDY'2024 celebrations began with a National Yogasana Competition organized at JLN auditorium, AIIMS, New Delhi (ND).
2. Twenty seven participants representing 14 esteemed yoga institutes across India.
3. The winners were as follows:

S NO	CATEGORY	COLLEGE	POSITION
1.	Male	Shri Lal Bahadur Shastri National Sanskrit University	First
2.	Male	University of Patanjali	Second
3.	Male	Morarji Desai National Institute of Yoga	Third

S NO	CATEGORY	COLLEGE	POSITION
1.	Female	Alvas	First
2.	Female	Sant hirdaram college	Second
3.	Female	Shri lal bahadur shastri national sanskrit university	Third

National Yoga Quizathon - 2024



1. CIMR, AIIMS, ND, hosted a national Yoga Quizathon on 11th June 2024. Eleven teams from yoga institutions across India, including APEX University, Central University of Rajasthan, Subharati College, Shri Lal Bahadur Shastri Sanskrit University, SGT University, Sant Hirdaram Girls College, University of Patanjali, Amity University, Laxmibai National Institute of Physical Education, Government Yoga & Naturopathy Medical College, and Dev Sanskriti Vishwavidyalaya, had participated in the event.

2. Dr. M. Srinivas, Director of AIIMS, and Dr. Gautam Sharma, Professor, Dept. of Cardiology, In-charge, CIMR, highlighted the research activities of CIMR and health impacts of yoga.

3. The winners were as follows:

S NO	NAME OF COLLEGE	POSITION
1.	Dev Sanskriti Vishwa Vidyalaya	FIRST
2.	Sant Hridaram Girls College	SECOND
3.	Laxmi National Institute of Physical Education	THIRD

Workshop for Research Patients



1. A yoga workshop for research patients of CIMR was organized on 13th June 2024, which was attended by 58 participants.

2. The event included lectures on “Yogic lifestyle benefits” by Dr Akriti Shukla and “Diet and health” by Dr. Bharat Krushna Khuntia.

3. A practical session of the Common Yoga Protocol was conducted by yoga therapists, which was followed by yogic games. The workshop concluded with a advance asana performance by the CIMR team.

Workshop for Students and Scholars of AIIMS



1. A yoga workshop for students and scholars was organized on 14th June 2024, which was attended by 66 participants.
2. The event included a lecture on “Managing psychological challenges in work settings.” Mr Dinesh S.
3. A practical session of the Common Yoga Protocol was conducted by yoga therapists, followed by yogic games.
4. The workshop concluded with a yoga performance by the CIMR team.

Workshop for Faculty Members of AIIMS



1. CIMR, AIIMS, New Delhi, organized a yoga workshop for faculty members which was attended by 38 participants. The event commenced with an inaugural address by the Director of AIIMS, New Delhi.
2. Practical session on the Common Yoga Protocol (CYP) was conducted by yoga therapists which was followed by advanced asana group demonstration by the CIMR team.
3. The workshop concluded with a ceremonial tree-planting of *Terminalia chebula* at the officer's park, led by the AIIMS Director and Dr. Gautam Sharma, CIMR's Professor In-charge, and other faculty members, marking the significance of the occasion.

Workshop for Officers and other staffs of AIIMS



1. A yoga workshop for officers and other staffs was organized on 18th June 2024, which was attended by 59 participants.
2. The event included lecture on “Yoga for Healthy Living” by Dr Varun V.
3. A practical session on the Common Yoga Protocol were conducted by yoga therapists, which was followed by yogic games.
4. The workshop concluded with a yoga performance by the CIMR team.

Workshop for Nursing Officers of AIIMS



1. A yoga workshop for nursing officers was organized on 19th June 2024, which was attended by 57 participants.
2. The event included a lecture on “Yoga for mental health” by Ms. Anu James.
3. A practical session of the Common Yoga Protocol was conducted by yoga therapists, which was followed by yogic games.
4. The workshop concluded with a advance asana group performance by the CIMR team.

Mass Yoga Practice at AIIMS, New Delhi

On June 21st, 2024, the AIIMS, New Delhi, marked the 10th International Day of Yoga with a mass yoga practice for the institute's faculty, students, staff, and patients, organized on the central lawn of AIIMS. Distinguished guests Smt. Anupriya Patel, Minister of State for Health and Family Welfare; Shri. Apurva Chandra, Government of India Secretary to the Ministry of Health & Family Welfare; and Dr. M. Srinivas, the Director of AIIMS, New Delhi, graced the occasion. Following session was conducted by CIMR team led by Mr Amit Kashyap (Senior Research Fellow, CIMR).

<https://www.youtube.com/live/Mt0iyCHj0mw?si=9XN95g-HyR0SErtE>

1. The practice followed the Common Yoga Protocol set forth by the Ministry of AYUSH, Govt. of India. Participants engaged in a holistic mix of Kriyas, Asanas, Pranayama, Dhyana, Relaxation, and Mantra chanting.
2. The event was well-received, with an overwhelming participation of around 3500 enthusiasts, promoting awareness among health professionals, patients and the general public.
3. As a part of the Mass Yoga Practice, every participant received a yoga mat and a commemorative T-shirt supported by the Ministry of AYUSH.
4. After the event, Smt. Anupriya Patel visited the CIMR, reinforcing the institute's commitment to generating scientific evidence of integrative medicine and the health benefits of yoga.

Glimpses of CIMR visit by Smt. Anupriya Patel, Minister of State for Health and Family Welfare

