

# International Yoga Day 2024

**"Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony."**

International Yoga Day, celebrated annually on June 21st, is a global event that emphasizes the well-being and unity brought by the ancient Indian practice of yoga. This worldwide movement acknowledges the profound impact yoga has on our mental, physical, and spiritual health, transcending cultural and geographic boundaries.



I N T E R N A T I O N A L Y O G A D A Y

This year, International Yoga Day was celebrated with great enthusiasm at Gouri Devi Institute of Medical Sciences and Hospital. The theme for 2024, "Yoga for Self and Society," underscored the transformative power of yoga. As we marked the 10th International Day of Yoga, the theme highlighted yoga's role in harmonizing mind and body, balancing thought and action, and unifying restraint and fulfilment.

The celebration at our college saw students and faculty members come together to practice yoga. In the demanding and often hectic lives of doctors and medical professionals, yoga serves as a vital tool for promoting physical, mental, and spiritual health. The serene atmosphere created by the collective practice was a testament to the power of yoga in fostering a sense of calm and well-being.

The day began with an introduction to the significance of International Yoga Day and the theme for this year. Experienced yoga instructors guided the participants through a series of

asanas (postures), pranayama (breathing exercises), and meditation. The sessions were designed to accommodate all levels of experience, ensuring that everyone could participate and benefit from the practice.

Throughout the morning, the participants engaged in various yoga practices that emphasized the theme "Yoga for Self and Society." These included group exercises that fostered a sense of community and individual practices that allowed for personal reflection and inner peace. The instructors highlighted how yoga can help medical professionals manage stress, improve focus, and maintain a healthy work-life balance.

One of the highlights of the celebration was a series of talks by faculty members and guest speakers on the benefits of yoga for medical professionals. They shared personal anecdotes and scientific insights into how regular yoga practice can enhance overall well-being, improve patient care, and contribute to a more compassionate and resilient healthcare community.

The celebration concluded on a joyful note, with participants exchanging small sticky notes bearing positive affirmations and messages. This simple yet meaningful activity brought smiles to everyone's faces, fostering a sense of connection and positivity among the participants.