

Indira Gandhi National Centre for the Arts
Regional Centre Puducherry

Event

Event Name: Lecture cum Demonstration.

Title: **10th International Yoga Day Celebration**

Date: 21st June 2024: 6am to 8.30am

Place: Art and Craft Village campus, Sculpture Garden, Murungapakkam,

Resource person:

- **Sri Velayutham**
Yoga Practitioner, Aakkice Meithattuva Research Trust

Highlights:

On the auspicious occasion of the 10th International Yoga Day, a special lecture cum demonstration was organized at the Art and Craft Village campus, Sculpture Garden, Murungapakkam, on 21st June 2024. This event was dedicated to celebrating the profound benefits of yoga and promoting holistic health and well-being.

The session was led by Sri Velayutham, a distinguished Yoga Practitioner affiliated with the Aakkice Meithattuva Research Trust. Sri Velayutham's expertise and passion for yoga shone through as he guided participants through various yoga asanas and meditation techniques aimed at harmonizing mind, body, and soul. His practical demonstration effectively showcased the importance of yoga in achieving physical fitness, mental clarity, and spiritual upliftment.

The event drew a diverse audience, including yoga enthusiasts, students, professionals, and members of the general public interested in exploring the transformative power of yoga. Participants actively engaged in the session, following Sri Velayutham's instructions and experiencing first-hand the benefits of yoga practice. The session fostered a sense of community and shared learning among participants, reinforcing the importance of yoga as a universal practice that transcends cultural and geographical boundaries.

Overall, the 10th International Yoga Day Celebration at the Art and Craft Village campus was a resounding success, thanks to the insightful guidance of Sri Velayutham and the enthusiastic participation of the audience. The event not only celebrated the ancient tradition of yoga but also reaffirmed its relevance in contemporary times as a holistic approach to achieving balance and well-being.