

## Indira Gandhi National Centre for the Arts Regional Centre, Puducherry

Report for Vihangama

Date: 16<sup>th</sup> July-2024.

### **Report on a special Lecture cum Demonstration program on "Realizing Balance and Peace through Yoga-Meditation."**

On 16th June 2024, the Regional Centre of Indira Gandhi National Centre for the Arts, Puducherry, in collaboration with Yogoda Satsanga Dhyana Kendra, Sriperumbudur, Chennai, organized a special Lecture cum Demonstration program. The event, held on the occasion of the 10th International Day of Yoga, focused on the theme of "**Realizing Balance and Peace through Yoga-Meditation.**" The esteemed speaker for the event was **Sannyasi Swami Suddhananda Giri**, a monastic disciple of the renowned Sri Sri Paramahansa Yogananda. The event took place in Sriperumbudur, Chennai, and saw a diverse group of participants, including yoga enthusiasts, spiritual seekers, and members of the general public.

Swami Suddhananda Giri, known for his deep understanding and practice of yoga and meditation, shared his insights and experiences with the attendees. The program aimed to enlighten participants about the profound benefits of yoga and meditation in achieving inner peace and balance in life. And his lecture covered the philosophical foundations of yoga and meditation, emphasizing the teachings of Sri Sri Paramahansa Yogananda.

During the demonstration, He explained how regular practice of these ancient techniques can lead to a harmonious and balanced life, fostering both physical and mental well-being, and guided the attendees through various meditation techniques, offering practical advice on how to incorporate these practices into daily life. The interactive session allowed participants to ask questions and seek guidance on their personal spiritual journeys.

The program was well-received, with many attendees expressing their gratitude for the opportunity to learn from a direct disciple of such a revered spiritual leader. **Dr. Gopal J**, Regional Director, IGNCA, RCP expressed his opinion that the collaboration between the Regional Centre of Indira Gandhi National Centre for the Arts and Yogoda Satsanga Dhyana Kendra successfully brought such valuable knowledge and practice to the community.

This event not only celebrated the International Day of Yoga but also highlighted the ongoing importance of yoga and meditation in promoting peace and balance in today's fast-paced world. The organizers hope to continue such initiatives to spread awareness and benefits of these ancient practices.

Prepared by

Dr. KTV Raghavan,  
Assistant Professor,  
RCP, IGNC