

Ayurdhara Blogs

Online Yoga Session on International Yoga Day



During the summer vacation, our team at **Ayurdhara** had the privilege of organizing a special **3-day online yoga session** to celebrate *International Yoga Day* (21st June). The idea was beautifully initiated when **Archana Rao Ma'am** suggested conducting an online yoga class so that students could engage in a healthy routine even during their holidays.

To bring this idea to life, we designed posters, created a dedicated WhatsApp group, and shared the session links with students of **Sri Ganganagar College of Ayurvedic Science and Hospital, Tantia University**. The response was overwhelming, with students actively participating from their homes.

Each session began with a prayer and included simple yet effective **asanas, pranayama, and meditation practices**, guided online for everyone's ease. The atmosphere was full of energy, positivity, and collective enthusiasm.

At the end of the program, **certificates were provided to all participants** as a token of appreciation for their commitment to yoga and wellness.

Student Feedback

Here's what some participants shared about their experience:

"The session helped me stay active during my vacation. I felt more energetic and stress-free." - Karan

"It was my first time attending an online yoga class, and it felt very organized. I learned new breathing techniques." - Himanshu

"Even through the screen, the guidance was clear, and I felt connected to the group. Looking forward to more such events." - Aniket

"The best part was practicing yoga with friends and receiving a certificate. It motivated me a lot." - Sahil