

Report on International Yoga Day Celebration – 21-06-2024


Mysuru, renowned as the Yoga Capital of the State celebrated The International Day of Yoga with devotion and dedication. Students who are Yoga enthusiasts from JSS DHSMS, perform as per the prescribed protocol at Mysore Palace. This year Yoga Day, themed for Self and Society, emphasized the dual role of yoga in **Promoting Individual and Societal Well-being**.

The celebrations began with the blowing of conch, followed by prayers, Participants then performed various asanas, including Tadasana, Vrukshasana, Padahastasana, Chakrasana, Trikonasana, Vajrasana, Shashankasana, Makarasana, Bhujangasana, Shalabhasana, and Shavasana for 25 minutes.

This was followed by 14 minutes of Pranayama, Dhyana, and Sankalpa, which included Kapalabhati, Naadishodana, Pranayama, Sheethali Pranayama and Bhramari Pranayama. Before these exercises, participants performed a four-minute warm-up routine.



District Minister Dr. H.C. Mahadevappa Inaugurated the International Day of Yoga, Keynote address by Mysuru-Kodagu MP Yaduveer Krishnadatta Chamaraja Wadiyer Also in attendance were MLA T.S. Srivatsa, MLC C.N. Manje Gowda, Deputy Commissioner Dr. K.V Rajendra, City Police Commissioner Ramesh Banoth, ZP CEO K.M. Gayathri, District AYUSH Officer Dr. Pushpa, ADC P. Shivaraju, Mysore Palace Board Deputy Director T.S. Subramanya and GSS Foundation Founder D. Srihari.


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