



Report on International Day of Yoga (21 June, 2017)

The International Yoga Day-2017 was celebrated on 21 June 2017 in the Basketball Ground near Sport Complex of the institute. The campus community including students, staff, faculty and residents in nearby locality participated in this event. More than 100 persons attend this session. The event started at 6: 00 AM in the morning. The session was inaugurated with Prayer and Yog Geet.

There was a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the Ministry. These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanghasan, Makrasan etc), Sleeping position (Sarvangasan, Shavasana). This was followed by Pranayam.



During this function various Yoga Aasanas along with benefits explained by the Yoga Expert, Mr. S P Sharma. He also discussed some ways and dimensions of different types of pranayama. He reckoned many benefits of early rising and practicing yoga. Dr. Anurag Srivasatava, coordinator of the event, emphasized on the importance of the day. He stressed on the need of practicing Yoga and Yoga as a way of life.

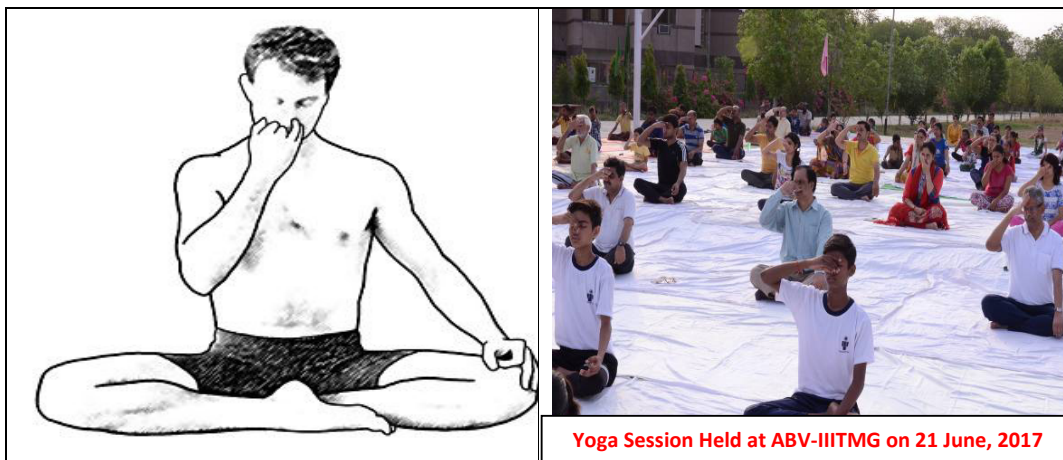


Yoga Session Held at ABV-IIITMG on 21 June, 2017

The following Asanas and Postures were exercised by everybody. Everyone got the feeling of relaxation and stress-freeness.

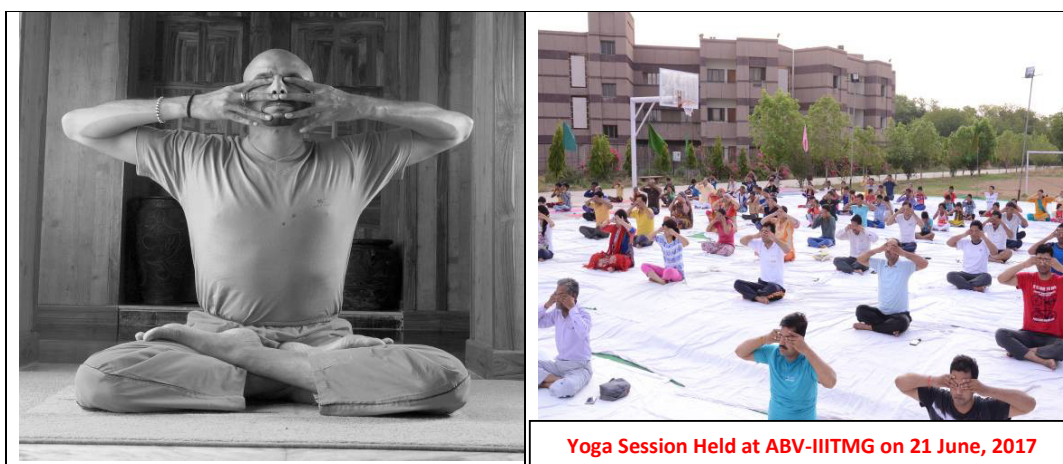
1. NADI SODHAN PRANAYAM

Benefits:- Excellent breathing technique to calm and center the mind, works therapeutically for most circulatory and respiratory problems, Releases accumulated stress, Helps harmonize the left and right hemispheres of the brain, Helps purify and balance the nadis, the subtle energy channels, Maintains body temperature.



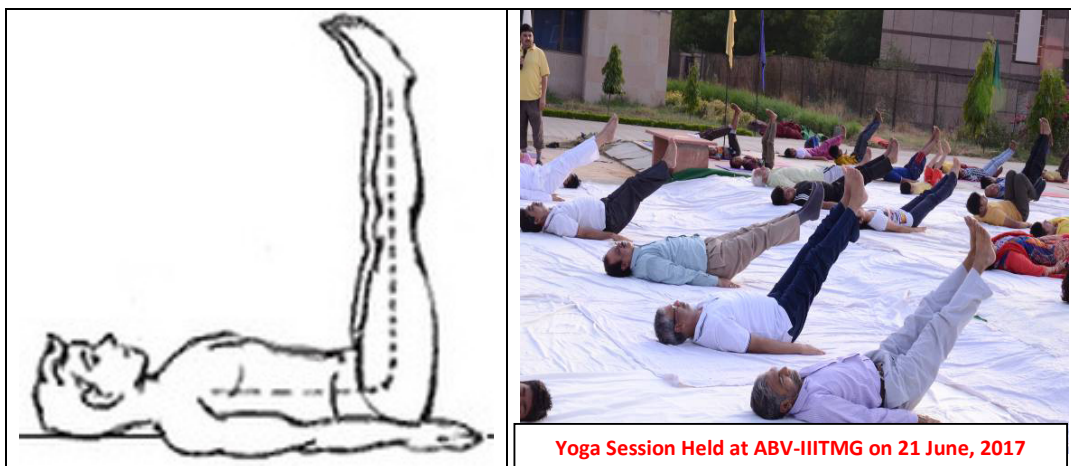
2. BHRAMARI PRANAYAM

Benefits:- Instant way to relieve tension, anger and anxiety, Gives relief if you're feeling hot or have a slight headache, Helps mitigate migraines, Improves concentration and memory, Builds confidence, Helps in reducing blood pressure



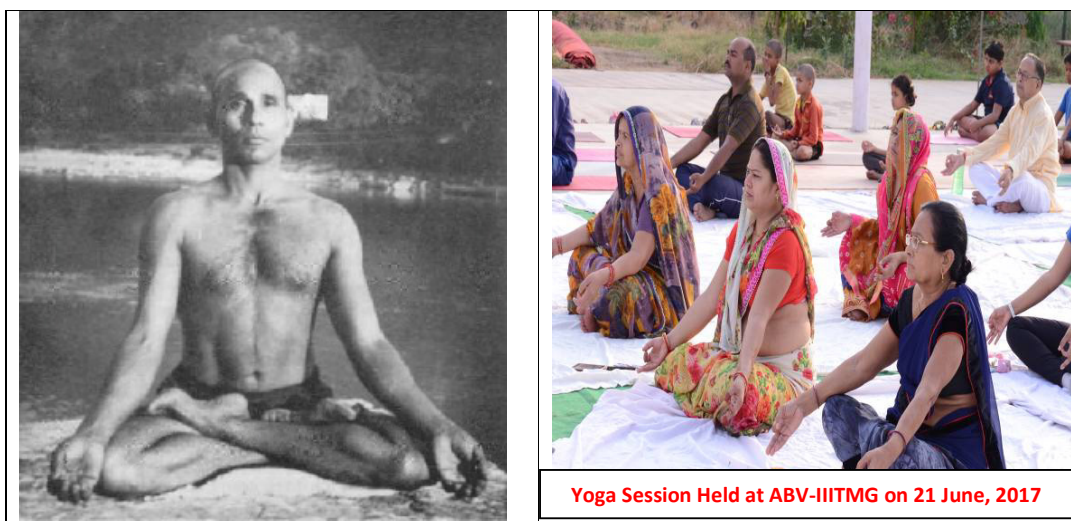
3. UTTANPADASANA

Benefits:- Cures stomach disorders like acidity, indigestion and constipation, Strengthens the abdominal organs, Strengthens the back and hip and thigh muscles, Helpful for those suffering from gas problems, acidity, arthritis pain, heart problems and waist pain, Cures back pain, Helps to reduce tone the stomach muscles, Helpful for loosing weight, Good for diabetes patients, Improve the function of digestive systems, Remove gases from the intestine.



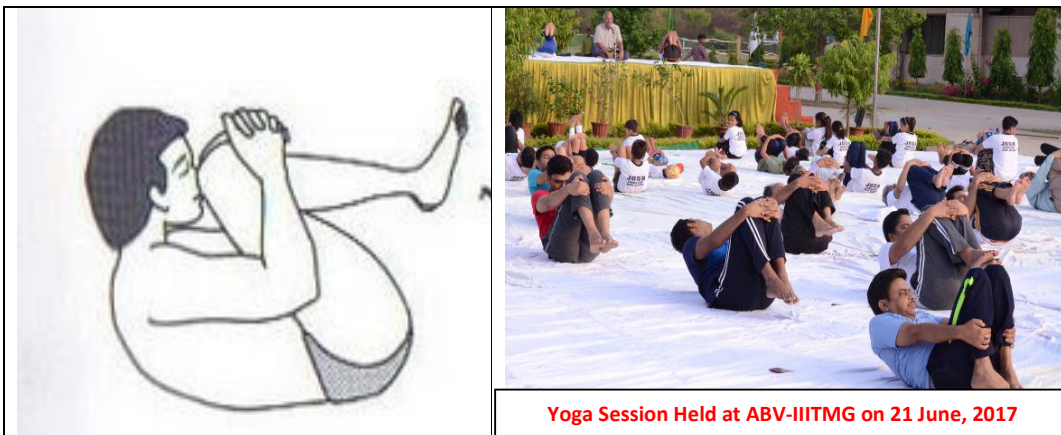
4. PADMASANA

Benefits:- It helps Calms the brain, increase the hungry, Helps to relax the body, stretches the ankles and knees, stimulate the abdomen, spine and bladder, stretches the spine.



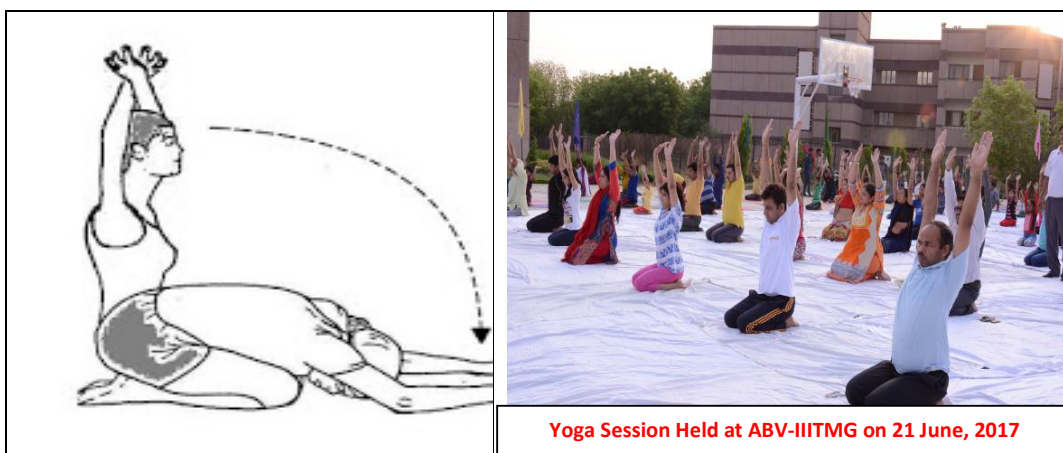
5. PAWAN MUKTASANA

Benefits:-The abdominal muscles are tensed and the internal organs are compressed which increases the blood circulation and stimulates the nerves, increasing the efficiency of the internal organs, Blood circulation is increased to all the internal organs, Digestive system is improved, Relieves constipation, Strengthens the lower back muscles and loosens the spinal vertebrae, Sterility and impotence, Reduces fats in the abdominal area, thighs and buttocks.



6. SHASHANKASANA

Benefits:-This asana relaxes the mind and relieves depression, It tones the pelvic muscles and relieves sciatic pain, It can help in sexual disorders, It gives a good relaxing stretch to the upper body.



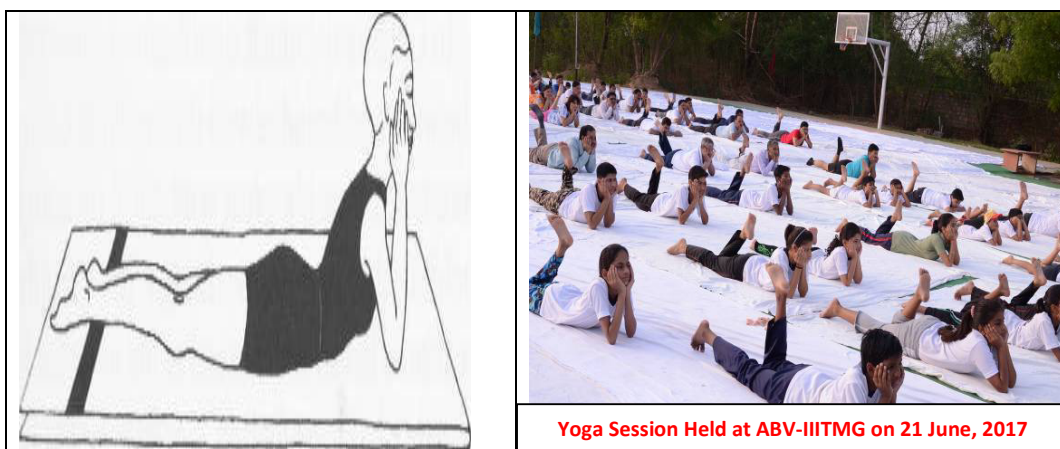
7. SHAVASANA

Benefits:-It relaxes your whole body, Releases stress, fatigue, depression and tension, Improves concentration, Cures insomnia, Relaxes your muscles, Calms the mind and improves mental health, Excellent asana for stimulating blood circulation, Beneficial for those suffering from neurological problem, asthma, constipation, diabetes, indigestion.



8. MAKARASANA

Benefits:-This asana can be done as a relaxation pose between other asanas or it can be relaxation method when you are tired. You can be in this asana for a prolonged period of time if you are tired after a workout. It gives deep relaxation to the shoulders and the spine. It can benefit all parts of the body as it stretches your body almost from head to toe.



9. BHUJANGASANA

Benefits:- Stretches muscles in the shoulders, Decreases stiffness of the lower back, Strengthens the arms and shoulders, Increases flexibility, Improves menstrual irregularities, Elevates mood, Firms and tones the buttocks, Improves circulation of blood and oxygen, especially throughout the spinal and pelvic regions, Improves digestion, Strengthens the spine, Soothes sciatica, Helps to ease symptoms of asthma



Director of the Institute thanked the participants for their enthusiastic participation.

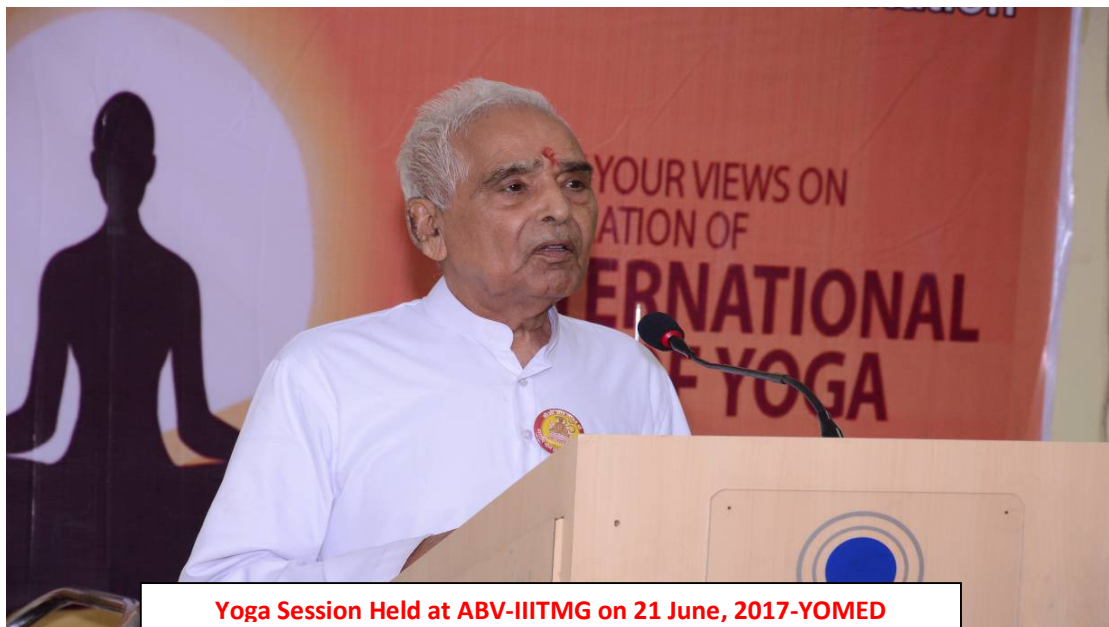




Keeping the importance of Yoga in mind, Institute also organized a one day workshop on “YOMED-2017” on 21 June, 2016 from 10:00 AM to 2:00 PM. This workshop included the sessions on different topics, health challenges of IT professionals, stress management, Yoga and Meditation, positive psychology, Music therapy etc. During the workshop Prof. Suresh Sharma (President Arbindo Society), Dr. R. P. Gupta (Bhartiya Yog Sansthaan), Shri Ramesh Verma (Bhartiya Yog Sansthaan), Shri S. P. Sharma (Yoga Instructor, IIITM, Gwalior), Dr. Pooja Gupta (Physio) and Dr. Anil Mangal (Sr. Scientist, CARI) expressed their views.



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Yoga Session Held at ABV-IIITMG on 21 June, 2017-YOMED







Yoga Session Held at ABV-IIITMG on 21 June, 2017-YOMED

At the end of auspicious session of “International Yoga Day”, everybody took a pledge to include Yoga in one’s daily routine like other necessary activities and also inspire and motivate others to include Yoga in their daily life.

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Annexure 1: Program schedule

Program Schedule for International YOGA Day -2017 21 June (Wednesday)2017			
	Activity	Duration (Minute)	TIME
Venue: Sports Complex	Inaugural Prayer and Yoga Geet	10	6:00 - 06:10
	Yoga Aasanas	45	06:15 - 07:00
	Performance by JOSH-2017/ SGM Participants	45	07:00 - 07:30
	 Refreshment	15	07:30 - 08:00
YOMED-2017 Venue: : Syndicate Hall			
Inauguration of YoMed 2017	Documentary on YOGA	25	10:00-10:20
	Saraswati Vandana	5	10:20-10:25
YOMED-2017 Venue: : Syndicate Hall	Address by Director Sir	10	10:25-10:30
	Expert Lecture-1	25	10:30 - 11:50
	Expert Lecture-2	10	11:50 -11:10
	Expert Lecture-3	25	11:10 - 11:30
	JOSH-17/SGM Participants Program	10	11:30 - 12:00
	 Refreshment		
	Expert Lecture-4	10	12:00 - 12:20
	Expert Lecture-5	20	12:20 - 12:40
	Expert Lecture-6	20	12:40 - 13:00
	Expert Lecture-7	15	13:00 - 13:20
	Experience Sharing	15	13:20 - 13:30
	Certificate/Prize Distribution with Vote of thanks	30	13:30 - 14:00
	 Lunch		

Note: For Morning Session participants are requested to bring their own Mats/Towels for Yoga session.

Contact Person: Mr. Manvendra : 08109914571 | Mr. Love Kumar : 08717962835

Coordinator: Dr. Anurag Srivastava: 09826189049