

# YOGA AWARENESS

# PROGRAMME



**GOVERNMENT COLLEGE OF  
EDUCATION,  
BURDWAN**

**INTERNATIONAL DAY OF YOGA  
2021**

According to the directives of the UGC, letter F.No 1-16/2021(Website), dated 18<sup>th</sup> June 2021, to celebrate **International Day of Yoga-2021**, on 21<sup>st</sup> June 2021, on the theme 'Be with Yoga, Be at Home' and use digital platform to **spread awareness and increase participation among all regarding the advantages of Yoga**

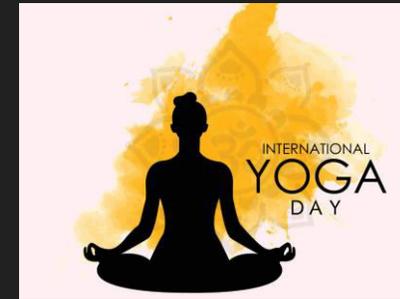


**Government College of Education, Burdwan**  
observed the International Day of Yoga-2021

# IDY-2021 THEMATIC MESSAGE



“ BE WITH YOGA ,  
BE AT HOME ”



# INTERNATIONAL DAY OF YOGA

Proposed by Prime Minister  
at U N General Assembly on  
27<sup>th</sup> September, 2014

Celebrated- 21<sup>st</sup> June 2015

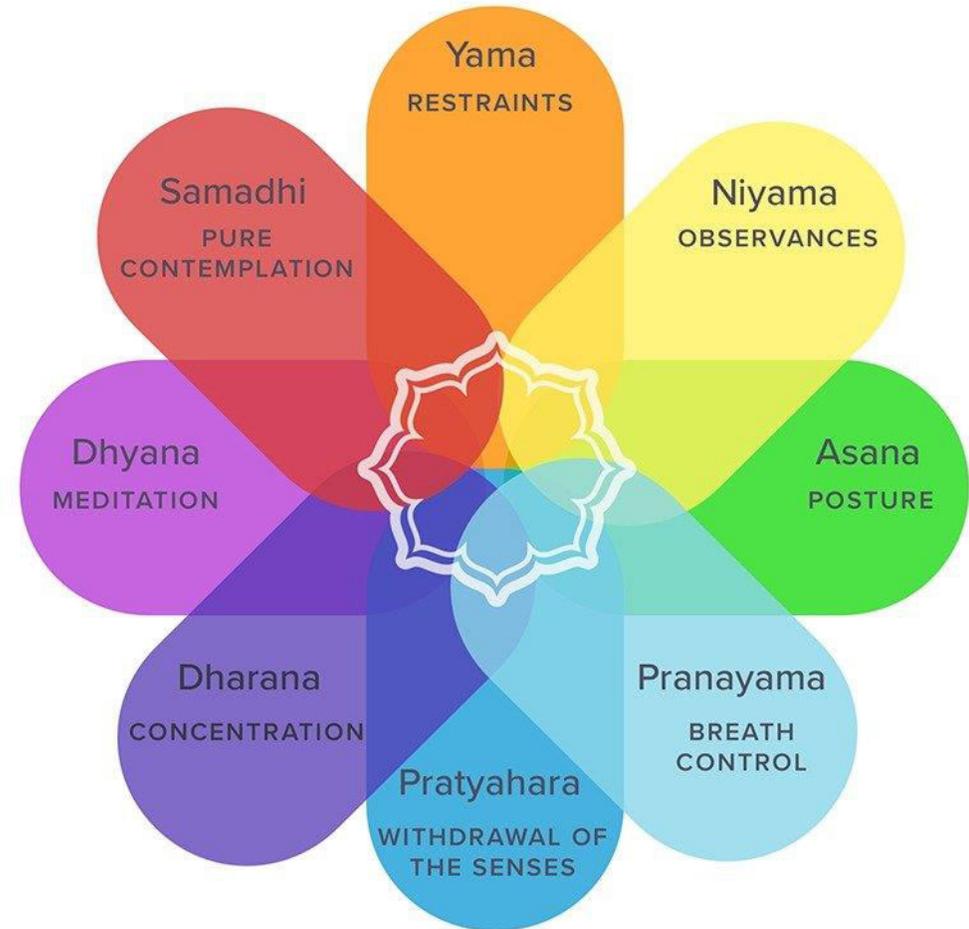
21<sup>st</sup> June chosen- longest day  
in Northern Hemisphere



# “BE WITH YOGA, BE AT HOME”

## Stages of Yoga

- Yam : Restraints
- Niyam : Observances
- Asan : Body Postures
- Pranayama : Regulations of Breath
- Pratyahar : Abstractions of Senses
- Dharna : Concentration
- Dhyan : Meditation
- Samadhi : Self Realizations



**“YOGA IN  
DAILY LIFE”**



**GOALS**

**A holistic effect to  
bring body, mind,  
consciousness and  
soul into balance.**

**Physical Health  
Mental Health  
Social Health  
Spiritual Health  
Self-Realisation**

# IMPROVEMENT IN PHYSICAL HEALTH

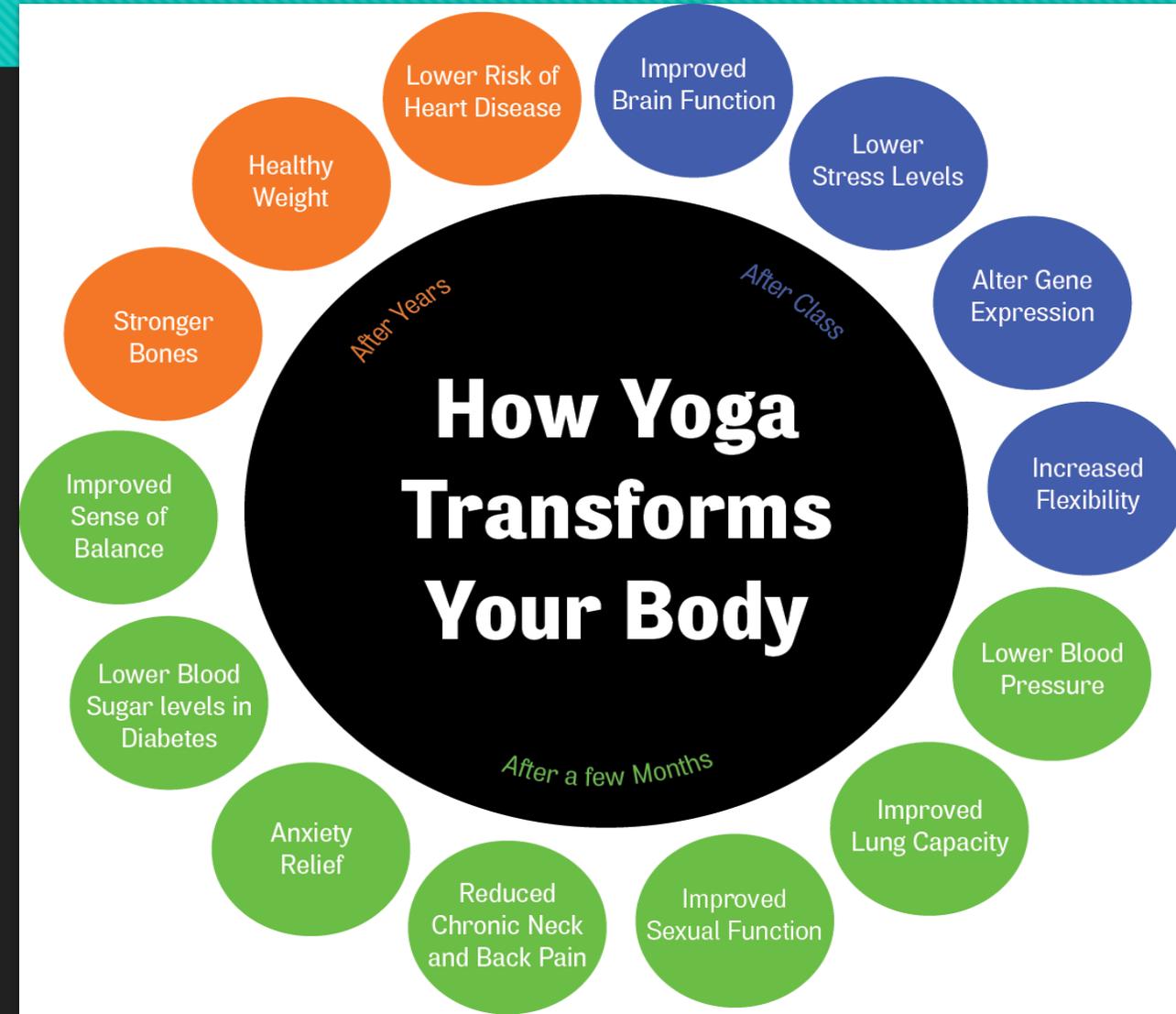
IMPROVES STRENGTH,  
BALANCE & FLEXIBILITY

HEALTHY WEIGHT

IMPROVES POSTURE

REDUCES RISK OF INJURY

PAIN RELIEF



# PRACTICE YOGA

## to IMPROVE YOUR POSTURE

1. Stand straight, with toes touching each other and heels slightly apart.
2. Lift and spread your toes and the balls of your feet, and gently sway back and forth.
3. Gradually reduce this swaying to a stand still, with your weight balanced evenly on your feet.
4. Firm your thigh muscles, lift your knees and pull in your lower belly.
5. Press your shoulder blades into your back, then widen them across and release them down your back.
6. Hold this position for 30 to 60 seconds, breathing deeply.





**IMPROVES STAMINA AND ENERGY LEVEL**

# IMPROVED IMMUNITY



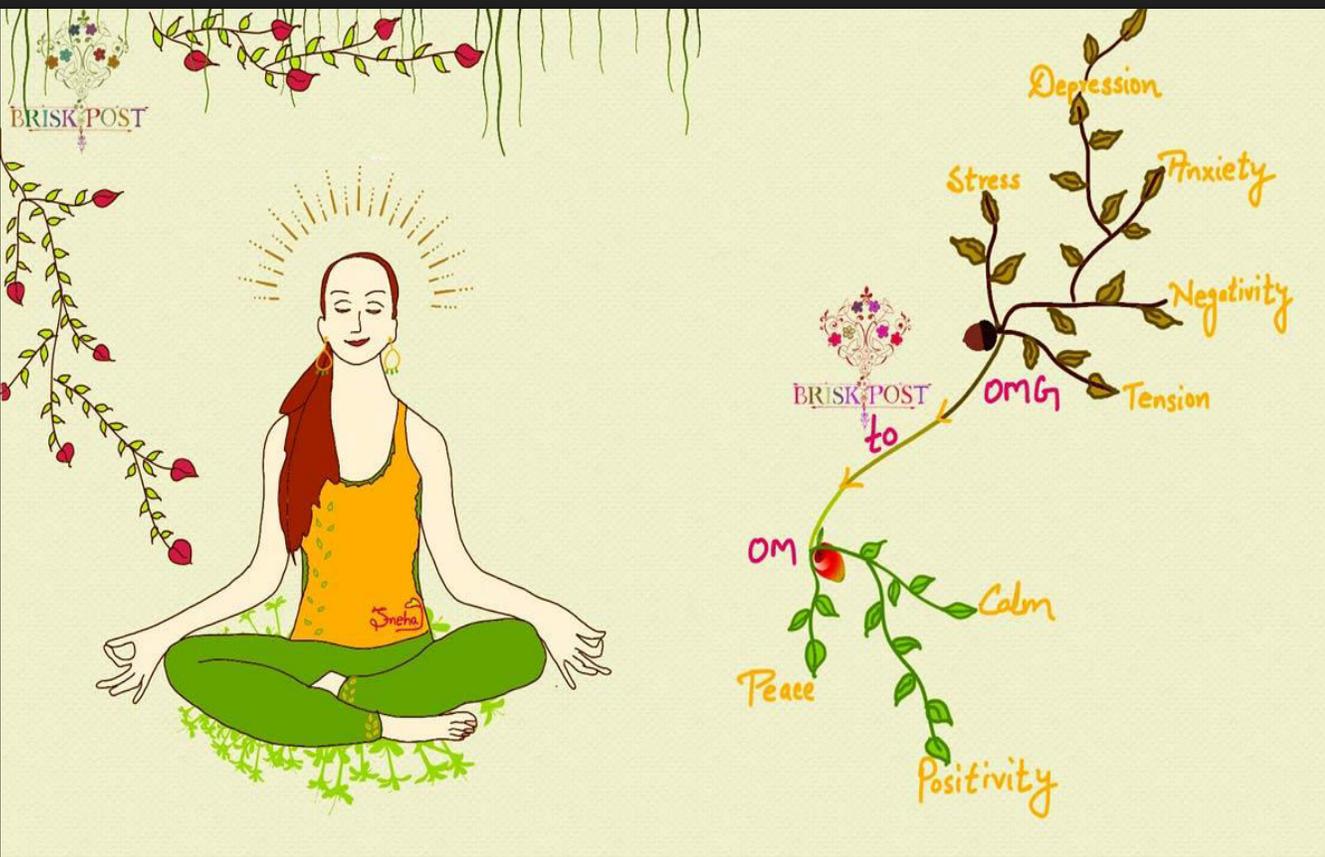
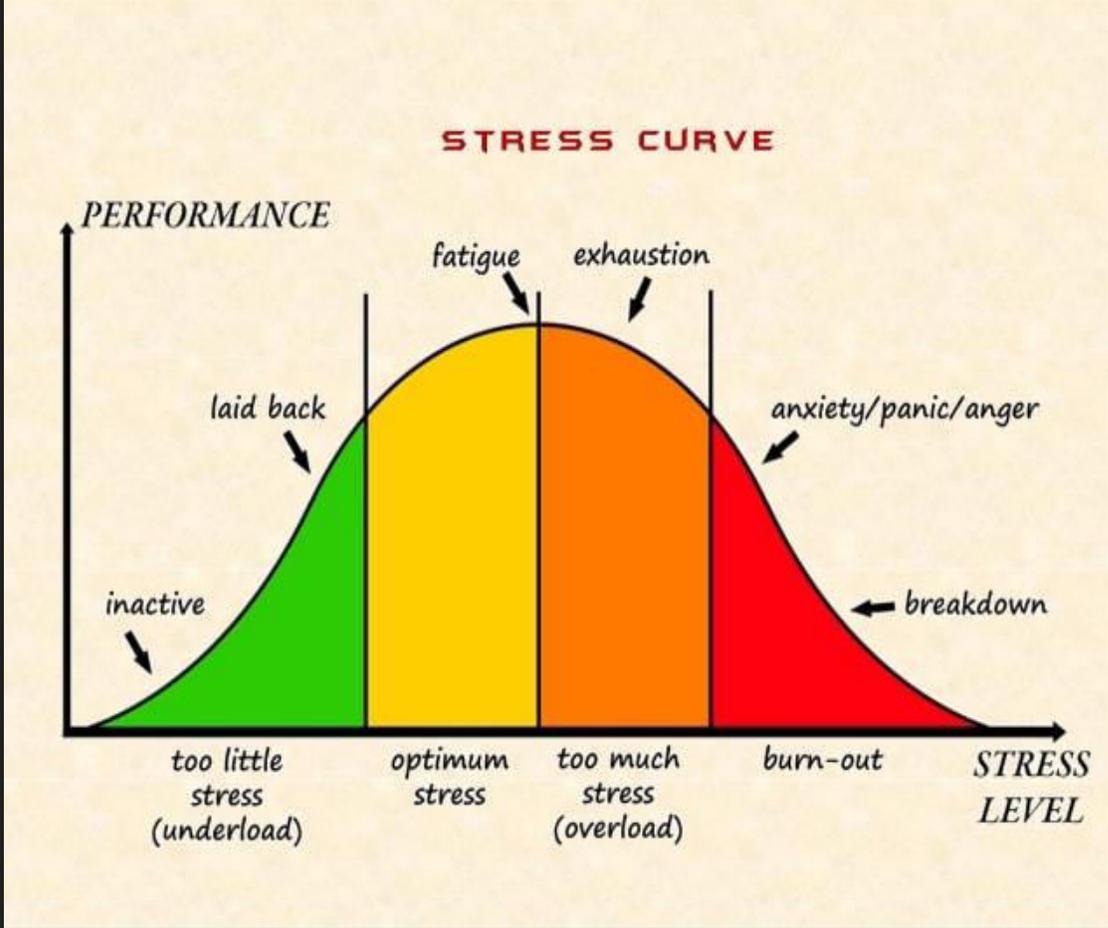
- Various Yoga techniques like ***asana, pranayama, meditation, boost immunity*** by improving the blood circulation and flushing out the toxins from the body.
- Yoga improves assimilation of nutrients, elimination of wastes and invokes vital energy. All contributes to the improvement in immunity, helping us to stay healthy.





# INCREASING STRESS IN 21<sup>st</sup> C

# YOGA TO REDUCE STRESS



# 5 YOGA POSES TO HANDLE STRESS



LEGS UP THE WALL



DOWNWARD FACING DOG



MOUNTAIN



LOTUS



CHILD'S POSE

# RESTORATIVE YOGA



A DISCIPLINED MIND BRINGS  
HAPPINESS



**TO RESPECT SELF & OTHERS**  
**TO REDUCE SOCIAL ANXIETY**  
**FOR POSITIVE PERCEPTION**  
**ABOUT SOCIETY**  
**TO RECOVER FROM**  
**NEGATIVE INFLUENCES**  
**LIKE DRUGS & ALCOHOL**

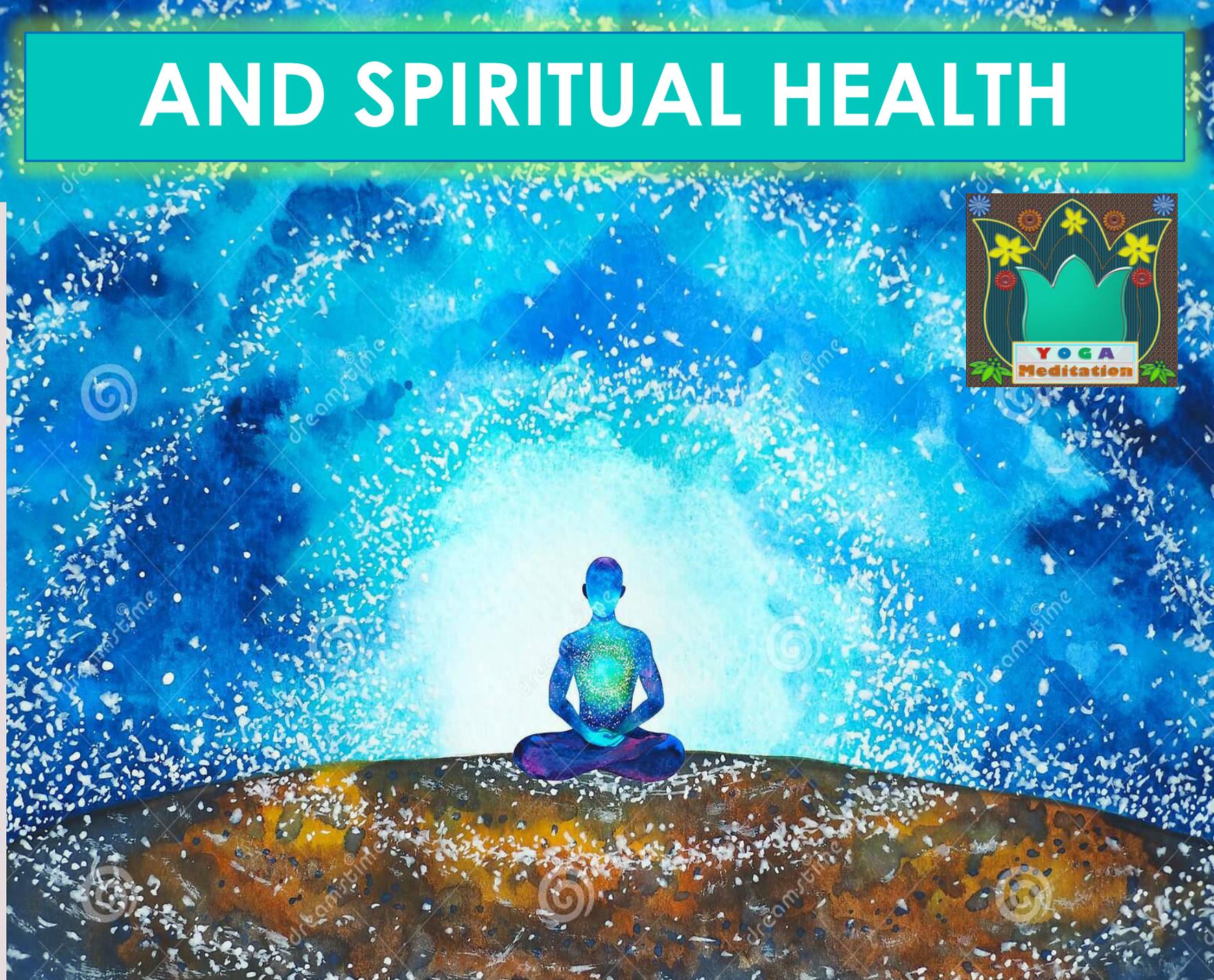
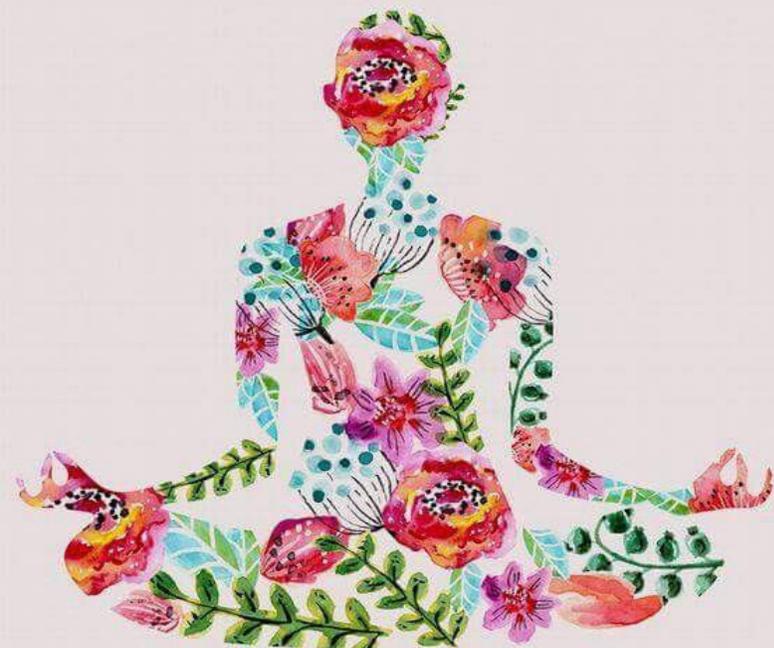


**YOGA TO IMPROVE SOCIAL HEALTH**

# MEDITATION

# AND SPIRITUAL HEALTH

Everything you need,  
your courage, strength  
compassion and love;  
everything you need is  
already within you.



YOGA

FOR A  
HAPPY LIFE

*Your gift to the world is yourself*



Art by [www.monibatiste.com.au](http://www.monibatiste.com.au)



Take a deep  
breath .....  
and  
embrace life

THANK YOU