



## International Yoga Day - 21/06/2020

INTRO: The volunteers from NSS unit conducted a live session on Yoga day for all students and faculties where everyone did yoga together, following a lead volunteer. The session was conducted on Google meet.

The session succeeded 6-day Publicity where an *Asana* was posted under a title 'Asana of the Day'. Publicity was done on the NSS page on Instagram and Whatsapp stories.


Volunteers also prepared a Yoga guide in PDF format that can be accessed by anyone whenever required.

Timing: 7:30am - 10:00am

Total no. Of units	Name of the activity	Total students participated.	No. of teachers participated	No. of beneficiaries	Total no. of participants.
1	International Yoga Day	38	10	59	107

# PUBLICITY POSTS

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INTERNATIONAL YOGA DAY


## 'Chakrasana'

**BENEFITS :-**

- Stimulates the processes of the liver, spleen and kidneys
- Increases the elasticity of the spine
- Sharpens eyesight
- Enhances the purification and circulation of blood

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## Vrukshasana

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Also known as the 'TREE POSE'

**BENEFITS**

- Improves balance and stability in the legs.
- Enhances one's ability to concentrate.
- Strengthens the ligaments and tendon of the feet.
- Enriches Neuromuscular coordination.
- Establishes pelvic stability.
- Builds self-confidence and esteem.



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## 'Balasana'

Also known as the 'CHILD'S POSE'

**:- Benefits :-**

- Stretches and Strengthens muscle of hips, thighs and ankles.
- Helps to relieve stress and fatigue.
- Increases blood circulation.
- Helps to cure back pain.

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## USTRASANA:



Ustra is Sanskrit for "Camel," and asana is for "pose." So, Ustrasana is "Camel Pose."

**BENEFITS OF USTRASANA:**

- It strengthens the back and the shoulders.
- It helps alleviate pain in the lower back.
- It makes the spine more flexible and also helps in the betterment of your posture.
- It relieves menstrual discomfort.



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## Ardha Matsyendrasana:




In Sanskrit, 'ardha' means 'half' and 'matsya' means 'fish'. The 'asana' means 'pose' and 'indra' means 'king'.

**BENEFITS OF THE ASANA:**

- Increases the elasticity of the spine, tones the spinal nerves and improves the functioning of the spinal cord.
- Stretches the muscles on one side of the body whilst compressing the muscles on the other side.
- Relieves back pain and stiffness from between the vertebrae.
- Useful for slipped disc.



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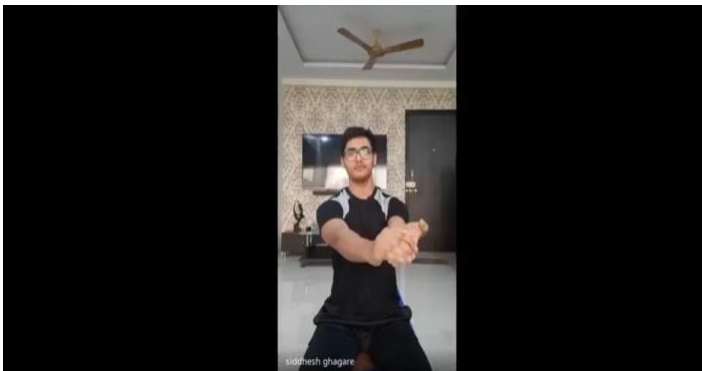
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## GOMUKHASANA

**:- BENEFITS :-**

- Stretches hips and strengthens spine and hip joint
- Relieves chronic knee pain
- Alleviates stress and mental tension.
- Serves as a complete body massage.

# YOGA DAY LIVE SESSION



YouTube video link: <https://youtu.be/mPkc3-cVjuw>