



R.V. Institute of Management, Bengaluru 1-8623695

International Day of Yoga 2021

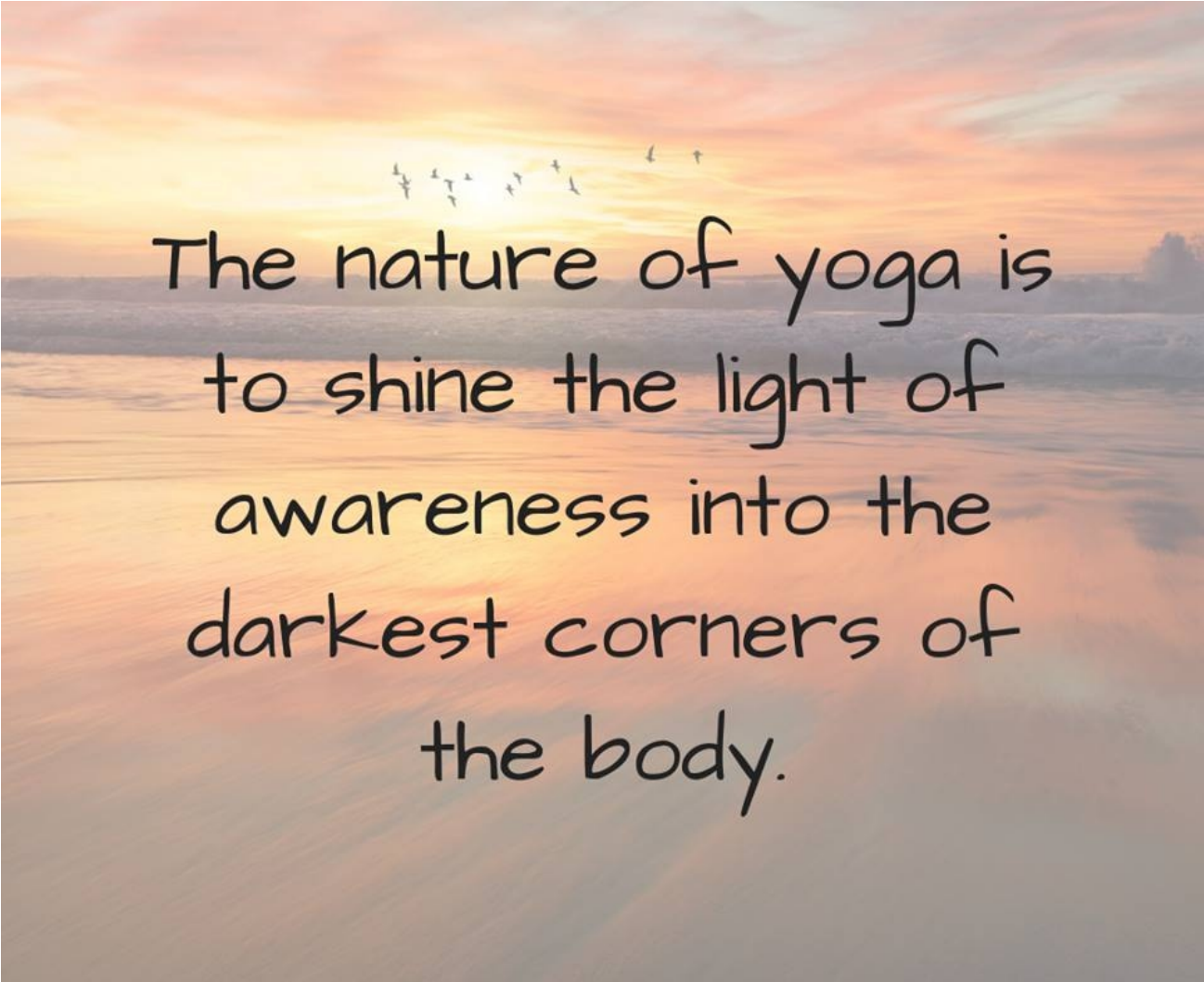
Coffee Table Book

540 and above registration from Staff, Students and Public. Average daily attendance 240 and certificates awarded to 350 participants. The International Day of Yoga aims to raise awareness worldwide of many benefits of practicing yoga.



RVIM YOGA CLUB

6/21/2021

A photograph of a sunset over a beach. The sky is filled with soft, warm colors of orange, yellow, and pink. Several birds are seen flying in the sky above the horizon. The beach is visible in the foreground, with waves gently washing onto the shore. The overall mood is peaceful and serene.

The nature of yoga is
to shine the light of
awareness into the
darkest corners of
the body.

Inaugural Session: Chief Guest Address

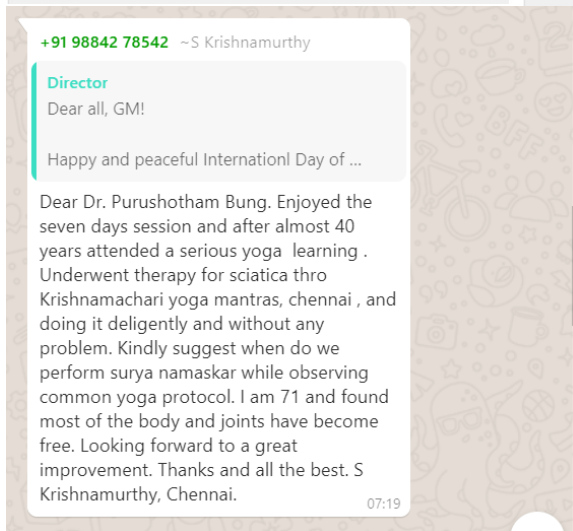
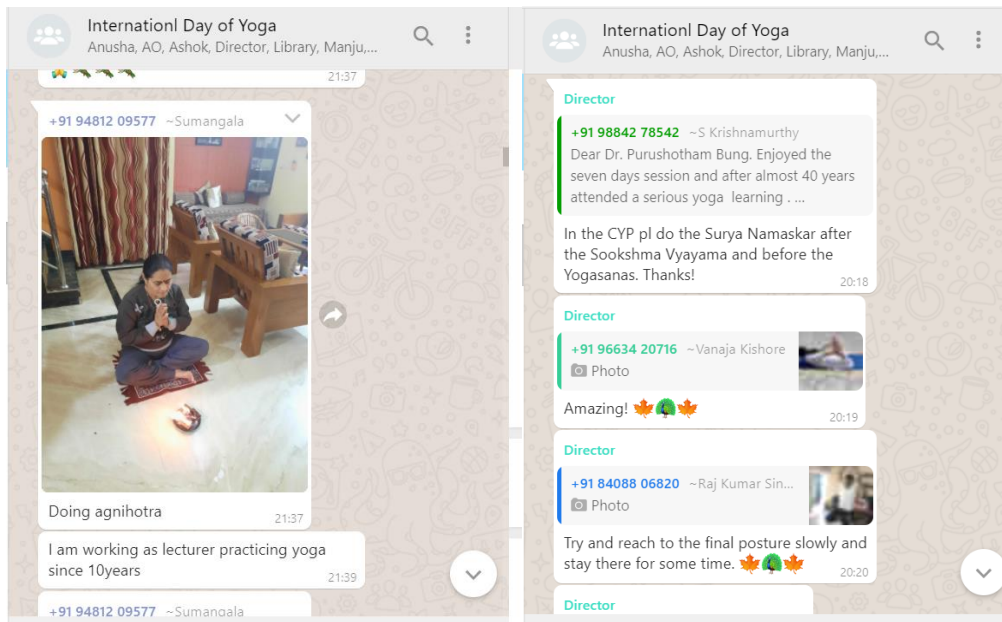
Shri Sujith Komarla shared his thoughts about yoga over the years. And his thoughts were with respect to management and marketing. How bias can affect the judgment. It was also from the perspective of how there can be representation and misrepresentation especially over the time to the present time. The aerial yoga, aqua yoga, Acro yoga, karaoke yoga, these are many varieties of yoga. He also told that when he searched for types of yoga in Google, he was expecting the answer of 50. But to the surprise it was only 4. He said yoga is been over marketed. As a management student he realized that the selling of yoga, its options and its versions got created because of the customers and he realized yoga is packaged. He also gave an example of sweets shops for over marketing of yoga. A sweet shop sells sugar. It has 100 varieties of sweets, but ultimately it's selling sugar. On similar note, the goodness of yoga doesn't need selling. The demand took it from our country to international level in 90's itself. It went over in the form of Bikram yoga. This is what appealed to the counter culture of America. But it was not absorbed by the main stream culture in the US back then. That version of yoga was misrepresented and it became the cult.

Around 2013, yoga had become politicized as well. Different political parties were trying to splash colors on yoga. They started using yoga as tool to divide people. They were trying to remove yoga from curriculum rather trying to include it. Again, yoga was being misrepresented. They created yoga phobia in the minds of the people. This yoga phobia had to be removed. But as the time passed yoga phobia has been removed. Our Prime Minister Shri Narendra Modi took yoga to international level again. Now yoga is well understood as exercise of mind and body. Across the world it has moved from counter culture to the main stream. And the biases have been eliminated. Yoga shines around the world. Alabama schools had banned yoga and this ban was removed in May 2021. And he also suggested the participants to enjoy the yoga as we enjoy sweets. And requested to become proactive proponent of righteousness of yoga and take active steps to avoid its misrepresentation and enjoy yoga.

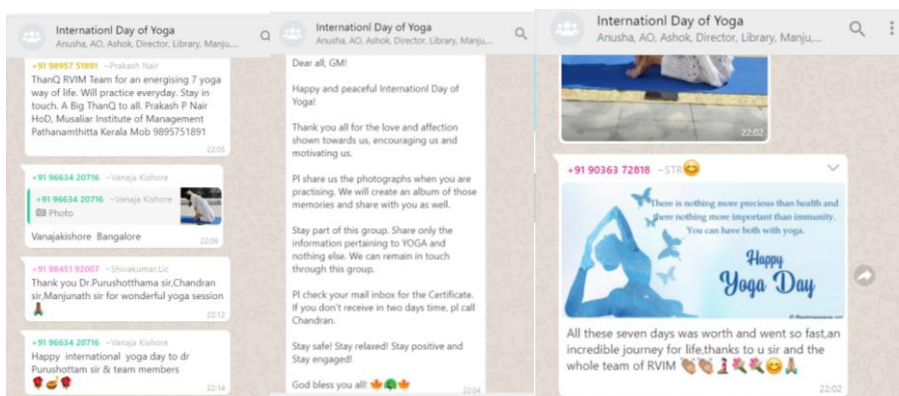
His words gave us knowledge of historical background of yoga and also learnt new information about yoga.



The inaugural address by Hon'ble Chief Guest was documented by Apoorva M, II Semester C 2020-22 Reg.No. MB207623 as a part of Internal Assessment in Employability Skill Development II (Writing Tasks)



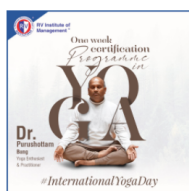
Greetings



Few WhatsApp Communications Recorded

R.V. Institute of Management celebrated 7th *International Day of Yoga* on June 21, 2021 on the theme 'Be with Yoga Be at Home'. Participation from Staff, Students and Public was encouraging on all days of weeklong celebrations marked with Certification programme from June 15-21, 2021. Dr. Purushottam Bung, Director, guided the sessions. The celebrations witnessed 540 and above registration from Staff, Students and Public. The average daily attendance was 240 and certificates awarded to 350 participants. The International Day of Yoga aims to raise awareness worldwide of many benefits of practicing yoga.

CERTIFICATION PROGRAMME INVITATION



Topic RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush

Description RVIM is organizing a seven day (15-21 June, 2021) Certification Program on Common Yoga Protocol developed by Morarji Desai National Institute of Yoga (MDNIY) under the Ministry of Ayush, as part of 'RVIM International Day of Yoga Celebrations 2021'.

Theme for this year is: "Be with Yoga, Be at Home".

All are requested to join from home with your family members and get benefitted.

IDY PROGRAMME INVITATION

International Day of Yoga

Anusha, AO, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy, Sa



Welcome! You are invited to join a webinar: RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush. After registering, you zoom.us

Dear all, Greetings from RVIM!

Like every year, this year also YOGA CLUB of RVIM is celebrating International Yoga Day tomorrow, i.e. 21.06.2021 from 7-9 AM. We will be practising Common Yoga Protocol developed scientifically by Ministry of Ayush.

Register in advance for this webinar:
https://zoom.us/webinar/register/WN_t18lxtGTB-Dj6qYAldStg

After registering, you will receive a confirmation email containing information about joining the webinar.

Get ready for the exhilaration of celebrating International Yoga Day with appropriate knowledge of Yoga and its importance in physical, mental, social and spiritual well-being and earn certificate as well.

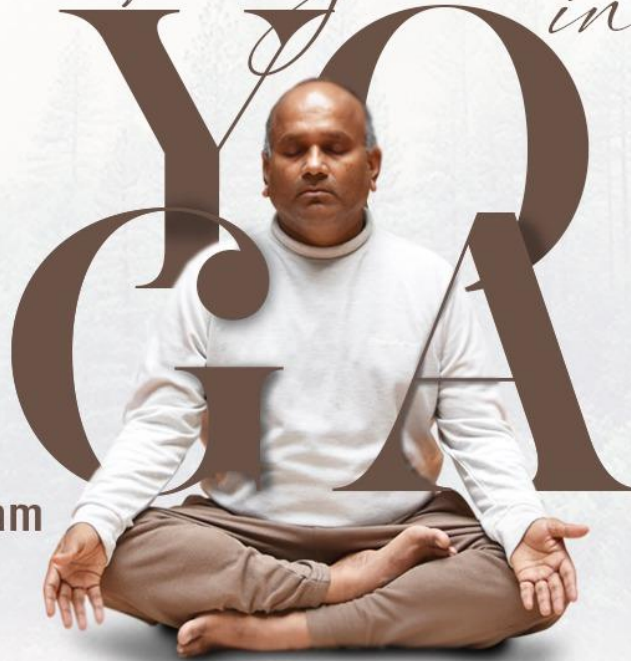
Limited seats! No registration fees! FCFS! Request you all to propagate it amongst your network for the... [Read more](#)

02:13



RV Institute of Management®

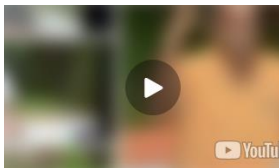
One week
certification
Programme
in



Dr.
Purushottam
Bung
Yoga Enthusiast
& Practitioner

#InternationalYogaDay

Invitation Poster




One Week Certification Program on
International Yoga Day 2021 at RVIM
Certification Program on Common Yoga Protoc
youtube.com

<https://youtu.be/xKNwG4Qf7ZY>

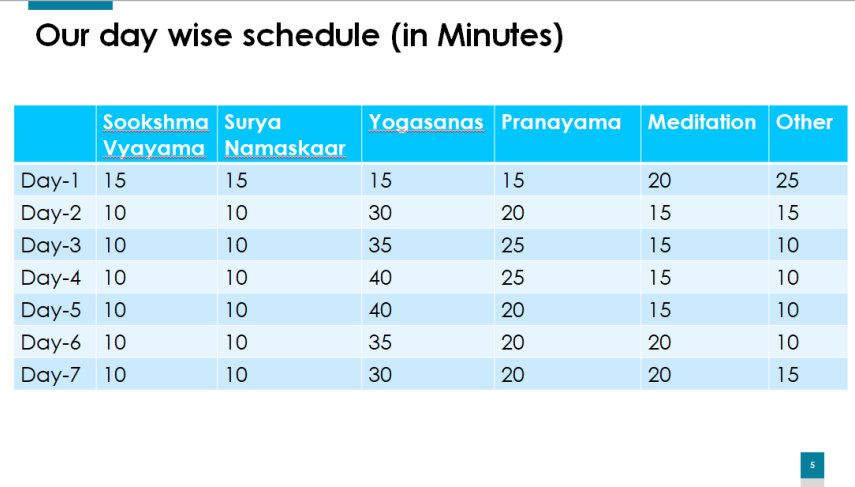
VIDEO LINK OF ONE WEEK PROGRAMME <https://youtu.be/xKNwG4Qf7ZY>

Presentation Slides



Yoga – The philosophy and the Practice

Dr. Purushottam Bung
Professor and Director, RVIM, Bangalore



Our day wise schedule (in Minutes)

| | Sookshma Vyayama | Surya Namaskaar | Yogasanas | Pranayama | Meditation | Other |
|-------|------------------|-----------------|-----------|-----------|------------|-------|
| Day-1 | 15 | 15 | 15 | 15 | 20 | 25 |
| Day-2 | 10 | 10 | 30 | 20 | 15 | 15 |
| Day-3 | 10 | 10 | 35 | 25 | 15 | 10 |
| Day-4 | 10 | 10 | 40 | 25 | 15 | 10 |
| Day-5 | 10 | 10 | 40 | 20 | 15 | 10 |
| Day-6 | 10 | 10 | 35 | 20 | 20 | 10 |
| Day-7 | 10 | 10 | 30 | 20 | 20 | 15 |



Contact

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ZOOM WEBINAR MODE AND FACEBOOK LIVE

The screenshot shows a Zoom webinar interface. At the top, it indicates 'Recording LIVE on Facebook' and 'You are viewing Director RVIM's screen'. The main content is a slide titled 'Ashtanga Yoga' with a blue inverted triangle background. The slide lists the eight limbs of Ashtanga Yoga from top to bottom: Yama (Ahimsa-Satya-Astheya-Brahmacharya-Aparigraha), Niyama (Shouch-Santosh-Tapah-Swadhyaya-Esha Pranidhana), Asana (Physical Postures), Pranayam (Breathing Exercises), Pratyahar (Focusing inwards), Dharana (Concentration), Dhyaan (Meditation), and Samadhi. To the right of the slide is a vertical gallery of video feeds for participants, including Director RVIM, Kusum Anand, Krishnamurthy S, Tirupathi Ranganath..., and RAJANNA K C. The Zoom control bar at the bottom shows 175 participants and options for Unmute, Start Video, Q&A, Polls, Chat, Share (A+S), Record, and Leave.

Photo gallery



Certificate Distribution



Student Practicing from Home during the certification programme



Mass Practice

Guided by
Director, RVIM



Online
interaction
from Campus



Mass Practice
in Campus on
June 21

Public Participants

CERTIFICATION PROGRAMME JUNE 15-21, 2021

"RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush from 15th June to 21st June 2021"

Please find your participation certificate in the following Google drive link

<https://drive.google.com/drive/folders/1wYIPaDWXo6GYtlvZx53lpo-VnKKmoSAO?usp=sharing>

VIDEO LINK OF 7 DAYS PROGRAMME

Day 1 <https://youtu.be/PiPUkFMJ550>

Day 2 <https://youtu.be/APDITbHRkZk>

Day 3 <https://youtu.be/rSaEPIOhc0s>

Day 4 <https://youtu.be/xJpF4WGZSFI>

Day 5 <https://youtu.be/vThII5PSG6g>

Day 6 <https://youtu.be/IZzPzejc-w0>

Day 7 <https://youtu.be/VfqM-9GCrks>

Report Prepared by

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END OF REPORT



*This is the Day wise EVENT summary
prepared by*

*ROSHNI GURU MUTHRAJ II Semester MBA – C
2020-22 Reg.No.MB207718*

*This report is a part of Internal Assessment in Employability
Skill Development II (Writing Tasks)*

NAME OF THE EVENT: INTERNATIONAL DAY OF YOGA 2021

DATE OF EVENT: June 15 - June 21, 2021

LOCATION OF EVENT: R.V. Institute of Management, Jayanagar, Bangalore

TIMINGS: 7AM-9AM

AVERAGE ATTENDANCE on each day: 200+

GUIDED BY: Dr. Purushottam Bung, Director, R.V. Institute of Management

YOGA PROGRAMME SUMMARY

RVIM organised International Day of Yoga 2021 programmes from June 15-21. Dr. Purushottam Bung guided the sessions through virtual platform for large audience and few in the campus with Covid 19 appropriate behaviour. Dr. Bung is a yoga enthusiast and practitioner. Mr. A.K. Sujit Chandan, Chairman, Governing Council, RVIM, inaugurated the Certification programme.

The programme started with the opening prayer followed by Mr. Sujit address online. Followed by briefing of common yoga protocol and the entire schedule for the seven day by Director, RVIM. He spoke about what is yoga and why yoga through power point presentation. The presentation had Common Yoga Protocol (CYP) that has different types of asanas such as Sookshma Vyayama Practices, Yogasanas, Pranayamas, and Mediation. He provided information about the research which were ongoing about yoga and told importance and facts about yoga. He also gave some important instruction about how to go with the yoga practice. One of the important things he said was relaxation in yoga goes unsaid and to practice yoga comfortably.

Yoga practice on DAY ONE, June 15, 2021

The very first asana was Tadasana and concentrated on the breathing pattern. Followed by different asanas from head to toe. Each asanas was done thrice such as head rotation, twisting of the neck, neck rotation, shoulders rolling backside and frontside, Adi Mudra with wrist rotation, stretching and pulling of the fingers, exercise for the trunk such as [twisting the trunk, lateral movement of the trunk,] squats, exercise for the knee, Dandasana, Vishram Asana, rotation of ankles, clenching the fingers of feet, Suraya Namaskar and the 12 steps involved in it. Viz.(1) Pranamasana 2) Hastauttanasana 3) Hasta Padasana 4) Ashwa Sanchalanasana 5) Dandasana 6) Ashtanga Namaskara 7) Bhujangasana 8) Parvatasana 9) Ashwa Sanchalanasana 10) Hasta Padasana 11) Hastauttanasana 12) Tadasana, Dandasana in sitting posture, Vajrasana (best posture can be done after food also), Pushtasana, Vishnuasana, Uttana Mandukasana, Shavasana, then back to sitting posture and do butterfly, Badha Konasana, then different types of breathing exercises such as Yogic Breathing with Bhrama Mudra, Vibhagiya Pranayama (which will keep our lungs healthy and also our entire body healthy), Abdomen Breathing with Chinmaya Mudra, Thoracic Breathing, Breathing exercise by focusing on Shoulder with Adi Mudra, after practicing all these Asanas of Yoga , relaxed and then did Meditation for 5 mins and it is also called as Anapanasati which is the most important part and every individual should Meditate for Mental health and also to cleanse the soul and fill the soul with positive energy. At the end Namaskara Mudra with 3 chants of OM. Following it was Shanthi prayer, expressing the gratitude to the mother Earth. The session was opened to questions .One participant asked -can pregnant women perform yoga and can an ill person perform yoga. Dr.Bung replied yes. Pregnant women can perform few of the selected Asanas and an ill person should practice under the general escort & observation by yoga tutor /medical supervision

The entire questions were answered and thanked for participation. The session ended which lot of power and positivity in all participants.

Yoga practice on DAY TWO, June 16, 2021

Started practice of Yoga with an opening prayer and Dr.Bung spoke about ancient Yoga. Then started practice by sitting comfortably with eyes closed and hands joined and started observing our breath and different parts of body. All chanted OM thrice and sang a small prayer for universal harmony. Explained Ashtanga Yoga through power point presentation. In that presentation it was said that mediation is of greater importance and then comes Pranayama then Yogasana and then Sookshma Vyayama. Dr.Bung also mentioned that Yoga has to be practiced daily like we take bath daily and it is called as Yogasana. Then he spoke about the Ashtanga Yoga which was developed by Pathanjali Muni. About the journey from Outward to Inward or From Social to Spiritual. It has Eight Branches of Yoga 1) Yama 2) Niyama 3) Asana 4) Pranayam 5) Pratyahar 6) Dharana 7) Dhyaan 8) Samadhi. Explained all these eight branches in simple vocabulary. After that presentation, started with the Yoga practice. All started with Sukshma Vyayama in that they did different type of movement such as Neck movement, Hip

movement, Shoulder movement, Chest exercise, Wrist and Fingers movement, Trunk rotation and exercise for Knees and Back. All had to concentrate on their breath while we had to continuously inhale and exhale, also after every movement, had to relax . While doing all the exercise Dr.Bung gave a lot of information about each and every exercise is to why are we doing it and what are the benefits out of it. Later started with Suraya Namaskar and the 12 steps involved in it .All practiced Four rounds of Suraya Namaskar.

A very important tip again was, we should always perform the next asana when our breath is back to normal and till it comes to normal, we need to relax our body. And instruction provided that if we don't have time on daily bases, we should at least do "10" Suraya Namaskar because we actually do 12 different Asanas in 1 Suraya Namaskar. Following that was Tadasana with stretching our body along with inhalation and exhalation. Then moved on to the next Asana that was Natarajasana which is mainly for balancing the body and then Yoga Guide asked to feel the stretch and heat generated in our body. He also spoke about Sthira Sukham Asanam which means you are enjoying that posture. Then did Dandasana followed by Paschimottanasana and then Bhadrasana followed by slow Butterfly. Then all did Bhadhakonasana by looking straight which is very good for the pelvic part. They also did Vajrasana which is also called as Meditative posture and Dr.Bung asked all to feel the stretch in the thigh region. He also gave different alternative for the people who can't perform Vajrasana. He also said that this is the only Asana which can be done even after eating food. Then later did two more Asana that are Shashankasana (it gives a very good stretch in the abdomen region) and Uttana Mandukasana after this he asked all participants to relax our body. Later on, guided to Utkatasana followed by Makarasana and then Budhasana. At the end all sat in Padmasana which is one of the meditative postures and then practiced Padmasana. And then practiced Vibhaga Pranayama and all the four variations of it and also, did Yogic breathing and then at the end did Meditation for 10 mins and bowed down to the mother Earth. There was some question such as the anger which is there in human it comes through spicy food so can it be controlled by yoga? The answer of this what, yes Yoga and meditation is all about coming out of stress, depression and mainly controlling anger. He also read out some Shlokas from Bhagawad Geeta which also said that Yoga will solve most of your problems and keep you healthy and peaceful. Director also said that we should eat only Satvik food and that also half stomach and the rest half the one forth should be filled with Water and the rest should be empty for Air. He also said that we should eat simple food with minimum spices and with lot of vegetables. And during night time we should eat less food and Single grain food such as either Roti or Rice or may be some salad or some fruits.

After all such discussions ended second session with lot of Positive Energy and Happiness.

Yoga practice on DAY THREE, June 17, 2021

The Third day started with 3 Chants of OM while sitting in Namaskara Mudra and followed by the opening prayer which was sang Dr.Purushottam Bung, Director ,RVIM . He explained about Panchakosha Sharira Yoga though his Power Point Presentation. He gave some important

instruction's such as we should always relax our body after each Asana, and those who are suffering from chronic disorders they should take rest or perform Yoga under the supervision of the expert. Later he started speaking about Pancha Kosha in which he explained that there are 5 layers to our existences. The 1st layer is Annamaya Kosha which is the outer layer of our body. The 2nd layer is Pranamaya Kosha and we get energy from it, it flows inside our body through 72000 Nadis which are nothing but capillaries, veins, etc. and this layer keeps us disease free. Then the 3rd layer is Manomaya Kosha which is one of the very important layers out of the 5 layers because everything comes from our mind that is all our thought. And he said that we need to control our mind and thought. The 4th layer is Vijnanamaya Kosha which is about knowing our own true self and also our Intelligences that we have in us. And the last that is the 5th layer is the Anandamaya Kosha which is nothing but blissfulness and happiness in our own Soul which should be Positive and Truthful always. And all this comes from our ancient times. As there are 72000 Nadis out of which the most important are 3 Nadis that are 1) Ida 2) Pingala 3) Sushumna. Dr.Bung , explained about the Seven Chakars the 1st Chakar is Sahasrara. 2nd Chakar is Ajna. 3rd Chakar is Vishuddha. 4th Chakar is Anahata. 5th Chakar is Manipura. 6th Chakar is Swadhisthana. And the 7th Chakar is Muladhara. Guruji explained each and every Chakar very beautifully with different examples like how they work and how they are connected to each other.

After the presentation Dr.Bung, asked all to stand and then started Yoga practice by initially controlling the breath by constant inhalation and exhalation in Tadasana position. After that did different types of movement such as Neck movement with different types of rotation, exercises of the Shoulders, some movement of the Trunk, Thigh and Knees movements and after each and every movement Director asked to relax our body that is in Tadasana position. Later moved on to the Surya Namaskar and the 12 steps involved in it. He also said that Tadasana is the relaxing posture for all the Asana. Then we practiced different types of variation in Tadasana along with controlling our breath. Then practiced the balancing posture that is Sarala Natarajasana.it actually include the spin and body coordination. Then the other simple balancing posture practiced was Sarala Vrikshasana. Later practiced Hasta Padasana along with controlling our breath. And this asana is very good for lower back. Then also practiced Ardha Chakrasana. 3 new Asanas for today that were Sarala Vrikshasana, Hasta Padasana, and Ardha Chakrasana and all of these are the best for overall health and it is recommended in the Common Yoga Protocol.

Later all sat down in Dandasana. And then practiced Paschimottanasana, Bhadrasana, Vajrasana, Ustrasana. And all these Asanas are very good for entire body. Then practiced Shashankasana with knees spread apart and guided to observe the changes in our body. Later all did Thana Mandu Asana and it is a very good exercise for shoulder, thigh, legs, and knees. Practiced Vakrasana this asana actually regulates Glucose in the body and hence this Asana is mainly helpful for the Diabetic people. After all the sitting Asanas then guided to lie down in Makarasana which is the relaxing posture for all the prone line Asanas. Then practiced Bhujangasana, Vah Padh Shalb Asana, Shalabhasana. After each and every Asanas we were relaxing our body and later we lie down into a Shavasana in this the entire body rests on the

ground and it is very good for our spine line. Later we did few Asanas for the Spine Line such as Satu Band Asana, Pawanmuktasana (it is very good posture for gastritis), Ardha Halasana. After all these Asanas, relaxed for few mins in Shavasana then in Budhaasana and then we slowly got up and sat in Sukhasana. By this all completed Yogasana and then we moved to practice Pranayama in this they learnt Nadi Shodhana, Anuloma Viloma Pranayama as it is very good for the Pranic wellbeing. It is very simple and very effective at the same time. Anuloma Viloma Pranayama it actually helps us to balance many Nadis in our body and help us to be balanced in life. And the best part is anyone can do this and instructed people who are suffering from cold and fever should avoid this. And all did 10 rounds of it. While practicing Nadi Shodhana gave alternative to perform it in and that is Shanmukhi Mudra with constant inhalation and exhalation and had to observe our breath and changes in our body. All practiced Utgit Pranayam and Chanted 3 OMKARA by continuing the same they entered in the Meditation. During Meditation all were asked us to observe each and every part of the body, to observe all the sounds in our surrounding, he also spoke about positive vibes and strong connections. At the end of Meditation, Chant a small prayer along with Director and expressed gratitude to our mother earth. There were some questions from participants the 1st question was a Diabetic patient gets some tingling sensation in the fingers so is there any exercise for that? Answered Yes and showed few exercises for the same. 2nd question was what Asana is best to overcome exclusively the back pain? The answer given was all the Asanas will work great to overcome the back pain. The session closed with a thanking note and few discussions.

Yoga practice on DAY FOUR, June 18, 2021

Yoga Guide started session with the explanations through Power Point Presentation. He initially spoke about everything that he told in past 3 days in brief. New topic was Triguna Sankhya Philosophy and the Benefits of Yogasana. Triguna Sankhyah as three things that are 1st Sattva which means mode of Happiness which is nothing but all the good qualities, calm mind, reveals Awareness, allow proper discrimination. The 2nd is Rajas which is nothing but mode of Passion, extroverted mind, hides awareness, angry, anxiety, desire interprets experience, a great motivator. And the 3rd thing is Tamas which is the mode of Ignorance and the kind of all the negative characters, dull mind, hides awareness, sluggish, lazy and prone to depression. The main objective of Yoga for us to move from Tamas to Rajas and Rajas to Sattva. Spoke about the benefits of Yogasanas such as it increases flexibility, strengthen muscles, develop complete equilibrium of body and the mind, provides disease free body and happiness, it also strengthens Musculo skeletal system, circulatory system, digestive system, respiratory system, nervous system, endocrine system, excretory system, etc. it also removes physical and mental tension.

A Poll was hosted with 9-10 questions. The 1st question was what is your age? 2nd question Are you practicing Yoga and how long it's been if you are practicing? 3rd question was what all Yogic practice you do as part of your Yoga regime? 4th question was why did you join the certification course of Yoga? 5th question was what is your profession? 6th question was Have you been suffering from chronic illness? 7th question was what is your gender? 8th question was

where do you live? 8th question was what is your level of education? So, all the participants had to answer to all these questions. After answering to these questions, then moved on towards Yoga practice.

Then later while sitting in the comfortable position performed different types of shoulder movements, wrist movements while closing the wrist in Adi Mudra position. Then different movements for Fingers. Some movement for the feet and thigh. Then later stood up and did some exercise for the lower back along with inhalation and exhalation. Practiced Trunk rotation. Then moved to Sarala Natarajasana which is one of the balancing postures. In this Dr. Bung said stretch as much as you can and then relax for some time as let your body get back to normal and perform this with both the legs. It is mind body and legs coordination it strengthens the leg and it is good for the entire body. Then practiced Vrikshasana which is again a balancing posture. He asked us to hold on to the posture for 5 counts and later relax and feel the strain in the calf muscles. Then practiced Padahasthasana which is very good for trunk and back, Ardha Chakrasana while constant inhalation and exhalation and stay in that position for 5 counts.

Later there were some questions from the participants the 1st question was to have buttermilk is there any particular time for it? The answer for this was ,Yes buttermilk is very good for health and it should be very thin, we should not drink it too much and after the lunch instead of water we should drink buttermilk one small glass. We should drink only after the lunch and not after the dinner. It is also called as Kalyug Amrut. 2nd question is there any particular Yoga how many hours or mins after food can the perform? The answer for this was it is very good to perform Yoga empty stomach and that also at morning time or maybe after 5-6 hours after food and after 4 hours you can practice Pranayama but not Yogasana but the Ideal timing for Yoga is in the morning. The 3rd question is there any particular Yoga for the pain in the lower back? The answer of this that our Guruji gave was all the Asanas are very good for the lower back pain. The 4th question was tea and coffee which is consumed 4 times a day if the reduces it what will be the impact and how quick will be the impact? The answer was that Tea and coffee is not good for health. Drink black tea without adding milk to it and try drinking organic or herbal tea and try to slowly reduce that also because that is not for us basically because that should be taken as a drug and not as a drink but you should drink milk maybe 2-3 times a day which is very rich in nutrients. The 5th question was if the person is having Diabetic and the person is a bit fat then is there any particular Yoga for the weight loss? The answer of this was the entire Yoga regime is for effective weight loss but it is a very gradual process. The 6th question was if there is a problem of Gastritis what should be the diet? He said Satvik food which is not too spicy, not too salty, and it should not be dry it should be completely or properly wet. The 7th question was Does gulping causes Gastritis? He said yes, we need to properly chew our food to avoid Gastritis. He also said God has given us teeth for a reason so use it properly. The 8th question was is there any particular exercise for only knee? The answer for this was yes, the Sukshma Vyayama then knee rotation and all are the exercise of knee only. Then he said that we should try to avoid non veg and also dairy products and go vegan. We should try different type of fruits and vegetables and

enjoy them. He also said that our super should contain lot of fruits. He also quoted that “Fruits and Vegetables are the Food of Future”. With this note ended session.

Yoga practice on DAY FIVE, June 19, 2021

The day five sessions started with 3 Yogic breathing while sitting in a comfortable position and with eyes closed. Then chanted opening prayer. Followed with power point presentation about Benefits of Pranayama and Meditation. So, the benefits of Pranayama are the controlling breath leads to controlling mind that means prepare oneself for higher Yogic practices. It also Purifies Nadis and it ensures free flow of Prana throughout the body. It destroys illusion arising from ignorance and thus allows inner light of wisdom to shine. Enhance fitness of the mind for better and longer meditation. It removes all diseases arising from excess of ‘Wata’, ‘Pitta’ and ‘Kapha’. Reduce tension, anxiety, anger and frustration. Enhance lungs capacity. Reduce Heart Rate and regulate blood circulation. Then spoke about the benefits of Meditation that is nothing but Dhyana such as it enhances immune system function. Stimulate the Pituitary glands and the Hypothalamus and hence it releases Endorphins that is Internal Pain Killer. Long term meditation enhances learning, memory, emotional regulation and response control. It helps to control many, mental disorders and negative emotional like fear, anger, depression, stress, tension, anxiety, etc. enhance clarity of thoughts, confidence and will power.

The 1st Pranayama that we did today is Bhastrika Pranayama in this the hands were in Dhyana Mudra with active inhalation and active exhalation. He also should the same Pranayama in different movement. It is also called as Power Pranayama. We had to perform like a bello of a blacksmith. Then practiced Anuloma Viloma. Later performed Sheetal Pranayama with is very good for keeping our body cool. In this had to make a tube of our tongue and inhale from that tube and exhale from the nose slowly. All did 3 rounds of this after completing we had to gulp the saliva and massage the throat. They also performed Surya Bhedi Pranayama with is to activate the Surya. It actually makes us active. It is supposed to be takes as medicine and not to perform on the daily bases. Then did Bhramari Pranayama in Vajrasana , Omkara Dhyana. Meditation for 16 mins. After to come back in Namaskara Mudra and chant Omkara once. Then he asked us to repeat the Shanti part after him. And ended the Yoga practice.

Later participants had few questions . The 1st question was what type of exercise can be done with people are in the office sitting on a chair? He demonstrated few of the movements for the same. The 2nd question was is there any exercise because I do lot of concentrated work and my neck starts shaking unknowingly? For this he demonstrated few exercises and he also said that you should take breaks and sometime stand and work. He also said that if the pain is too much and is its serious then you should consult a doctor. Then the 3rd question was in morning what the right time to brush the teeth is? He answered that we should not use the brush we should brush by using our fingers and also gave a good massage to your gums and then later gargle with some salt water that’s it. The 4th question was when we should eat fruits and what is the exact

time to eat fruits? Answer for this was we should eat fruits after our walk and Yoga on the morning empty stomach and the give 30 mins break and have breakfast.

Yoga practice on DAY SIX, June 20, 2021

Sat in a comfortable position and started concentrating on breath. Then Namaskara Mudra and chant Omkara and also the prayer. Later Dr. Bung explained us the actual meaning of the prayer. He said that it is from Rigveda. It is about Universal harmony. It says whatever you do you should do it in Harmony. Then what ever you speak you may speak in unison that means no differences and also let our mind be equanimous right in the beginning when we take birth. Let the divinity manifest in the secret of the world. This is what the prayer exact meaning. Then later moved on to practice as per Common Yoga Protocol CYP.

Yoga practice on DAY SEVEN, June 21, 2021

All gathered on a bright morning some people were physically present in the campus and some were virtually present through online platforms on the auspicious International Day of Yoga celebration. The photographs and certificates were part of the celebrations.



Photo Gallery





End



सत्यमेव जयते
Government of India

International Day of
YOGA

Common Yoga Protocol

21st June



Ministry of Ayurveda, Yoga & Naturopathy, Unani,
Siddha and Homoeopathy (AYUSH)

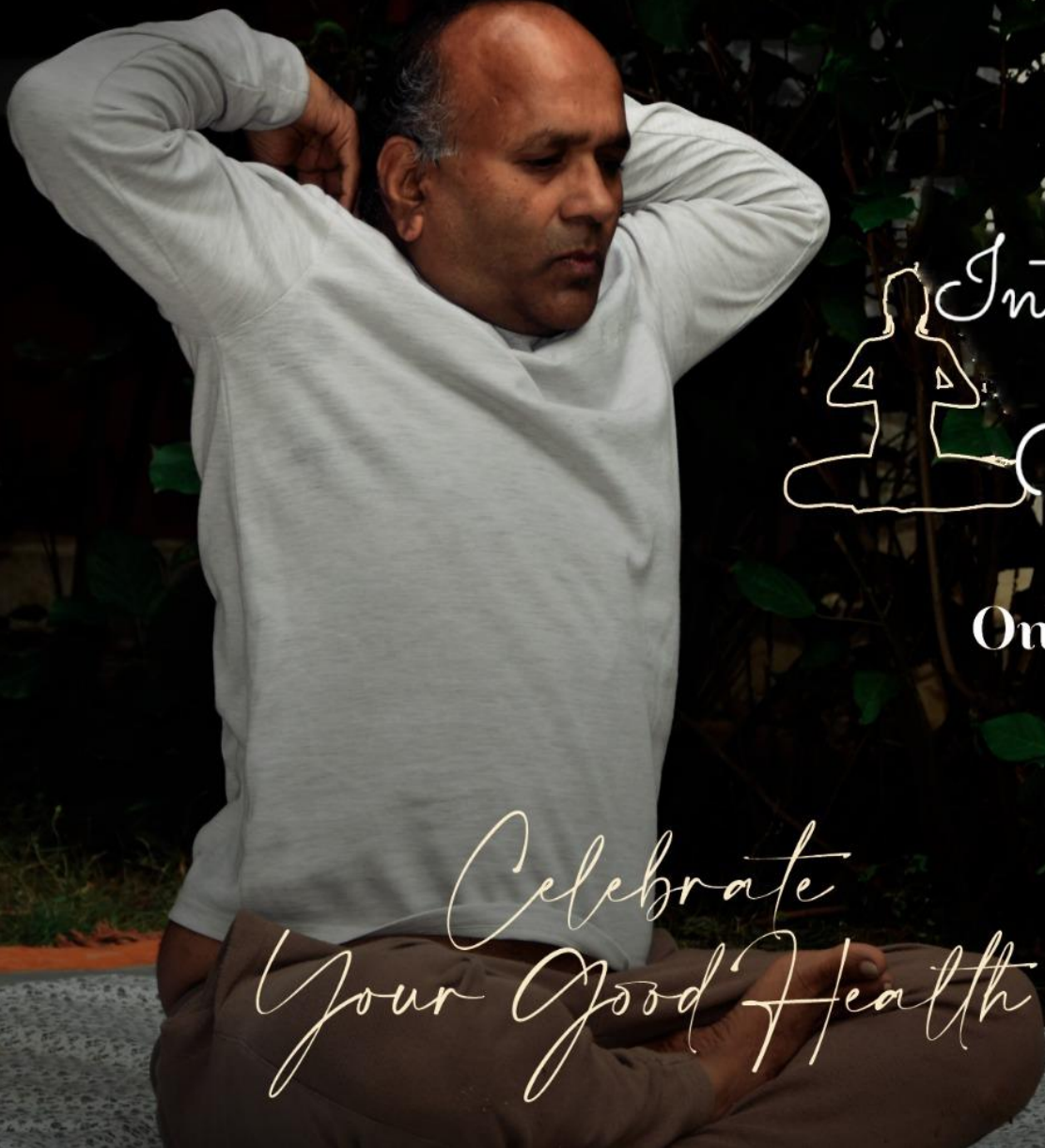
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***Yoga adds years to your life,
and life to your years.***





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*“Yoga , Celebrate your journey from
outer world to inner self”*