

**VIGNAN'S**

Foundation for Science, Technology &amp; Research

(Deemed to be UNIVERSITY)

-Estd. u/s 3 of UGC Act 1956

## CELEBRATING THE INTERNATIONAL DAY OF YOGA 2021

**16<sup>th</sup> June to 21<sup>st</sup> June 2021**

Yoga is the journey of the self, through the self, to the self. In simple terms, yoga is all about making our soul happy. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions. Firmly believing in this, a series of activities were planned from 16.06.2021 to 21.06.2021 to promote the essence of yoga in life as well as to emphasize that the students must realize the importance and impact of yoga on their soul and body and to channelize their energy in the right path. Considering the present pandemic times and the theme of the year **"Be with Yoga, Be at Home"**, all the activities were organised virtually from 16<sup>th</sup> June and ended with the celebration of International Day of Yoga on 21<sup>st</sup> June in physical mode for institute staff on campus and virtual yoga session for students. All the virtual activities are planned with the support of Student Activities Council (SAC) of the Institute.

### SCHEDULE OF ACTIVITIES PLANNED

Date	Activity
16.06.2021	Practicing <b>"SURYANAMASKARAS"</b>
17.06.2021	Practicing <b>"Standing Postures"</b>
18.06.2021	Practicing <b>"Sitting Postures"</b>
19.06.2021	Practicing <b>"Sleeping Postures"</b>
20.06.2021	Practicing <b>"PRANAYAMAM"</b>
21.06.2021	<b>International Day of Yoga Celebrations – A Special Yoga session on "Guiding Light to Yoga" by Mr.J. Raja rao, Yoga coach</b>

#### **DAY-1 - 16<sup>th</sup> June 2021: Practicing "Suryanamaskaras"**

The main agenda of this day is to increase the general awareness amongst the students about the 12 Suryanamaskaras and how to do them, which helps them approach the yoga practice with the right outlook through informative flyers. Students were asked to practice Suryanamaskaras with



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the support of these flyers and are asked to send the photographs or short videos of their workout session via social media handles.



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International Day Of  
**YOGA 2021**  
Activities Day 1, 16<sup>th</sup> June

**#WEYOU**  
yoga

### Steps to perfect your Sun Salutation

**SURYA NAMASKAR**

- 1 Panamasana (prayer pose)**  
Inhale : As you breathe in, lift both arms up from the sides.  
Exhale: As you exhale, bring your palms together in front of the chest in prayer position.
- 2 Hasta Uttanasana (raised arms pose)**  
Inhale : Breathing in, lift the arms up.
- 3 Padahasthasana (hand to foot pose)**  
Exhale : Exhale completely bringing your hands down to the floor.
- 4 Ashwa Sanchalanasana (the equestrian pose)**  
Inhale : Bring the right foot forward in between the two hands, left knee down to the floor and look up.
- 5 Do the Dandasana (stick pose)**  
Inhale : As you breathe in, take the right leg back and bring the whole body in a straight line.
- 6 Ashtanga Namaskara (salute with eight parts or points)**  
Exhale: Gently bring your two hands, two feet, two knees, chest and chin to touch the floor.
- 7 Bhujangasana (cobra pose)**  
Inhale: Keep your elbows bent and look up; feet, two knees, chest and chin to touch the floor.
- 8 Pervatasana (mountain pose)**  
Exhale: The inverted V.
- 9 Ashwa Sanchalanasana (the equestrian pose)**  
Inhale: Bring the left foot forward in between the two hands; right knee down to the floor and look up.
- 10 Padahasthasana (hand to foot pose)**  
Exhale: Bring your right foot forward and try to keep your palms on the floor.
- 11 Hasta Uttanasana (the raised arms pose)**  
Inhale: Breathing in, lift the arms up.
- 12 Finish with the Tadasana**  
Exhale : As you exhale, straighten the body and your arms.

**RULES:**

- ▶ Participants can follow above mentioned steps to practise sun salutation.
- Participants are advised to post picture or a short video of the work out session by the end of the day (16<sup>th</sup> June) on their own social media handles like facebook, instagram, twitter etc., with hashtag #WEYOUyoga, #yogaathome and #idy2021.
- The details of the same can be mailed to [vusac@vignan.ac.in](mailto:vusac@vignan.ac.in) or can directly message to instagram page @vu\_\_sac along with your details (Name, Regd.no., year and branch, instagram ID)

*Informative flyer on Sun Salutation*

### Practicing Yoga Asanas:

The idea is to create awareness among the students about the benefits of few basic Yoga Asanas so that they could practice them in their day to day life. on this regard, informative flyers were designed with details of 3 Yoga Asanas on each day along with the benefits of practicing them.



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The asanas were categorized as follows:

## DAY 2 - 17<sup>th</sup> June 2021: Practicing “Standing Postures”

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### INTERNATIONAL DAY OF YOGA 2021 Activities

**STANDING POSTURES**  
17 JUNE, 2021

#WEYOUyoga

**Day 2**

**Rules :**

1. Participants must post picture or short video of them practising the postures mentioned on their own personal Instagram handles included with the hashtags #WEYOUyoga #idy2021 #yogaathome and also tag our Official instagram page @vu\_\_sac
2. Send us your entries once you are done uploading the video/photo on your personal Instagram handle.
3. Attest your details along with your entry.
4. Special prizes will be given to candidates participating on all the days

**Garudasana**  
**BENEFITS**  
1.Improves balance and concentration  
2.Stretch the shoulder, upper back, and thighs

**Verbhadrasana**  
**BENEFITS**  
1.Increases stamina, Relieves backaches.  
2.Strengthens and stretches the legs and ankles.

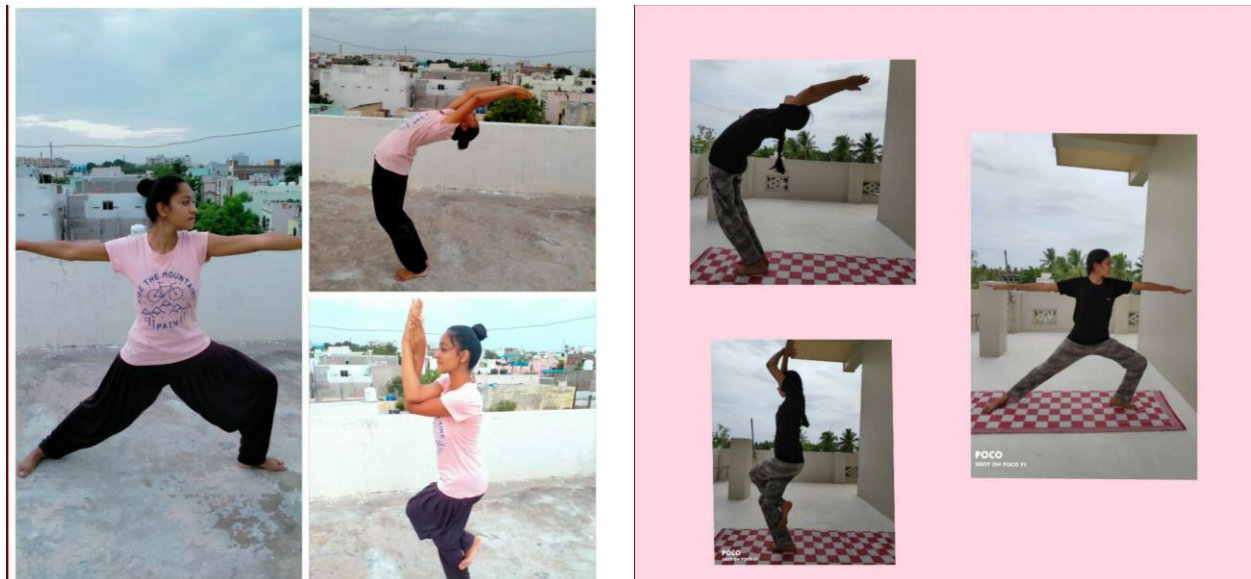
**Hasta Utthanasana**  
**BENEFITS**  
1.Expands the chest.  
2.Stretch the back and shoulders.

Mail your activity photo/video to [vusac@vignan.ac.in](mailto:vusac@vignan.ac.in) (or) can even DM them to our Instagram page @vu\_\_sac along with your description.

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### *Informative Flyer on Standing Postures*

*Asanas performed – Garudasana, Veerabdrasana and Hasta Uthanasana*



*Photographs shared by the student participants*



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## DAY 3 – 18<sup>th</sup> June 2021: Practicing “Sitting Postures”

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SCHOOL OF ARTS & COMMUNICATIONS

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### INTERNATIONAL DAY OF YOGA 2021 Activities

**SITTING POSTURES**  
18 JUNE, 2021

#WEYOUyoga

**Day 3**

**Rules :**

1. Participants must post picture or short video of them practising the postures mentioned on their own personal Instagram handles included with the hashtags #WEYOUyoga #idy2021 #yogaathome and also tag our Official Instagram page @vu\_sac
2. Send us your entries once you are done uploading the video/photo on your personal Instagram handle.
3. Attest your details along with your entry.
4. Special prizes will be given to candidates participating on all the days

**Buddhakonasana**

**BENEFITS**

1. Improves flexibility in the groin and the hip region.
2. Helps in intestine and bowel movement.

**Ustrasana**

**BENEFITS**

1. Improves digestion.
2. Relieves the body of lower ache

**Gomukhasana**

**BENEFITS**

1. Stretches triceps and strengthens biceps.
2. Opens your shoulders and increases the range of motion.

Mail your activity photo/video to [vusac@vignan.ac.in](mailto:vusac@vignan.ac.in) (or) can even DM them to our Instagram page @vu\_sac along with your description.

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### *Informative Flyer on Sitting Postures*

**Asanas performed: Buddhakonasana, Ustrasana and Gomukhasana**



*Photographs shared by the students and staff*



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## DAY 4 – 19<sup>th</sup> June 2021: Practicing “Sleeping Postures”

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**INTERNATIONAL DAY OF YOGA 2021** Activities

**Day 4**

**SLEEPING POSTURES**  
19 JUNE, 2021

#WEYOUyoga

**Rules :**

1. Participants must post picture or short video of them practising the postures mentioned on their own personal Instagram handles included with the hashtags #WEYOUyoga #idy2021 #yogaathome and also tag our Official Instagram page @vu\_\_sac
2. Send us your entries once you are done uploading the video/photo on your personal Instagram handle.
3. Attest your details along with your entry.
4. Special prizes will be given to candidates participating on all the days

**Dhanurasana**

**BENEFITS**

1. Improves posture, strengthens the back muscles.
2. Relieves Constipation, mild backache, fatigue.

**Bhujangasana**

**BENEFITS**

1. Strengthens the spine and abdomen.
2. Helps relieve stress and fatigue, soothes sciatica.

**Salabhasana**

**BENEFITS**

1. Stimulates abdominal organs, helps relieve stress.
2. Stretches the shoulders, chest, belly and thighs.

Mail your activity photo/video to [vusac@vignan.ac.in](mailto:vusac@vignan.ac.in) (or) can even DM them to our Instagram page @vu\_\_sac along with your description.

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### *Informative Flyer on Sitting Postures*

**Asanas performed:** Dhanurasana, Bhujangasana and Salabhasana



*Photographs shared by the participants*



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## DAY 5 – 20<sup>th</sup> June 2021: Practicing “Pranayamam”

Through this activity, the students were introduced to pranayamam which is the formal practice of controlling the breath, which is the source of our prana, or vital life force and how pranayamam is different from the normal breathing.






International Day Of  
**YOGA 2021**  
Activities Day 5, 20<sup>th</sup> June

**#WEYOU yoga**

### PRANAYAMA

**Akash Mudra**  
Energy Flow is regulated and is in control. Nourishes the body. Blood Pressure is Kept in control



**Gyan Mudra**  
Very beneficial in heart disease. The power of immunity also increases in the body. Best Ayurvedic remedy for tension.



**PANCHA HASTA MUDRA**



**Pruthvi Mudra**  
Makes the body and mind stable and concentrated. Known for improving weight and hair growth. Improves the body strength.



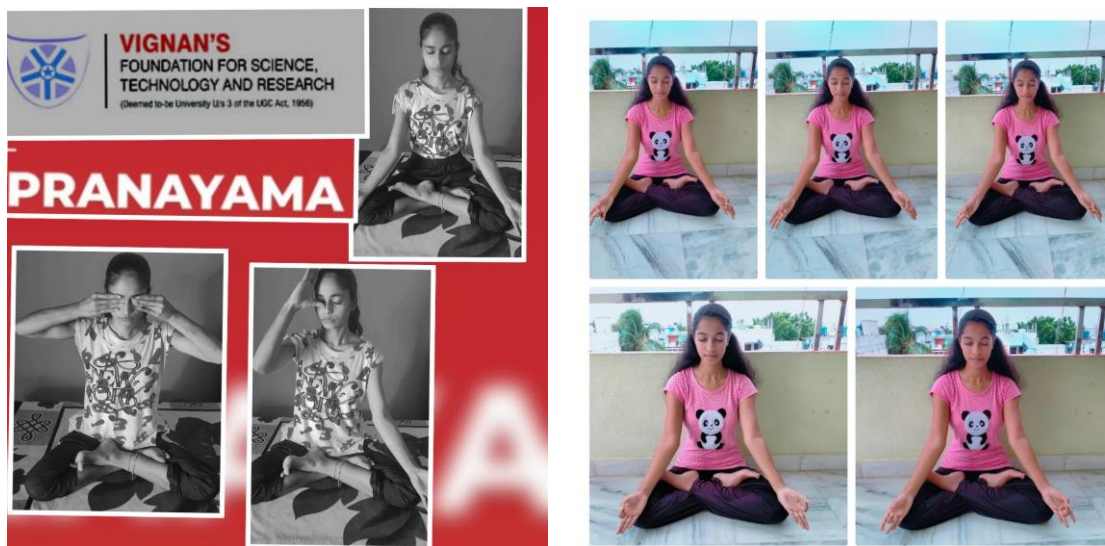
**Agni Mudra**  
Mudra also removes the swelling of the body. Increases the fire element in the body. It provies energy and make us fit.



**Varuna Mudra**  
Cleans Blood, Prevent skin diseases. Stimulate Sacral Chakra. Helps in Moisturization of skin.



*Informative flyer on Pranayama*



*Photographs shared by the participants*



**DAY 6 – 21<sup>st</sup> June 2021:**

## **CELEBRATION OF INTERNATIONAL DAY OF YOGA**

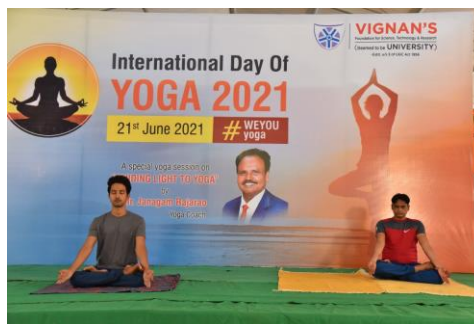
### **Physical mode for staff members:**

As the sun goes away from the equator on 21<sup>st</sup> June, the atmosphere gets cool and climate will be pleasant. Hence on the advice of Hon'ble Prime Minister Shri. Narendra Modi June 21<sup>st</sup> we celebrate **International Yoga day** which has been accepted by UNO now being celebrated worldwide.

“International Day of Yoga” was celebrated in a grand manner at 09.00 AM in Vignan University - Convocation hall.

Mr. J. Raja Rao, a renowned yoga coach and founder of Health Academy Gymnasium was invited for a special yoga session on “Guiding light to yoga”. He had explained about the “Ashtanga yoga” and the basics of Yamas, Niyamas and Pranayama. All the participants of the session were made to practice Suryanamaskaras, Asanas, Pranayamam and Dhyanam with the support of demonstrations given by Mr. Raja rao.

All the internal dignitaries, and 162 staff members have actively participated in the yoga session and expressed their happiness at the end of the session.



*Photographs of the Yoga session on 21<sup>st</sup> June 2021*



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### **Virtual session for students:**

A virtual yoga session was planned for students on 21<sup>st</sup> June with Ms. Sri Harsha Vadlamudi, Alumni of VFSTR who is a Yoga enthusiast currently pursuing her Post graduation in Germany to practice common yoga protocol. The student's members of Student Activities council have participated in this virtual session.



*Screen shot of the virtual session*

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## Participation by NCC students along with their family members

  <p><b>VIGNAN'S</b> Foundation for Science, Technology &amp; Research <b>UNIVERSITY</b> (Estd u/s 3 of UGC Act of 1956)</p>      <p>API9SWA44665 Cat name: Bhuvana Edara IOA Girls BN-guntur vignan university</p>	<p>Reg:AP19SWA414669 Cadet:Maram.Naga satya sri Guntur ,10(A)girls BN Vignan University</p>  <p>Year of Establishment : 1988</p>  <p><b>VIGNAN'S</b> Foundation for Science, Technology &amp; Research (Deemed to be University) -Estd. u/s 3 of UGC Act 1956</p>     
<p><b>VIGNAN'S</b> Foundation for Science, Technology &amp; Research <b>UNIVERSITY</b> (Estd u/s 3 of UGC Act of 1956)</p>            	 <p><b>VIGNAN'S</b> Foundation for Science, Technology &amp; Research (Deemed to be University) -Estd. u/s 3 of UGC Act 1956</p>  <p>API9SWA44664 Cat name:A Sri Lakshmi IOA girls BN-guntur Vignan university</p>    



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## *Invitation*

We cordially invite you for the celebrations of

# International Day Of **YOGA 2021**

21<sup>st</sup> June 2021

#WEYOU  
yoga

Venue: Convocation Hall | Time: 9:00 - 10:00 a.m



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*Invitation*



Join with us for  
**LIVE YOGA** session with  
**Sri Harsha Vadlamudi**  
Alumni of VFSTR, Yoga enthusiast  
on the occasion of



**International Day Of  
YOGA 2021**

21<sup>st</sup> June 2021

#WEYOU  
yoga

Register now for zoom link | Time: 5:00 - 6:00 p.m



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## International Day Of **YOGA 2021** Activities

**#WEYOU  
yoga**

Date	Activity
16.06.2021	Practicing "SURYANAMASKARAS" (Virtual Mode)
17.06.2021	Practicing "Standing Postures" (Virtual Mode)
18.06.2021	Practicing "Sitting Postures" (Virtual Mode)
19.06.2021	Practicing "Sleeping Postures" (Virtual Mode)
20.06.2021	Practicing "PRANAYAMAM" (Virtual Mode)
21.06.2021	<b>International Day of Yoga Celebrations – Yoga session</b> <b>Physical mode</b> – for all the Staff members <b>Virtual mode</b> – for all the students ( <i>Zoom link will be shared</i> )

**RULES:**

- ▶ A poster will be shared from us a day prior to the scheduled day with information related to the activity. Participants can follow the same and practice the postures accordingly.
- ▶ Participants are advised to post picture or a short video of the work out session assigned in the schedule during 16<sup>th</sup> June to 20<sup>th</sup> June by the end of the day on their own social media handles like facebook, instagram, twitter etc., with hashtag #WEYOUyoga, #yogaathome and #idy2021.
- ▶ The details of the same can be mailed to [vusac@vignan.ac.in](mailto:vusac@vignan.ac.in) or can directly message to instagram page @vu\_\_sac along with your details.





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International Day Of  
**YOGA 2021**  
21<sup>st</sup> June

**#WEYOU**  
yoga

Ashtanga Yoga provides an eight-limbed approach for the well-being and purification of body, mind and soul. This eight-limbed approach, known as Ashtanga Yoga, is not to be mistaken as a step-by-step approach but a multidimensional approach in which all eight limbs are practised simultaneously.

## The Eight Limbs of Yoga

Yamas and its complement, Niyamas, represent a series of 'right living' or ethical rules.

### Yamas - the five social ethics

- Ahimsa - Non-violence in action, speech and thoughts
- Satyam - Truthfulness in intention, remaining established in the higher truth
- Asteya - Non-stealing
- Brahmacharya - Divine conduct, celibate when single, faithful when married
- Aparigraha - Not accumulating things unnecessarily and not desiring things that belong to others.

### Niyamas - the five personal ethics

- Saucha - Cleanliness of the body and mind
- Santosha - Contentment, remaining happy
- Tapas - Austerity and self-discipline
- Swadhyaya - Study of the Self, abiding in the Self
- Ishwarapranidhana - Surrendering to God, honouring the Divine.

**Asanas** - Yoga postures or postures.

**Pranayamas** - Proper regulation of life force (Prana) through certain breathing techniques.

**Pratayahara** - Taking the senses inwards.

**Dharana** - One-pointed focus.

**Dhyana** - Meditation.

**Samadhi** - the highest state of consciousness. This is possible to achieve during meditation