



**NATIONAL INSTITUTE OF OCCUPATIONAL HEALTH
MEGHANI NAGAR, AHMEDABAD-380016**



International Yoga Day Events Organised from 11th June to 21st June, 2015

Yoga Awareness Programs

Yoga as a Lifestyle	Mr. Viral Rawal, Asst. Prof. Lakulish University, Ahmedabad	10.30 AM on 11th June, 2015
Raja Yoga Session	Shri Anishbhai Kharadia & Shri Arvindbhai Patel; Sri Ram Chandra Mission (SRCM), Ahmedabad	11.00 AM on 15th June, 2015

Common Yoga Practice Session

Common Yoga Practice	Dr. Ajay Dubay, HoD, Yoga Samutkarsh Yoga Academy, Ahmedabad	1.00-2.00 PM on 18th June, 2015
Common Yoga Practice		1.00-2.00 PM on 19th June, 2015

International Yoga Day Celebration (21st June, 2015)

Welcome Address	Dr. Sunil Kumar, Director in-Charge	
Prayer		
Loosening Practices	Neck bending	
	Trunk movement	
	Knee movement	
Yoga Asanas	Standing postures	Tada Asana (Palm tree posture)
		Vakra Asana (The tree posture)
		Pada hasta Asana (The Hands to Feet Posture)
		Ardha chakra Asana (The half wheel posture)
		Trikon Asana (The triangle posture)
	Sitting postures	Bhadra Asana (The firm/ auspicious posture)
		Ardha ustr asana (The half camel posture)
		Sasanka Asana (The hare posture)
		Vakr asana (The spinal twist posture)
	Prone postures	Bhujang asana (The cobra posture)
		Śalabh asana (The locust posture)
		Makar Aasana (The crocodile posture)
	Supine postures	Setubandh Asana (The bridge posture)
Pavanamukt asana (The wind releasing posture)		
Sava Asana (The Dead Body Posture)		
Kapalabhati	Any meditative posture e.g. Suka Asana/ Padma Asana/ Vajra Asana	
Pranayam	Nadisodhana or Anuloma Viloma Pranayama (Alternate Nostril Breathing)	
	Bhramari Pranayama (Bhramari Recaka)	
Dhyana in Sambhavi mudra		
Sankalpa		
Shanti Patha		
Tea Break (7.45-8.00 AM)		
Rational Approach to Yoga Practices for Better Life and Health	Dr. Arpan Bhatt, Head, Dept. of Swasthvrutha & Yoga, Shri Gulabkunverba Ayurved Mahavidyalaya Guajrat Advanced University, Jamnagar	7.00 to 7.45 a.m.
Vote of Thanks		