



**Yoga for Harmony & Peace**

**International Yoga Day**

*The National UN Volunteers-India invites activities of schools, colleges and other educational institutions for UNVolunteers' appreciation and acknowledgements.*

The National UN Volunteers-India

International Yoga Day - June 21

YOGA MAHOTSAV - 2024

Theme: Yoga For Women Empowerment

INCREDIBLE BENEFITS OF YOGA

Let's find some of the most incredible benefits of yoga before we discuss how the students and educators should celebrate International Day of Yoga 2024. These benefits have been backed by science.

👁👁 Yoga can alleviate stress. It calms your mind and body.

👁👁 Yoga has helped people to reduce anxiety. It might not treat your anxiety in an instant but will definitely help you find a sense of peace.

👁👁 Several types of research have proved that yoga can improve heart health and reduce the risks of heart diseases.

👁👁 Since yogic exercises help decrease the levels of cortisol, it can help you fight depression.

👁👁 When you do yoga regularly, your mood improves, and

you start feeling more positive. Hence, it enhances the quality of life.

YOGA HAS ITS ROOTS IN ANCIENT INDIA. IT HAS TODAY BEEN ACCEPTED WORLDWIDE FOR ITS ENDLESS BENEFITS.

Here are some facts about yoga that you should know.

•• Yoga can be traced to the Ramayana times which has been dated to at least 7000 years ago. Lord Rama's Guru Sage Vasishtha counselled and enlightened Rama through the treatise known as Yoga Vasishtha.

•• Bhagavad Gita dating to around 5000 years ago, is a great treatise on the different Yogas, revealed by Lord Krishna to Arjuna.

•• Rishi Patanjali documented the theory and practice of Yoga through his Yoga Sutras.

•• Yoga is a Sanskrit term which means union. •• Yoga signifies the union of the Individual soul or Atma with the Supreme Soul or Paramatma.

•• Yoga is not to be limited to asanas, postures alone.

Yoga is the alignment of body, mind and breath to achieve harmony.

•• Yoga has been practiced to achieve a higher state of consciousness, stay healthy, regulate mind and body, and improve self-awareness for better decision-making.

•• Yoga helps prevent many lifestyle diseases like

diabetes, obesity, heart problems, respiratory issues, etc. and alleviates symptoms of Alzheimer's disease, arthritis, PCOD (Polycystic Ovarian Disease) and OCD (Obsessive-compulsive Disorder), among others.

👁️👁️ There are about 84 different yoga asanas or postures.

👁️👁️ The history of yoga has been classified into five different periods which include the Vedic period, pre-classical, classical, post-classical and modern yoga period.

“YOGA IS A STUDY OF LIFE, A STUDY OF YOUR BODY, BREATH, MIND, INTELLECT, MEMORY, AND EGO; STUDY OF YOUR INNER FACULTIES.”

TIPS - CELEBRATE INTERNATIONAL YOGA DAY

📖 LEARN A NEW YOGA ASANA

📖 SHARE YOUR YOGA EXPERIENCE WITH SOMEONE NEW

📖 EMBRACE YOUR IMPERFECTIONS

📖 ORGANIZE YOUR SPACE

📖 ORGANISE A NEW YOGA WORKSHOP

📖 BUILD AFFIRMATION

Build affirmation when you self-talk. Yoga is not something you have to force yourself to do, but rather it should be something that lightens you. To feel that

freedom, you must stay regular in your yoga practice. Be it any day, sit at least for five minutes if you can't find time throughout the day. With continuity, you will strengthen your core muscles while also learning patience and perseverance all the way. Practicing yoga regularly will build your self-confidence and help you proceed in the right direction.

 MEDITATE

 CHALLENGE YOUR COLLEAGUES TO DO ONE ASANA

Each Perfectly, Record and Circulate Pictures and Videos with us at +91 9944313953 and avail participation certificates

 CHALLENGE OTHERS TO DO ONE ASANA - ORGANISE COMPETITIONS

What a healthy way to live the day and inspire others in the process!

 EAT HEALTHILY

 STAY HAPPY

On this International Yoga Day, learn the key to happiness through yoga, meditation, and mindfulness. Connect with others and share your journey with them. Focus on your

breathing pattern and remove all negativity from your mind. The key to happiness is simple; forgive and forget. It's time you take the plunge and start a healthy and happy lifestyle from this Yoga Day.

**"Please participate in activities and share their pictures and short videos with us on our WhatsApp number: +91 9944313953, to receive an appreciation certificate and acknowledgements from the world's biggest organisation, United Nations UN.**



<https://unglobalcompact.org/what-is-gc/participants/80881-Poona-Educational-Trust>

**The National UN Volunteers-India**



INTERNATIONAL YOGA DAY - JUNE 21  
YOGA MAHOTSAV - 2024  
THEME: YOGA FOR WOMEN EMPOWERMENT

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