

DAV PUBLIC SCHOOL CCL, NTS BARKAKANA



INTERNATIONAL YOGA DAY CELEBRATION

21-06-2021



“Yoga for Wellness” ; “Yoga at Home” ; “Yoga with Family”

Stay safe & healthy!



Parents, Students and all Well Wishers are requested to join the Online Celebrations of International Day of Yoga, live from 8 am onwards on You Tube live link: <https://youtu.be/S8RrxVTNeHs>

PROGRAMME SCHEDULE

- 1) Welcome address
- 2) Lighting of lamp
- 3) DAV Gaan
- 4) Yoga Song
- 5) Speech by Honorable Principal Madam
- 6) Teachers Presentation
- 7) Asan Skills by Students
- 8) Oath
- 9) Shanti Path



“योग कार्यक्रम”

1. मंत्र उच्चारण

ॐ संगच्छध्वं संवदध्वं
सं वो मनासि जानताम
देवा भाग यथा पूर्वे
सं जानाना उपासते ।।

ॐ Samgacchadhvam samvadadhvam
sam vo manamsi janatam
deva bhagam yatha purve
sanjanana upasate !!

2. सरल व्यायम

1. NECK BENDING

2. SHOULDER MOVEMENT

3. TRUNK MOVEMENT

4. KNEE MOVEMENT



3. आसन

खडे होकर करने वाले आसन

Tadasana

Vrikshasana

Pada-hastasana

Ardha - Cakrasana

Tarkasana

बैठ कर करने वाले आसन

Bhadrasana

Vajrasana

Ardha Chakrasana

Ustrasana

Sasakasana

Uttana Mandukasana

Vakarasana

पेट के बल लेटकर करने वाले आसन

Makrasana

Bhujangasana

Salabhasana

पीठ के बल करने वाले आसन

Setubadhasana

Uttana Padasana

Ardhahalasana

Pavana Muktasana

Savasana



4. प्राणायाम

Kapalbhati
Anuloma Viloma
Sitali Pranayama

5. संकल्प

6. शांति पाठ





International Yoga day protocol

21st June, Ayush Ministry,
Government of India



Prayer



Neck Stretching



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-hasthasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-ushtrasana



Ushtrasana



Shashankasana



Uttana-Mandukasana



Vakrasana



Makrasana



Bhujangasana



Shalabhasana



Setubandhasana



Uttanpadasana



Ardh-halasan



Pavan-Mukt-Asana



Shavasana



Kapalbhati



Nadishodhana



Sitali Pranayam



Bhramari Pranayam



Dhyana

International Day of Yoga

Yoga Geet (Yoga Song)

‘तन मन जीवन चलो संवारे
योग मार्ग अपनाएँ,
वैर भाव को त्याग सभी हम
गीत मिलन के गायेँ।

आनंदमय हो जीवन सबका
योग यही सिखलाये
हों तनाव भयमुक्त सभी जन
दिव्य प्रेम सरसाये।

यम और नियम हमारे सम्बल
सुखमय जगत बनाएँ,
आसन प्राणायाम ध्यान से
स्वास्थ्य शांति सब पाएँ!

ऊर्जावान बने सब साधक
संशय सभी मिटायेँ
विश्व एक परिवार योग कर
स्वर्ग धरा पर लाएँ।”

ॐ नमो भगवते वासुदेवाय

Let us ameliorate body, mind and life
Embrace Yoga as a way of life
Leaving animosity behind
Sing a harmony lay

Life should be blissful
-is the lesson of Yoga
Let's everybody live without fear
Thus, divine love may prevail

Yama and Niyama empower one
To enhance the happiness everywhere
Practice Aasana Pranayama and Dhayan
To get health and peace

May energy is bestowed to all Yogis
Doubts are unfastened
Entire world becomes Yoga wreath
Earth transformed into heaven