

Assignment for VLF Volunteer Training

(1) Day 1- Ministry of Ayush and Moraji Desai National Institute
"Moraji" Yoga is best medicine for the relaxation and mental health. Yoga is the ancient yogi guru gift for us. In Yoga first, Prayer, neck movement, Shoulder movement, Knee movement, Trunk Twisting, Tadasana • Relaxation.

It says about that pm said that "Yoga is the invaluable gift of the ancient Indian tradition. It embodies unity of mind and body through and action, restraint and fulfillment, harmony between man and nature and a holistic approach to health and well being."

The UNISA recognized that Yoga provides a holistic approach to health and well being, Yoga bring harmony in all walks of life and thus, it known for disease prevention, health promotion and management of many life style related disorder.

The word Yoga is derived from the Sanskrit root "yuj", meaning 'to Join' or 'yoke' or to unite.

Atma + Paramatma → A Harmony from microcosm to macrocosm Yoga is harmony, Yoga is the cessation of mental modification, complete cessation of all kind of suffering and root cause.

Yoga in Prevedic Period Vedas and upanishads, Buddha great sage maharishi Patanjali codified the then existing yoga.

Though yoga has been practiced from Prevedic Period the sage maharishi Patanjali systemized and

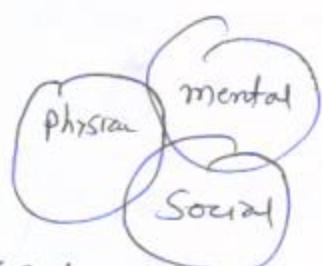
ay 2 → It says about Relation of body In prayer position Pranam 3rd Relay.

It also necks movements exercises meets movements Exercises.

during standing Exercises hand up down Exercises

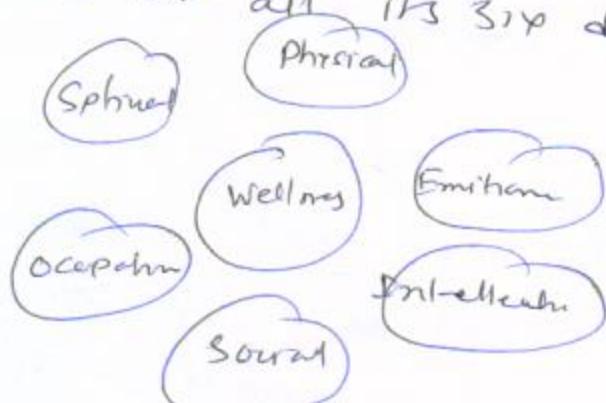
Health is state of complete physical and mental and social well being and not

The human is described healthy when the Pathophysiological bio-elements force Vaat Pita Kapha dosa body Combustion Cagni are in optimum balance Sama there is exuberance of self sensory / action and organ and mind



Complete cessation of all kinds of suffering and root cause , harmony in all walks of life lead to total freedom is health

Wellness is a way of living that seeks to maintain the right balance of all its six dimensions



Yoga Sadha - Dhyana → Pranayama → Anasna
Logic cleaning -> Tat twi → TRATAKA SURYA NEELI

+ also says about Surya Nakshatra
Those who practice sunyanasana Daily gain Vitality power
Wisdom

YOGASANA → Dhanurasana Padmasana
Bhadrasana Supta mukhasana Ardha Matsyashana

PRANAYAMA → ULTAYI
→ SHITAJI
→ NAD SHOULDER
→ SIKAND
→ BHAMARI

DAY 3 → Guidelines before Practice

Sauca means cleanliness an important Prework for yoga practice it includes cleanliness of surroundings body and mind

Yoga should be done in empty stomach or light
Consume small amount of honey in juice warm water
If you feel weak It prevent Indigestion Jaunty
and enlargement of abdomen cavity

In case chronic diseases like organic and menstretion, practitioner should consult physician

During Practice

Don't hold the body tight give undue stress to body
Yoga practice shall be performed slowly in relaxed
manner with coordination of body breath and
mind

Yoga session should end with meditation deep shower
Isankalpa Sankalpa

34 - 4 → (1) Revision of Previous Practice
(2) Dhyana

While addressing the 69th session United State General Assembly UNGA on Sept 27 2014 the honorable PM of India urged the world community to adopt on International Yoga day

Dec 11 2014 193 member 177 supported 21 Jun. International Yoga day

In its resolution the UNGA provides holistic approach to health by recognizing the yoga

Loosening practice

~~days~~ Shoulder movement Knee movement Neck movement
Front movement

Sitting posture

(1) Bhadrasana (2) Vakrasana (3) Ardha Matsyendrasana
(4) Shashankasana (5) Uttamaindrikasana

Supine Posture (1) Utthan Padangustasana (2) Ardhanavasana
(3) Setubandhasana (4) Svanasana (5) Pawanmuktasana

Pranayama → (1) Nadi Shodhana (2) Bhramari Pranayama
(3) Sitali Pranayama

Day-5 → Trunk movement yoga

Dhyana Mudra → also practice the perivous exercises

day-6 → & Perivous Exercises

Loosening Padachastana Practice Tadasana, Ardha Ustrasana
ardha, Ustraana

Practice about

Vrikashana, vishramanas, dandasna,
Vajrasna

Day-7 yog shadna - In which dhanya namaskar mudra
Prayer about god. 35

In which Practice about trunk movement different
type of posture of dhanya ..
Tadasana different type of asana

Day-8 → In which different perivous exercises Yoga
Trunk, neck dhanya Posture of Payrama
and different type of Nasal Exercises
for the breath cleaners

Day-9 → Perivous ~~pre~~-yoga asanas Loosening
Tadasana, dhayana kriya, Padamasona
Nasal Sinus Exercises in this section

day-10-Practise about different Yoga asana kriya
Previous practice.

day-11 We will ~~yoga~~ Kriya Exercises Postures
Say about the madam
different Yoga asana

day 12 we different relaxation dynamics
Kriya, Pranayama, mental health Exercises
In this section

day-13 In which different type of yoga
Tadasan Lessening Exercises and
different type of asan

day-14 - relaxation ~~as~~ Yoga Kriya posture
In this section . In this say about yoga
Yoga is the best medicine for the life
It relax the mental healthy