

Assignment for VLE Volunteer Training

(1) Day 1- Ministry of Ayush and Moraji Desai national intake
'Moraji' Yoga is best medicine for the Relaxation and mental health. Yoga is the ancient yog 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 ~~the~~ 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 UNGA 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 'yoko' or to unite

Atma + Paramatma → A Journey 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 Periods Vedas and upanishad, Bahuddharma
Though yoga has being practiced from Prevedic periods the great sage maharishi Patanjali systemized and codified the then existing yoga

ay 2 → It says about Relation of body In Prayer
Position Prounc 3rd Relay.

It also necks movements exercises necks 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 Patnophysical
bio-elements force root pita Kapha dosa
body Combustion Cagni are in optimum balance same
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 3rd dimension



Yoga sadha - DHYana → pranayama → Anasna
Logic cleaning → Jal neti → TRATAka surta Neli

+ also says about Surya Naskar

Those who practice Surya Naskar Daily gain Vitality power
Wisdom

YOGGASANA → DHANURASANA Paktmotansana

DHADRASANA Gomukhasana ARDHAMatsyashana

PRANAYAMA → UTTAYI
→ SHITAYI
→ NADSHODhana
→ SIKHAR
→ BHAMARI

DAY 3 → Guidelines before practice

Sauca means cleanliness an important prerequisite
for yoga practice it includes cleanliness of Surround
environment body and mind

Yoga should be done in empty stomach or light
consume small amount of of honey in lukewarm water
if you feel weak it prevent indigestion launch
and enlargement of abdominal cavity

In case chronic diseases Pain / cardiac problems condition
like pregnancy and menstruation, practitioner should consult
physician

During practice

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

Yoga session should end with meditation deep shavasana
/ Sankalpa Sanki

24-4 → 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 an International Yoga day

Dec 11 2014 193 member 177 21 Jyn. International
Yoga day Supported

In its resolution the UNGA recognized the yoga provides holistic approach to health
Lossensing Practice

day ① Shoulder movement Knee movement neck movement
Trunk movement

Sitting posture

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

Supine Posture (1) UttanPadasana (2) Ardha Halasana
(3) Setubandhasana (4) Svarasana (5) Pawanmuktasana

Pranayama → (1) Nadi Shodhan (2) Bhavani pranayama
(3) Sitali pranayama

Day-5 → Trunk movement yoga

Dhyana mudra → also practice the Perivous Exercises

Day-6 → Perivous Exercises

Loosening practice Tadasana, Ardha Chakrasana, Padmasana, Ardha, Urdhva

Practice about

Vrikashana, Vishramana, Dandana, Vajrasana

Day-7 Yoga Shadna - In which dhanaya namakar mudra
Prayer about got. 35

In which practice about trunk movement different
type of posture of dhanaya ..

Tadasana different type of asana

Day-8 → In which different perivous exercises yoga

Trunk, neck dhanaya, posture of Payama
and different type of Noshil Exercises
for the breath cleaners

Day-9 → Perivous ~~eye~~ yoga asanas Loosening

Tadasana, dhanaya kriya, Padmasana

Noshil Sinus Exercises in this section

day-10-Prachize about different yoga asana Kriya
Perious prachize.

day-11 We will yoga Kriya Exercises Postures
Say about the modern
different yoga Asana

day 12 We different relaxation dynamic
Kriya, Pranayama, mental health Exercises
In this section

day-13 In which different type of yoga
Tadasan Lossensing Exercises and
different type of asana

day-14 - relaxation ~~the~~ yoga Kriya posture
In this section. In this Say about yoga
yoga is the best medicine for the life
It relax the mental health