



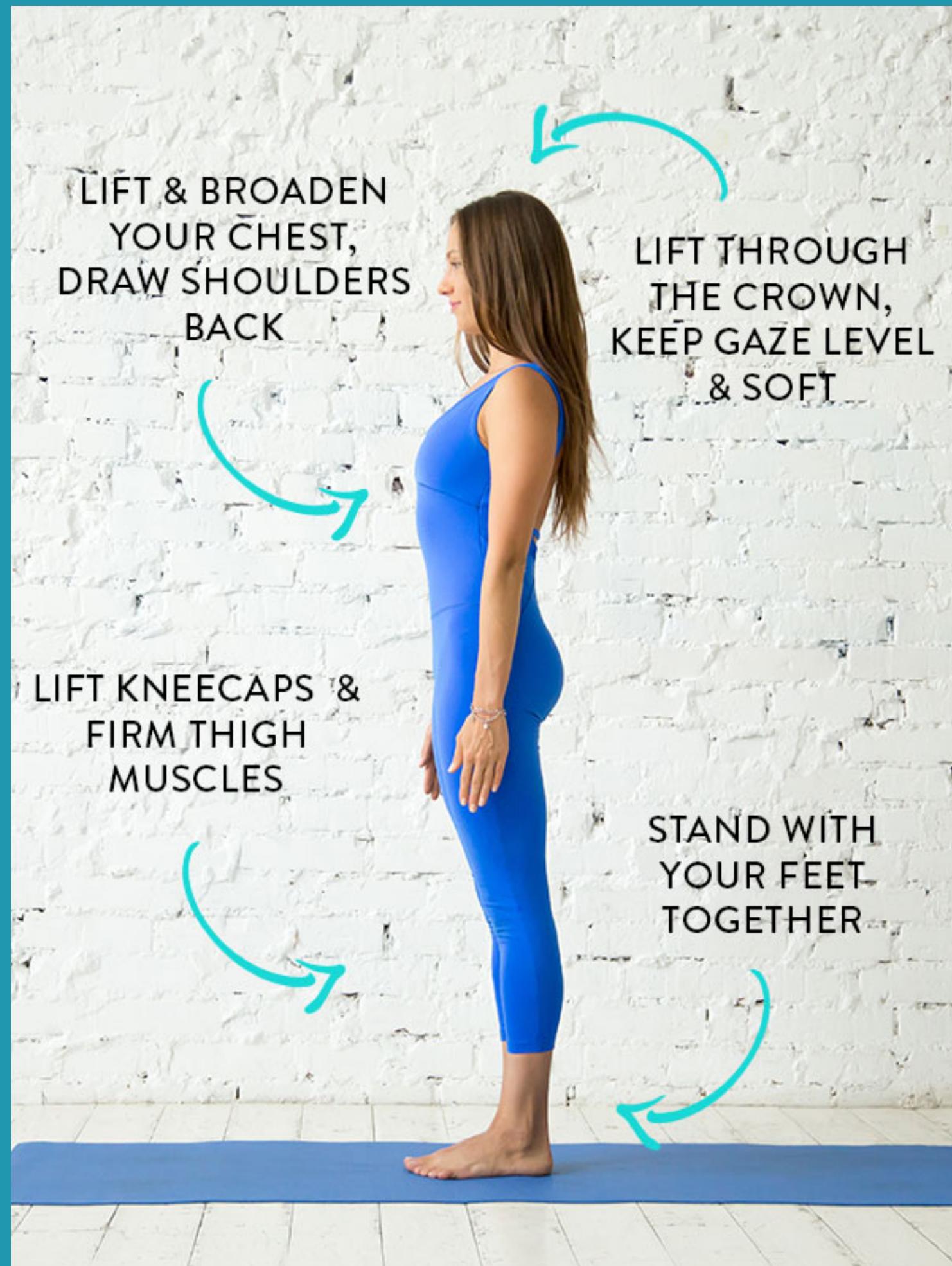
Clear your head, feel
the flow and celebrate

International Day of Yoga

YOGA POSES

THE MOUNTAIN POSE

TADASANA



BENEFITS

Improves posture
Strengthens thighs, knees,
and ankles

Firms abdomen
and buttocks

PRECAUTIONS

Avoid if you are feeling
dizzy or light headed

PIGEON POSE

KAPOTASANA



BENEFITS

Increases flexibility in spine, arms, thighs, calf muscles, hands and shoulders.

Treats urinary disorders

Stretches and strengthens leg muscles and joints

Stimulates nervous system and increases oxygen intake

Tones throat muscles and organs inside the rib cage, abdomen, and chest.

Regulates blood circulation

PRECAUTIONS

Avoid if you have serious neck issues, back pain or low blood pressure.

WARRIOR POSE

VIRABHADRASANA



BENEFITS

Expansion of chest and lungs, develops deep breathing.

Beneficial for pregnant women during 2nd and 3rd trimester.

Relieves stiffness in the neck, shoulders and back.

Reduce excess fat from hips.

Tones and strengthens knees, thighs and ankles

PRECAUTIONS

Avoid if you suffer from severe spinal, neck and knee pain.

TREE POSE

VRKSASANA



BENEFITS

Tones and strengthens the muscles of the leg.
Develops a sense of balance and coordination.
Warms up the whole body by stretching it from head to toe.

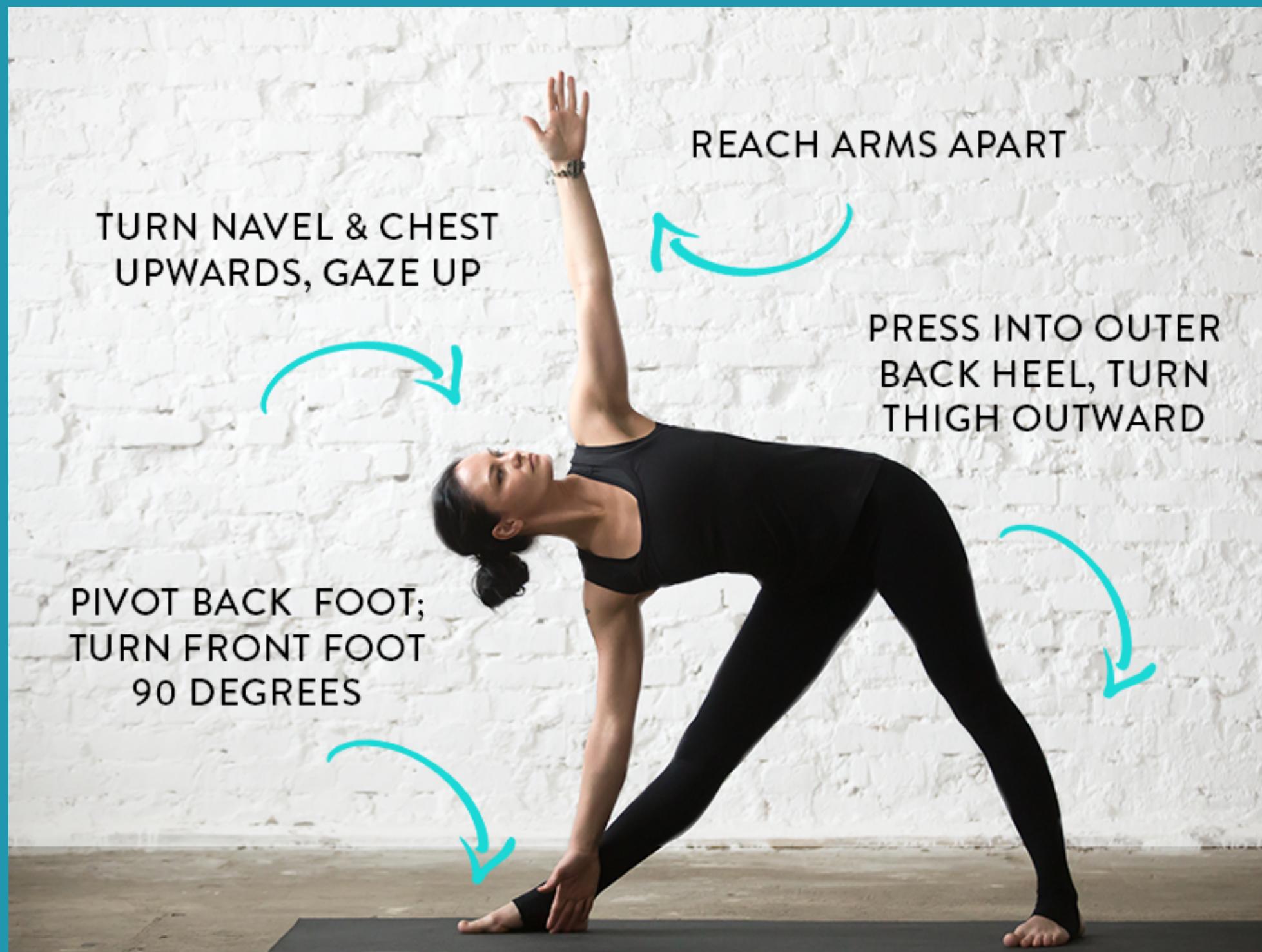
Improves concentration and calms the mind.
Since it stretches the leg muscles, it is found to give relief in Sciatica.

PRECAUTIONS

Avoid if you suffer from vertigo, high or low blood pressure, knee or ankle pain, insomnia, dizziness or a migraine.

TRIANGLE POSE

TRIKONASANA



BENEFITS

Alleviates muscle cramps and helps in reducing the back and neck pain.

Stretches the back, neck, thighs, legs, arms and shoulders. Helps in reducing waistline fat.

Highly beneficial in getting rid of indigestion, constipation, acidity and gastric troubles.

Gives an intense stretch to the spine and enhances its strength. Strengthens the spinal nerves.

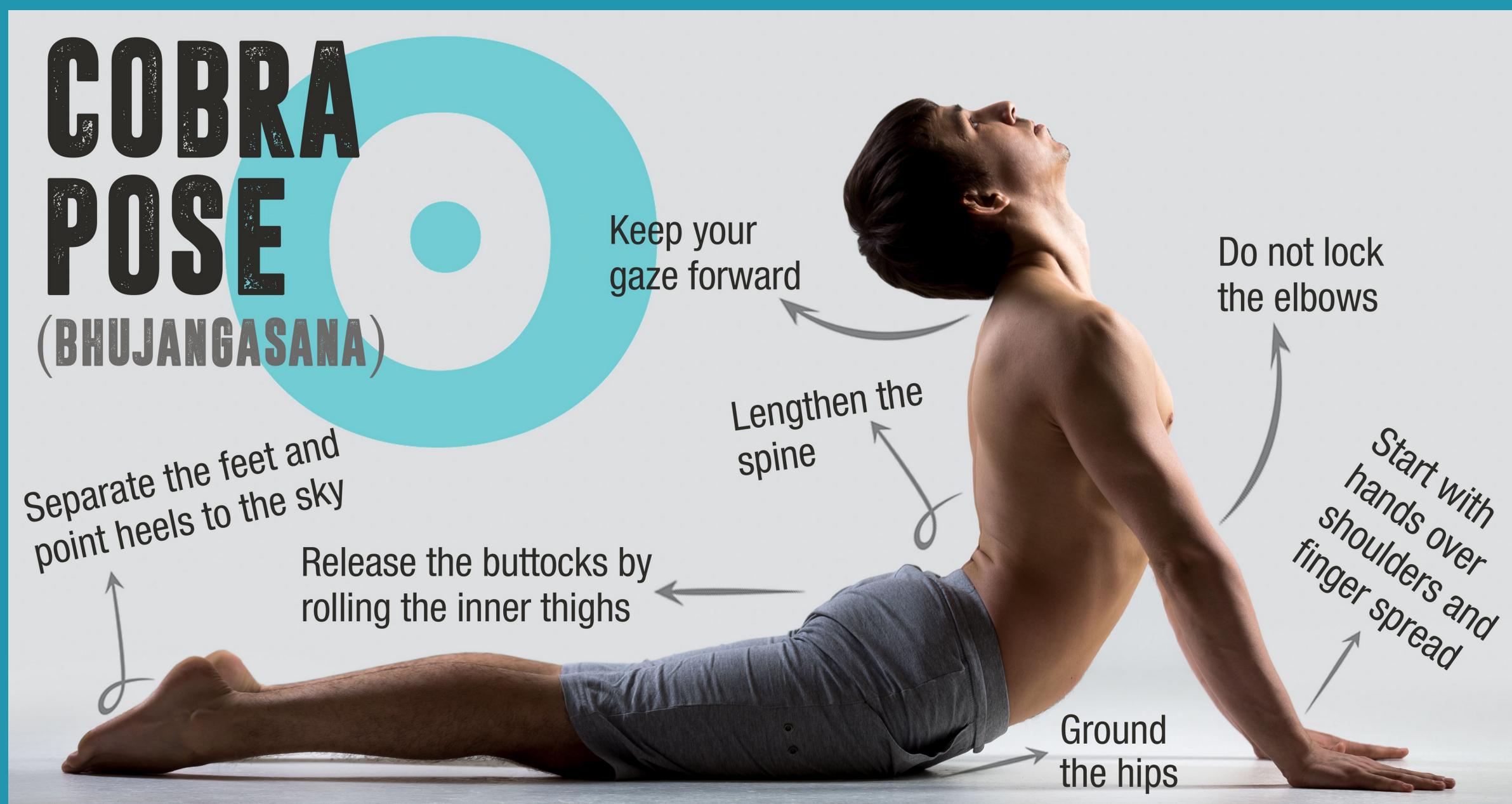
Removes the stiffness of the neck and shoulders.

PRECAUTIONS

Avoid if you have serious neck and back pain.

COBRA POSE

BHUJANGASANA



BENEFITS

- Relieves the discomfort in back muscles.
- Doing Bhujangasana for a long run helps with stress and anxiety.
- It helps in relieving menstrual pain and helps with irregularities.
- Helps in decreasing stiffness of the lower back.
- Massages your digestive system.
- Improves blood circulation of the body.
- Strengthens your shoulders, upper back and spine.

PRECAUTIONS

Consult a yoga specialist if you're suffering from hernia, peptic ulcer, hyperthyroidism, or intestinal tuberculosis.

CAT POSE

MARJARIASANA



BENEFITS

It makes your spine flexible

Strengthens and stimulates your abdominal organs

Opens up your chest for better respiration

Makes your spine, neck, and shoulder flexible

Relieves back pain

Stimulates adrenal glands

Stretches the muscles of your hips, abdomen, and back

PRECAUTIONS

Avoid If you have a neck injury then keep your neck in line with your torso

If your wrists hurt then you can place your forearms on the floor.

CHILD POSE

BALASANA

CHILD'S POSE

Tip

Spread your knees as wide as your mat. Let your belly rest between your thighs and rest your forehead on the floor.



BENEFITS

Promotes blood circulation in the whole body

Relaxes the abdomen and chest

Balasana keeps you energized

Cures back pain

Helpful if you feel dizziness or fatigue

PRECAUTIONS

Avoid doing Balasana if you have heavy knee or back pain.

Do not practice it if your blood pressure is low or high.
If you're suffering from Diarrhea, do not perform Balasana.

MILL CHURNING POSE

CHAKKI CHALANASANA



BENEFITS

Helps in strengthening the Abdominal Organs, post-natal recovery, Improve the Function of Digestive Systems, Prevents Back Pain, regulating the menstrual cycle, Reduce Abdominal Fat and Increasing Blood Circulation around the Body.

PRECAUTIONS

Do not practice this asana if you are suffering from Gastroesophageal Reflux disease.

In the pregnancy time if you have high and low blood pressure.

In case of extreme lower back pain, chronic spinal issues or spinal conditions must be avoid this asana.

MONKEY POSE

MARKATASANA



BENEFITS

It is an excellent yoga pose to cure back pain.

Brings flexibility in the spine.

It is an effective yoga pose to prevent constipation and indigestion.

Improves memory and calms your body.

Beneficial in diabetes.

PRECAUTIONS

Avoid doing it at the time of joint pain or any leg pain

Don't do it during severe backache

Hernia patients should only practice this yogasana if advised by doc



NATIONAL LAW UNIVERSITY, DELHI
INVITES YOU TO THE

INTERNATIONAL YOGA DAY CELEBRATION

**Please join us for an
online yoga session**

on

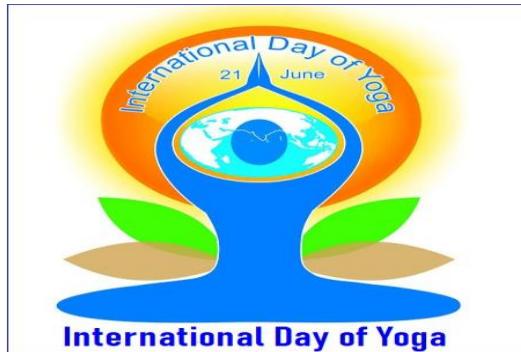
**21 June 2021
8:00 - 9:00 A.M**



INTERNATIONAL DAY OF YOGA (IDY) 2021



NATIONAL LAW UNIVERSITY, DELHI



Theme of the IDY 2021 is “Yoga at home and Yoga with Family”.

PROGRAMME SCHEDULE

- 8 am – 8.05 am - Welcome address by Prof. Srikrishna Deva Rao, VC, NLUD
- 8.05 am – 8.08 am - About yoga and its benefits by Deep Jajmann, counselling psychologist NLUD
- 8.08 am – 8.10 am - Yoga and sports – Tijil, final year student, NLUD
- 8.10 am – 8.30 am - Breathing exercises
- 8.30 am – 8.50 am - Yoga asanas (10 different asanas)
- 8.50 am – 8.53 am - Experience sharing – Prof Risham Garg, NLUD faculty
- 8.53 am – 8.55 am - Experience sharing – (student), NLUD
- 8.55 am – 9.00 am - Vote of thanks: Prof Anupama Goel, Registrar NLUD