



छात्र क्रियाकलाप केन्द्र
मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
इलाहाबाद-211004 (भारत)

Students Activity Center
Motilal Nehru National Institute of Technology Allahabad
Allahabad-211004 (India)

ACTION TAKEN REPORT ON INTERNATIONAL DAY OF YOGA ON JUNE 21, 2018, AT MOTILAL NEHRU NATIONAL INSTITUTE OF TECHNOLOGY, ALLAHABAD

SL	SPECIFIC ITEM WITH DESCRIPTION OF THE PLAN	SPECIFIC DETAILS WITH DESCRIPTION OF THE PLAN	PHYSICAL OUTCOME	FINANCIAL OUTCOME	OVERALL OUTCOME	OVERALL IMPACT ON THE INTERNATIONAL DAY OF YOGA
JUNE 20 (WEDNESDAY), 2018 (REHEARSAL DAY)						
1	PROLOGUE-6:30 AM	INTRODUCTION TO YOGA & GENERAL GUIDELINES FOR YOGA PRACTICE	REJUVENATION OF INTEREST AMONG AUDIENCE TOWARDS YOGA	RELIEF FROM COMMON DISEASES.	1. IMPROVES NEURO-MUSCULAR COORDINATION, BALANCE, ENDURANCE AND ALERTNESS.	ON A SINGLE DAY MILLIONS OF PEOPLE ACROSS THE GLOBE PRACTICE YOGA AND GOT BENEFITTED FROM PREVENTION OF DISEASE, MAINTENANCE AND PROMOTION OF HEALTH. 1. PEOPLE ACCEPTED YOGA AS AN INVALUABLE GIFT OF ANCIENT INDIAN TRADITION. 2. AIMING AT TO OVERCOME ALL KINDS OF SUFFERINGS THAT LEAD TO A SENSE OF FREEDOM IN EVERY WALK OF LIFE WITH HOLISTIC HEALTH, HAPPINESS AND HARMONY. 3. YOGA MAJORLY IS NOW A DAYS BEING ACCEPTED AS THE MOST EFFECTIVE AND MOST ECHONOMICAL SCIENTIFIC TOOL FOR STRESS MANAGEMENT AND ESTABLISHING THE HORMONY NOT ONLY BETWEEN BODY AND MIND BUT AT ONE'S OWN PERSONAL LIFE.
2	REHEARSAL OF COMMON YOGA PROTOCOL-7.00 AM	BY INSTITUTE YOGA INSTRUCTOR 1. PRAYER 2. LOOSNING –NECK BENDING TRUNK MOVEMENT KNEE MOVEMENT 3. YOGASANAS: STANDING POSITION-5 ASANAS SITTING POSITION-4 ASANAS PRONE POSITION-3 ASANAS SUPINE POSION-3 ASANAS 4. KAPALBHANTI 5. PANAYAMA: 2 VARIATIONS 6. DHYAN 7. SANKALP 8. SHANTI PATH	LEARNING OF COMMON YOGA PRACTICE	IMPROVEMENT IN PHYSICAL AND MENTAL HEALTH. REDUCTION IN FINANCIAL BURDEN OF INSTITUTE FOR MEDICAL TREATMENT	2. TONES UP THE MUSCLES AND REJUVENATES THE LIGAMENTS. 3. KEEPS THE BODY FIRM AND STABILIZE THE MIND. 4. MAKES THE SPINE FLEXIBLE, IMPROVES DIGESTIONS, AND PREVENTS CONSTIPATION 5. RELIEF IN ABDOMINAL AND OTHER PAINS. 6. HELPS IN REDUCING STRESS, ANGER ETC.	
3	INTERACTION SESSION WITH STUDENT AND STAFF: 8.00 AM	1. MOTIVATION FOR JOINING REGULAR YOGA CLASSES 2. FEEDBACK SESSION	STRESS RELIEF OF STUDENTS AND STAFF			
JUNE 21, 2018 (THURSDAY) 4TH INTERNATIONAL DAY OF YOGA						
4	IMPORTANCE OF YOGA- 6:30 AM-7:00AM	INTRODUCTION TO YOGA & GENERAL GUIDELINES FOR YOGA PRACTICE	REJUVENATION OF INTEREST AMONG AUDIENCE TOWARDS YOGA	RELIEF FROM COMMON DISEASES.	7. INCREASES FLEXIBILITY OF THE SPINE.	ON A SINGLE DAY MILLIONS OF PEOPLE ACROSS THE GLOBE PRACTICE YOGA AND GOT BENEFITTED FROM PREVENTION OF DISEASE, MAINTENANCE AND PROMOTION OF HEALTH. 1. PEOPLE ACCEPTED YOGA AS AN INVALUABLE GIFT OF ANCIENT INDIAN TRADITION. 2. AIMING AT TO OVERCOME ALL KINDS OF SUFFERINGS THAT LEAD TO A SENSE OF FREEDOM IN EVERY WALK OF LIFE WITH HOLISTIC HEALTH, HAPPINESS AND HARMONY. 3. YOGA MAJORLY IS NOW A DAYS BEING ACCEPTED AS THE MOST EFFECTIVE AND MOST ECHONOMICAL SCIENTIFIC TOOL FOR STRESS MANAGEMENT AND ESTABLISHING THE HORMONY NOT ONLY BETWEEN BODY AND MIND BUT AT ONE'S OWN PERSONAL LIFE.
5	EXECUTION OF COMMON YOGA PROTOCOL-7.00 AM	BY INSTITUTE YOGA INSTRUCTOR (45MIN.DURATION) 1. PRAYER - 2 MIN. 2. LOOSENING –NECK BENDING -6 MIN. TRUNK MOVEMENT KNEE MOVEMENT 3. YOGASANAS: STANDING POSITION-5 ASANAS-18 MIN. SITTING POSITION-4 ASANAS PRONE POSITION-3 ASANAS SUPINE POSION-5 ASANAS 4. KAPALBHANTI - 2 MIN. 5. PANAYAMA: 2 VARIATIONS - 6 MIN. 6. DHYAN - 9 MIN. 7- SANKALP - 1 MIN. 8. SHANTI PATH - 1 MIN.	RE-ENERZISING THE AUDIENCE WITH A POSSITIVE APPROACH TOWARDS YOGA AND COMMITMENT FOR ADOPTATION	IMPROVEMENT IN PHYSICAL AND MENTAL HEALTH. REDUCTION IN FINANCIAL BURDEN ON INSTITUTE FOR MEDICAL TREATMENT	8. STIMULATES PANCREAS AND HELPS IN THE MANAGEMENT OF DIABETES. 9. HELPS TO REMOVE BACKACHE AND BRONCHIAL PROBLEMS. 10. PROMOTES RELAXATION OF THE LOWER BACK AND HELPS IN RECOVERY OF BACK PROBLEMS. 11. INDICATED FOR ALL ORTHOPEDIC AILMENTS. 12. INDICATED TO COUNTER STRESS AND ANXIETY.	
6	COMPREHENSIVE CLINICAL GUIDELINES: 8:00 AM	AWARENESS AMONG DIFFERENT AGE GROUPS TO AVOID INJURIES DURING YOGA PRACTICE	REJUVENATION OF INTEREST AMONG AUDIENCE T FOR ADAPTING YOGA AS STRONG MEDICURE THERAPY		13. RELIEVES DEPRESSION AND ANXIETY.	
7	EPILOGUE: 8:15 AM	VITAL ROLE OF YOGA IN NATION BUILDING	AWARENESS TOWARDS REALISTIC IMPACT OF YOGA			