



INTERNATIONAL YOGA DAY 2021

Celebration by ENVIS RPs and HUBs



Environmental Information System (ENVIS)

Ministry of Environment, Forests and Climate Change

INTERNATIONAL YOGA DAY CELEBRATION BY ENVIS RPs and HUBs

The 7th International Day of Yoga is celebrated on a pan India basis on 21st June 2021. Due to recent surge in COVID Pandemic situation, it has been decided that all the official's/staff members of the Ministry will undertake the 45 minutes-Common Yoga Protocol with their family members from their respective homes/places of stay on 21st June 2021 from 7 AM onwards to send out the message "Be With Yoga Be At Home" and "Yoga for COVID and well-being". The programme start at 6.30 AM onwards in which Hon'ble PM Shri Narendra Modi to address the nation during National lead event of the "International Day of Yoga 2021 on 21st June, 2021 from 6:35 AM to 7:00 AM. <https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ>

1. World Wide Fund for Nature - India (WWF), RP

Brief about the event: WWF ENVIS RP celebrated Yoga Day on 21st June, 2021. June 21 is marked as the annual International Day for Yoga to celebrate the ancient Indian



art of healthy living. The theme for this year is 'Yoga for wellness!' as the world is still reeling under the second wave of the novel coronavirus. Yoga Day is celebrated across the globe to highlight the importance of Yoga and how it has been beneficial in keeping the body and mind in sound health.

Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda. Yoga not only provides physical and mental relaxation but also develops strength and resilience. The numerous benefits of Yoga make it a popular practice for people across the globe, especially in times of a pandemic when mental and physical health is under stress.

2. Environment Protection Training and Research Institute (EPTRI), Hub & RP

Brief about the event: On the occasion of International Day of Yoga 2021, a Webinar was organized on the theme, “Ancient Yogic Practices Towards Overall Health” on 21st June 2021.



The speaker is Mr. Shanmukha Shiva Chandra, International Yoga Therapist.

Shri. Adhar Sinha, IAS., Spl. Chief Secretary to Government of Telangana and Director General, EPTRI released a sticker “International Day of Yoga” prepared by EPTRI ENVIS. Director General EPTRI addressed the participants about the importance of Yoga to gain immunity in this pandemic situation and yoga for work.

Mr. Shanmukha Shiva Chandra addressed the participants about the importance of drinking warm water every morning enlightened the participants about ancient practices of yoga like Usha Pana Chikitsa, pranayam, Surya Namaskar, kapalbhati yoga and he also explained how the fluids of our body plays an important role to deal with various disorders, five important rules of drinking water, and to make the best practice of yoga to rule out various ailments for the wellbeing.



3. Himachal Pradesh Council for Science, Technology and Environment (HIMCOSTE), Hub

Brief about the event: Poster shared on the International Yoga Day.





4. Central Arid Zone Research Institute (CAZRI), RP

Brief about the event: Yoga Practicing on the International Yoga Day.



5. Gujarat Cleaner Production Centre (GCPC),RP

Brief about the event: The team of GCPC-ENVIS RP celebrated International Yoga Day on 21st June, 2021 under the guidance of Dr. Bharat Jain, a trained Yoga Teacher, Member Secretary, GCPC and Coordinator, GCPC-ENVIS.

Dr. Jain has been performing Yoga regularly, since last 31 years and trained many in yoga. On the occasion of International Yoga Day, Dr. Jain, performed yoga and also gave brief introduction of inception of yoga.



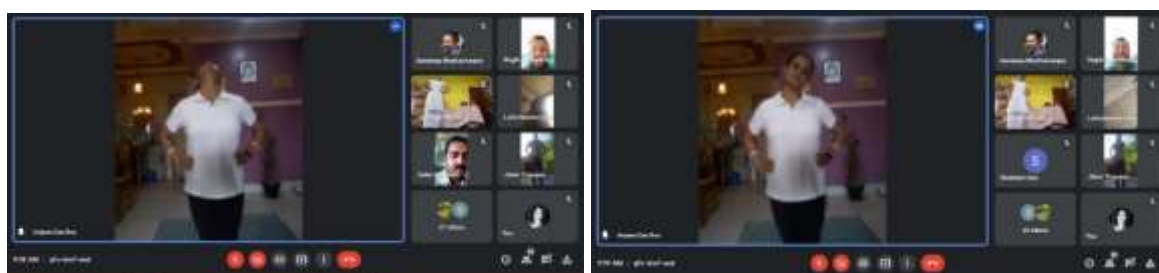
6. Assam Science, Technology and Environmental Council, Hub

Brief about the event: ENVIS Hub, Assam Science Technology & Environment Council, Department of Science & Technology, Govt. of Assam organized an online Yoga Session on the theme, "Yoga for well-being" today, on 21st June, 2021, at 9.00 AM through VC. The Online Yoga session was inaugurated by Smt. Kimnei Changsan, Director, Assam Science Technology & Environment Council, Assam. She highlighted the importance of Yoga in everyday life. She said that 'Prevention is Better than Cure', hence, it should be reflected on our lifestyle patterns. Hon'ble Minister of Science & Technology, Govt. of Assam Sjt. Keshab Mahanta also wished good health and

prosperity of all through a video message. The message is already uploaded on the YouTube Channel of ENVIS Hub Assam (<https://www.youtube.com/watch?v=7k6EJDI3nrA>)

Ms. Anjana Das Roy, a Yoga instructor of Gurukul Grammar Senior Secondary School, Pub-Geetanagar, Guwahati took the Yoga session. She elaborated various simple and beginner standing and sitting asanas (aashanas) and pranayamas with their health benefits. The yoga session was followed by a healthy interaction session with the participants.

Closing remark was extended by Dr. Jaideep Baruah, ENVIS Coordinator, Assam and Head i/c Environment Division, Assam Science Technology & Environment Council, Bigyan Bhawan, Assam. The online yoga session was attended by around 60 participants.



7. Thiagarajar College of Engineering (TCE),RP

Brief about the event: TCE ENVIS RP celebrated IYD 2021. Dr. T. Godwin, Physical Director, Govt Hr Sec School, Alanganallur, Madurai. Performed yoga practice and created awareness among our college students on the importance of yoga



8. School of Environmental Sciences Jawaharlal Nehru University (JNU), RP

Brief about the event: Event was celebrated with different type of yoga positions. Asanas in different positions:

08:03 4G LTE

← Tweet

 **MoEF&CC** 
@moefcc

To commemorate the [#InternationalDayofYoga](#) 🇮🇳
JNU ENVIS RP, SES is organising webinar on 21st June at 4:00 PM to 5:00 PM. [#YogaForWellness](#) 🇮🇳
[#YogaDay2021](#) 🇮🇳
[#YogaForAll](#) 🇮🇳
[#YogaForHealth](#)

To register for the webinar click at forms.gle/EWQfXKGCjsGFFP...

International Yoga Day
June 21, 2021, 4-5 p.m.


Yoga Guru Dr. Pooran Chand Ji
Founder Director, Shivanand Yoga International School, New Delhi

 **PROF. H.C. KISHORE**
JNU ENVIS Coordinator

 **DR. SHIKHA MITTAL**
SES, JNU, New Delhi

Contacts:
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YoHo Leads
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shipralakshmi30@gmail.com

Registration Link:
<https://forms.gle/EWQfXKGCjsGFFP...>

Ms. Swati Singh
Program Officer, JNU ENVIS
Email: jnuesensv@gmail.com

Organized by:
School of Environmental Sciences and
JNU ENVIS, JNU, New Delhi 110067, INDIA

1. **Standing-** Tadasana, Katichakrasana, Padhastasana, Konasana, Surya namaskar.
Benefits- stretches body, muscle toning and development, correcting posture, spinal agility.

2. **Lying down on spine -** pawanamuktasana, markatasana, setubandhasana
Benefits- weight loss, flexibility, improves digestion, relieving back pain

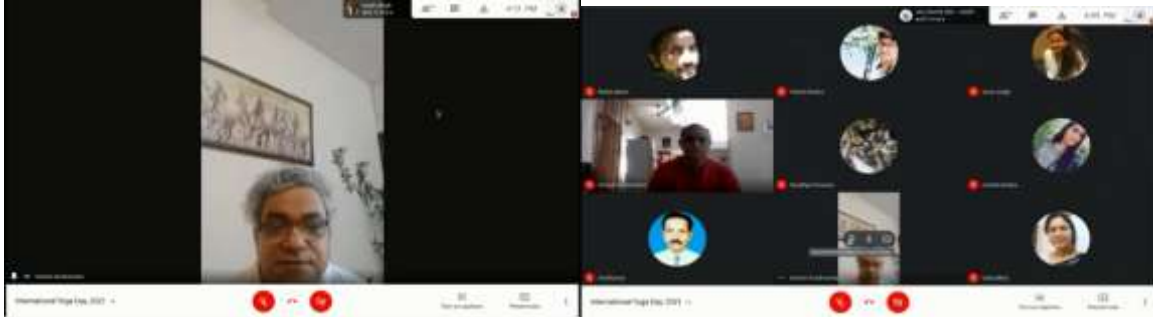
3. **Lying down on abdomen-** Bhujangasana, Ardhadhanurasana, salabhasana
Benefits- shoulder and chest stretching, improved circulation, abdominal disorders

Other asanas

Marjariasana- cat pose

Shashankasana- rabbit pose

Mandukasana - frog pose



9. G.B. Pant National Institute of Himalayan Environment (GBPNIHE), RP

Brief about the event: ENVIS Center of Himalayan Ecology GBPNIHE ALMORA and Yoga department, S.S.J University Almora jointly Celebrated International Yoga Day under the theme "Yoga for COVID and Well-Being". The inauguration of the programme was done by the chief guest Prof. N.S Bhandari, VC, SSJ UNIVERSITY ALMORA along with Dr. Naveen Bhatt, Head, Yoga Department, SSJ UNIVERSITY ALMORA and ENVIS Team, GBPNIHE, KOSI-KATARMAL ALMORA. Total 78 (in Social Distance mode) Faculty, Researchers, Students, locals participated in the event.



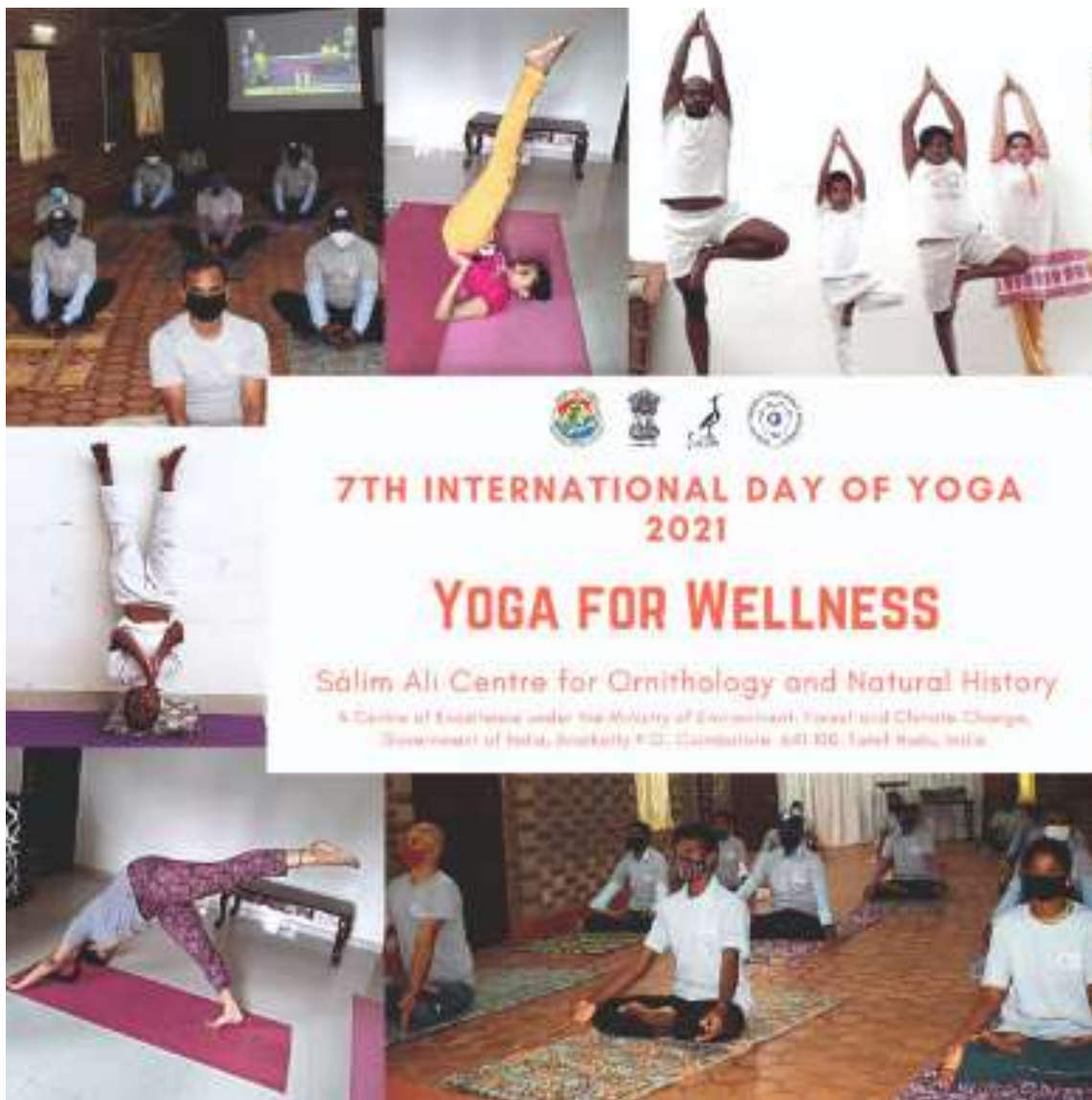
10. Forest and Environment Department, Sikkim, Hub

Brief about the event: International Yoga Day June 21, 2021 commemorated in Sikkim State with involvement of students, youth and elderly.



11. Salim Ali Centre for Ornithology and Natural History (SACON), RP

Brief about the event: The SACON ENVIS team celebrated International Day of Yoga observing COVID appropriate norms. The faculty, ENVIS staff and researchers of SACON performed the Common Yoga Protocol (CYP) with their family members at their respective homes.



12. Institute for Wildlife Sciences (IWS), University of Lucknow, RP

Brief about the event: International Yoga day celebration in Tagore lawn, university of Lucknow.



13. Kerala State Council for Science, Technology and Environment (KSCSTE), Hub

Brief about the event: ENVIS Hub Kerala International Yoga Day Yoga Instructor Dr. J Radhakrishnan handled the sessions





14. Gujarat Ecology Commission (GEC), Hub

Brief about the event: Gujarat Ecology Commission, the State ENVIS Hub, has organized a yoga session for the community people at Shivrajpur Blue Flag beach on the occasion of International Day of Yoga.





15. Department of Environment - Chandigarh, Hub

Brief about the event: Department of Environment, Chandigarh ENVIS Hub, had celebrated International Yoga Day and had spread the message regarding importance of practicing yoga.





16. Institute of Forest Genetics and Tree Breeding (IFGTB), RP

Brief about the event: IFGTB staff practicing yoga in connection with IYD





17. International Institute of Health and Hygiene (IIHH), RP

Brief about the event: Poster was shared on International Yoga Day by Sulabh ENVIS and practicing yoga with family.



सुलभ एनविस सेंटर

प्रायोजक
पर्यावरण, वन और जलवायु परिवर्तन मंत्रालय, भारत सरकार
अंतराष्ट्रीय योग दिवस, 21st जून 2021
स्वास्थ्य के लिए योग

**कोरोना काल में योग अपनाएं
योग प्रतिरोधी क्षमता बढ़ायें।।**



हैने ठहरे

इस योगासन की करने के लिए सबसे पहले पेट के बल बैठें।
अब दोनों पैरों को जड़ जड़ में और बाईं हाथों को भी बाईं पैरों के बल रख दें।
इसके बाद एक झुकी जाऊं और जोड़ को सीधे हाथों के बल उठा दें। जोड़ सीधे हाथों के बल उठा दें। जोड़ सीधे हाथों के बल उठा दें।
जब तक लंबी और झुकी नहीं रहे तब तक इस योगासन को करें।

सलकोणसना



● इस योगासन के कई स्वास्थ्य लाभ हैं।
● इस योगासन की करने का समय सुबह और शाम है।
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मार्जरी आसन

इस योग की हड्डी को अधिक लचीला बनाने में मदद करता है।
यह योग कोशिका को बढ़ावा देता है।

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हस्तारवणसना

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कामरी पाण्डरास

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Source: pib.gov.in

18. Department of Environmental Sciences (DES), Kalyani University, RP

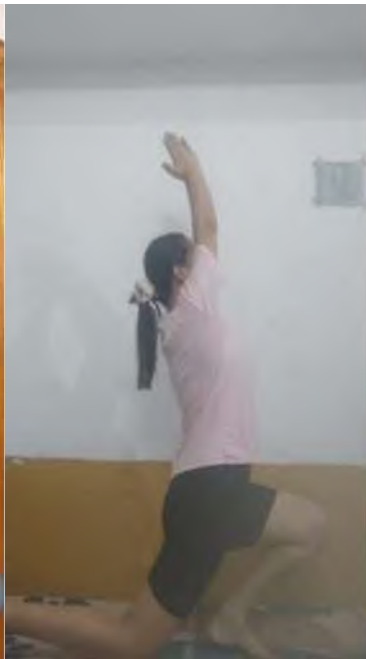
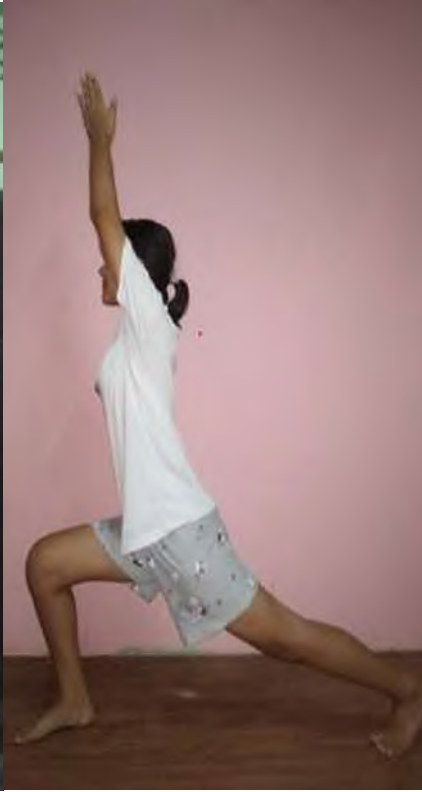
Brief about the event: DESKU ENVIS Centre on Environmental Biotechnology, University of Kalyani was celebrated International Yoga Day at home with their family members.

Yoga is a physical, mental, and/or spiritual practice firstly started in the India. International Yoga Day is used to celebrate to make the people to get them every kind of knowledge and information about the facts and effects of Yoga on the health of the people. Yoga gives the people much more calmness and peace with lots of Confidence and Courage to the people by which they can do many of the activities in a better way. It gives the people lots of energy to do many tasks with full Confidence and refreshment of the Body to do it properly. It helps those people who are used to suffering from many types of mental as well as physical pain. Every people should do Yoga at any time in any place to develop their Physical as well as Mental condition.



19. Nagaland Pollution Control Board, Hub ENVIS

Brief about the event: Nagaland staff practicing yoga in connection with IYD



20. Bombay Natural History Society (BNHS), RP

Brief about the event: BNHS-ENVIS celebrated International Yoga Day by practicing yoga postures.



21. Forests & Environment Department, Govt. of Jharkhand, Hub

Brief about the event: Jharkhand -ENVIS celebrated International Yoga Day by practicing yoga postures.



22. Institute for Ocean Management (IOM), Anna University, RP

Brief about the event: International Yoga Day June 21st, 2021 Photograph with my family member – IOM ENVIS RP, Chennai



23. Uttarakhand Pollution Control Board, Hub

Brief about the event: International Yoga Day was celebrated by Uttarakhand ENVIS Hub personally in their respective residence and colony. The event is as follows:-

1. Yoga Day was organised among the residents of Nehru Colony Dehradun. Ms. Amrita was the yoga instructor who is pursuing her Master's in Yoga from Rishikesh. She taught lots of aashanas to the participants. The event was organised with the help of former Councillor of the area.
2. Yoga day was celebrated in personal with the family members by joining the event through television.





24. State Council of Science and Technology for Sikkim (SCSTS) RP

Brief about the event: International Yoga Day was celebrated by State Council of Science and Technology for Sikkim (SCSTS) RP by practicing the aashanas such as Ardha Malsyendrasana, Anulom vilom pranayam and Lotus padmasana.





25. State Environment Department, Maharashtra, Hub

Brief about the event: State Environment Department, Maharashtra, Hub celebrated International Yoga Day by practicing yoga postures.



26. Department of Environment & Forest Lakshadweep ENVIS

Brief about the event: The Lakshadweep ENVIS Centre in association with the staffs of Department of Environment & Forest celebrated 7th International Yoga Day 2021 in befitting manner with in the Covid 19 protocol.

VRKSASANA (The Tree Posture)



TRIKONASANA (The Triangle Posture)



VAJRASANA (Thunderbolt Posture)



VRKSASANA



TRIKONASANA



KAPALABHATI



* * *

