



EAST WEST

Subramanya Education Society®

EAST WEST INSTITUTE OF TECHNOLOGY

#63, Off Magadi Road, Vishwanedam Post, Near Anjana Nagar, Bangalore – 560091



The Management, Principal, Staff & Students



Cordially invites you for the celebrations of

INTERNATIONAL YOGA DAY 2021

Presided by:

Smt. Rashmi Ravikiran
Chairman, EWGI

Sri Tejas Kiran
Secretary, EWGI

Dr. B. Purushotham
Director, EWGI

Dr. K. Channakeshavalu
Principal Director, EWIT

Dr. Vijaya Kumar C N
Professor and Head
Department of EEE

Dr. Maruthi B H
Professor and Head
Department of ME

Dr. Shashi Shekhar T R
NSS Coordinator
& Associate Professor
Department of Civil Engg

Date: 21st JUNE 2021

Time: 10.00 AM

Venue: EWIT Campus



All are cordially invited



Principal

East West Institute of Technology
Off. Magadi Main Road, Bengaluru-91

OBJECTIVES

Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.


Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

The aim of yoga is control over the mind. A man who can- not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means.

The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.

The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc.


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OUTCOMES

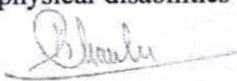
- It develops the physical stability.
- It keeps a person young.
- It Strengthens the hamstring, calf, and back muscles.
- It relieves the stiffness of joint, particularly at knee, hip and ankle.
- it removes excess fat in the abdominal region
- It gives more flexibility to the vertebral column
- It is extremely beneficial to the spinal column.
- It will enlarge the thoracic cavity.
- It strengthens the back and abdomen muscles.
- It helps to make the maximum range of movements in all directions in the hip joint.
- It develops the balancing power in the body.
- It loosens the spinal column.
- It reduces the excess fat in the sideways.
- It strengthens the ankles and tones the muscles of the legs.
- It promotes the spinal bone growth

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers. It would help to promote the feeling of communal harmony and create a conjugal atmosphere for global peace.

Asanas — (Postures) Asnana means holding the body in a particular posture to bring stability to the body and poises to the mind. The Practice of asana brings firmness to the body and vitality to the body and mind. The people of ancient Greece believed in the principle. „A sound mind in a sound bod. By practicing asana one frees himself from physical disabilities and mental distractions.


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It is a state of complete equilibrium of body, mind and spirit asanas may be of the following types

- Meditative Asanas
- Relaxation Asanas
- Cultural Asanas

Asanas are very useful and important from the view point of physical, mental and spiritual growth of an individual. Methods of Doing Asanas

- Sitting posture
- Standing posture
- Lying posture - Supine, Prone

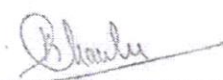
The greatest factor for spiritual life is meditation. In meditation we feel our divine nature. We do not depend upon any external help in meditation.

Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself.

To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day.

Once imbibed into the daily routine, meditation becomes the best part of your day! Meditation is like a seed. When you cultivate a seed with love, the more it blossoms.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself


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LIST OF PARTICIPANTS AND SIGNATURE

SI No	NAME	Sign	SI No	NAME	Sign
1.	Ashreek. A. R		31		
2.	Abdullah malik		32		
3.	Bindu. N		33		
4.	Darshan. H.S		34		
5.	Daepak Er sah		35		
6.	Rhanu. S		36		
7.	Divya. G		37		
8.	Thamshree. sv		38		
9.	MANOJ. A		39		
10.	MEDHA. R		40		
11.	Sahil		41		
12.	Monika. P. M		42		
13.	MUKESH. S		43		
14.	Pavan. Kalyan. Y. A		44		
15.	Vasandhara. S		45		
16.	Shanath. G. R		46		
17.	Shreyas. R		47		
18.	Sunil Kumar. S. A		48		
19.	AH. K. R. R. K. R. A. M. A		49		
20.	Prajwal. H. C		50		
21.	Tejas. S		51		
22.	Pavan. Kumar. M		52		
23.	Vasshimi. H. J		53		
24.	Vinaya. Gowdak. M		54		
25.			55		
26.			56		
27.			57		
28.			58		
29.			59		
30.			60		



Bhaskar
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