



SHRI K.K. SHASTRI GOVERNMENT COMMERCE COLLEGE **MANINAGAR, AHMEDABAD**

International Yoga Day -2024



:: Academic year ::
2024-25
JUNE 21, 2024



Dr. Yogesh Yadav
PRINCIPAL (GES-I)



PRAYER

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता

या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना।

या ब्रह्माच्युत शंकरप्रभृतिभिर्देवैः सदा वन्दिता

सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥



:: SCHEDULE ::

- 1. INVOCATION**
- 2. SADILAJA/CĀLANA KRIYĀS /LOOSENING PRACTICES**
 - I. NECK BENDING(Grivā Śakti Vikāsaka)**
 - II. SHOULDER'S MOVEMENT**
 - III. TRUNK MOVEMENT (Kaṭiśakti Vikāsaka)**
 - IV. KNEE MOVEMENT**
- 3. YOGĀSANAS**
 - A. STANDING POSTURES**
 - B. SITTING POSTURES**
 - C. PRONE POSTURES**
 - D. SUPINE POSTURES**

- 4. KAPĀLABHĀTI**
- 5. PRĀNĀYĀMA**
- 6. DHYĀNA**
- 7. SANKALPA**
- 8. Śāntih Pātha**





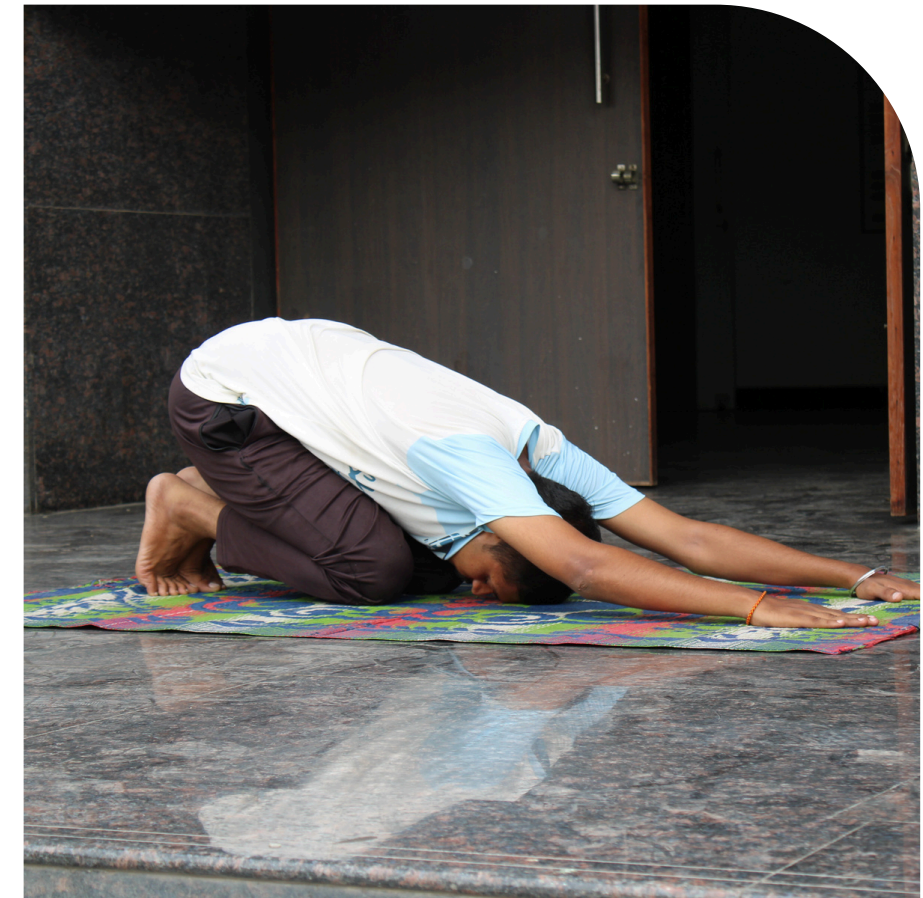
International Yoga Day





International Yoga Day









International Yoga Day



Dr. Viren B. Manek
NSS Programme Officer & NSS Student Volunteers

 <https://www.instagram.com/skksgccmaninagar/>

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