



WORLD YOGA DAY



SPIRITUAL DISCIPLINE

yoga
for all

International Day of Yoga



21st JUNE

MODERN YOGA

- ✓ PROPER RELAXATION
- ✓ PROPER EXERCISE
- ✓ PROPER BREATHING
- ✓ PROPER DIET
- ✓ POSITIVE THINKING & MEDITATION

This Year's theme is "Yoga At Home and Yoga With Family".

INTERNATIONAL CERTIFICATION SERVICES



WORLD YOGA DAY



STAGE OF YOGA

YAMA (MORAL)



PRATYAHARA (CONTROL OF MIND)



NIYAMA (DISCIPLINE)



DHARANA (CONCENTRATION)



ASANA (POSTURE)



DHAYNA (MEDITATION)



PRANAYAMA (CONTROL OF BREATHING)



SAMADHI (UNIVERSAL SPIRIT)





WORLD YOGA DAY



YOGA ADVANTAGES

- ALLEVIATE PAIN
- RELIEVES STRESS
- STABILIZE EMOTIONS
- WORKS ON WHOLE BODY
- HARMONIZES BODY AND MIND
- TRAIN FROM FLABBY MUSCLES
- WORKS WELL ON ARTHRITIC AREAS
- ITS NATURAL DETOXIFICATION PROCESS
- INCREASES STRENGTH AND FLEXIBILITY





WORLD YOGA DAY



MESSAGE FROM CMD DR SUNDAR KATARIA

❖As usual, we shall be celebrating International Yoga Day on 21st June, 2022. We will be celebrating during the week starting from 15th June and concluding on 21st June 2020 on digital media platform because of pandemic situation.

❖This year's theme will “ YOGA AT HOME “ and “ YOGA WITH FAMILY”. Our colleagues at ICS and friends including business associates will be able to join Yoga Day Celebration at 3 PM on 21st June 2020.

❖Ministry of AYUSH and ICCR has initiated MY LIFE MY YOGA to raise awareness about YOGA and to inspire people to prepare for and become active participants in India as well as abroad.

❖Yoga has multiple features and not limited to physical activity only. It also has to do with physical, mental, emotional health. We have been cherishing good health , wellness , happiness and better immunity to fight diseases.

❖Please join hands with us to have various activities during yoga week and International Yoga Day 2020 covers

- ☐ Yoga and its benefits
- ☐ Yoga Asana and Pranayam
- ☐ Yoga Shudhi
- ☐ Yoga Video, posters and articles.

Your active participation will be highly appreciated.

“ Yoga is form of meditation and disciplined life. “



WORLD YOGA DAY



OUR HR SHRADDHA CHAVAN PRACTISING YOGA DURING THIS LOCKDOWN PERIOD.



VIRABHADRA ASANAS 1



VIRABHADRA ASANA 2



ADHOMUKK ASANA



VRIKSH ASANA



GOMUKH ASANA



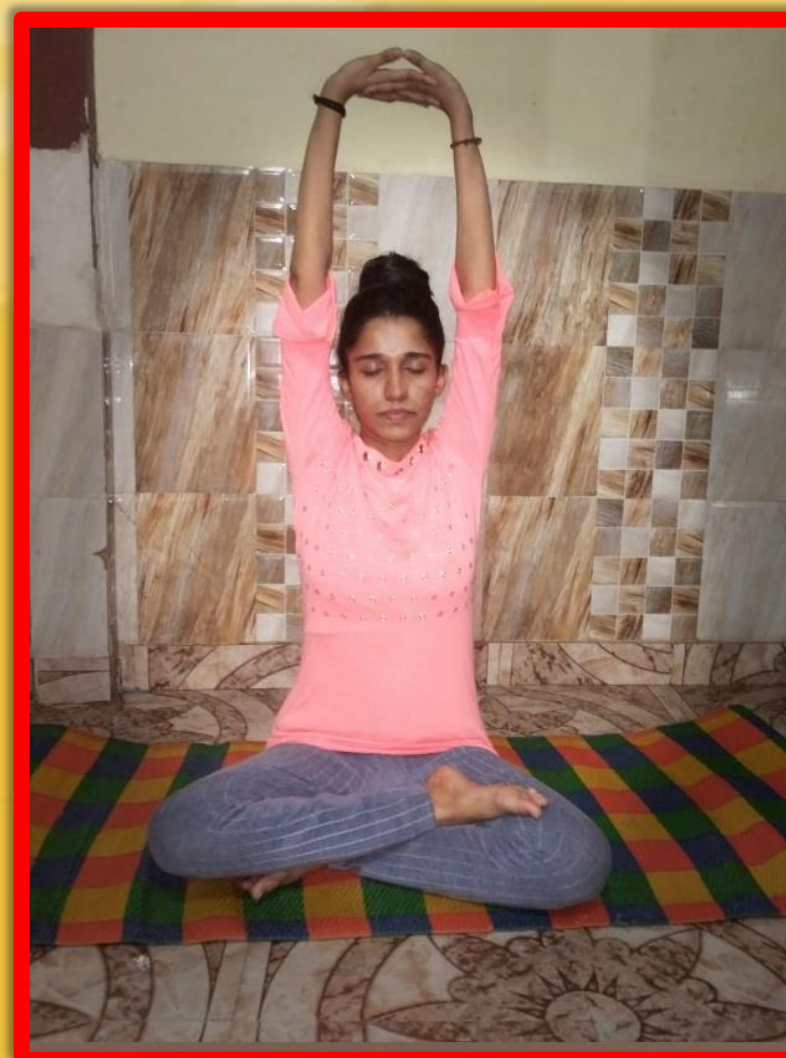
WORLD YOGA DAY



OUR HR RASHIKA SHETTY PRACTISING YOGA AT HOME DURING THIS LOCK DOWN PERIOD

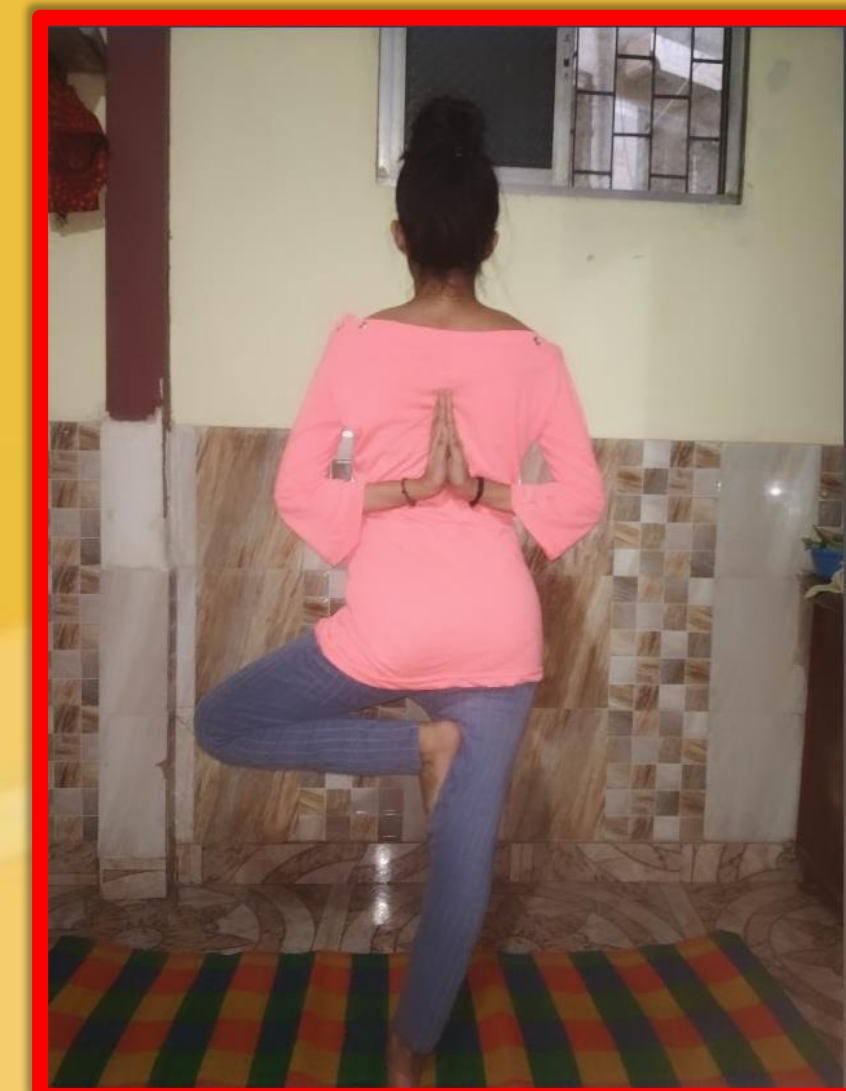


ANJANEY ASANA



PARVAT ASANA

PASCHIM NAMASKAR



SURYA NAMASKAR





WORLD YOGA DAY



OUR IT EXECUTIVE VIVEK YADAV PRACTISING YOGA DURING LOCK DOWN.



UTTANASANA



PADMASANA



ANULOM VILOM



SIDDH ASANA



MULDHARA ASANA



WORLD YOGA DAY



ICS TECHNOLOGIES DEPUTY MANAGER SUSHMA KINDARKAR DOING YOGA WITH HER FAMILY.



SLEEPING BUTTERFLY EXERCISE



BALASANA



BADDHA KONASANA



GOMUKH ASANA



JANU SIRSASANA



WORLD YOGA DAY



OUR ADMIN LALIJEE PANDEY AND MARKETING DEPUTY MANAGER GANESH DEHERKAR PRACTISING YOGA DURING LOCK DOWN.



SIMHASANA



VRIKSHASANA



SARVANGASANA



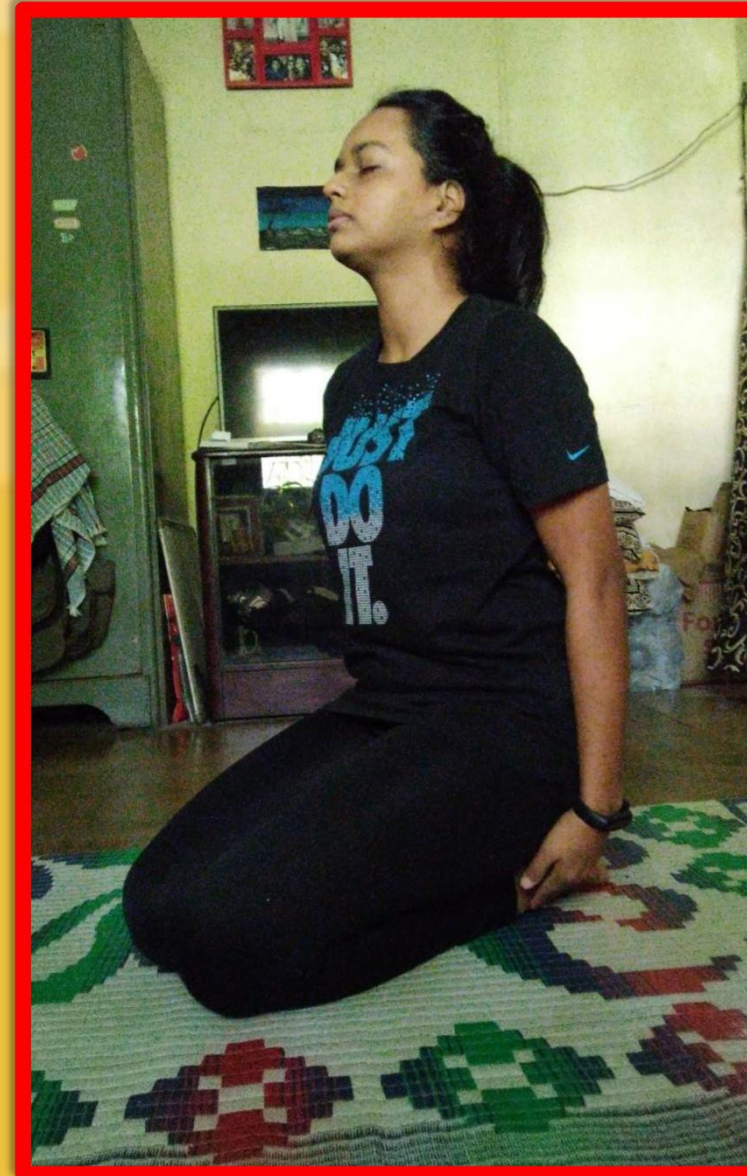
WORLD YOGA DAY



OUR ADMIN ALKA KANOJIA PRACTISING YOGA DURING LOCK DOWN.

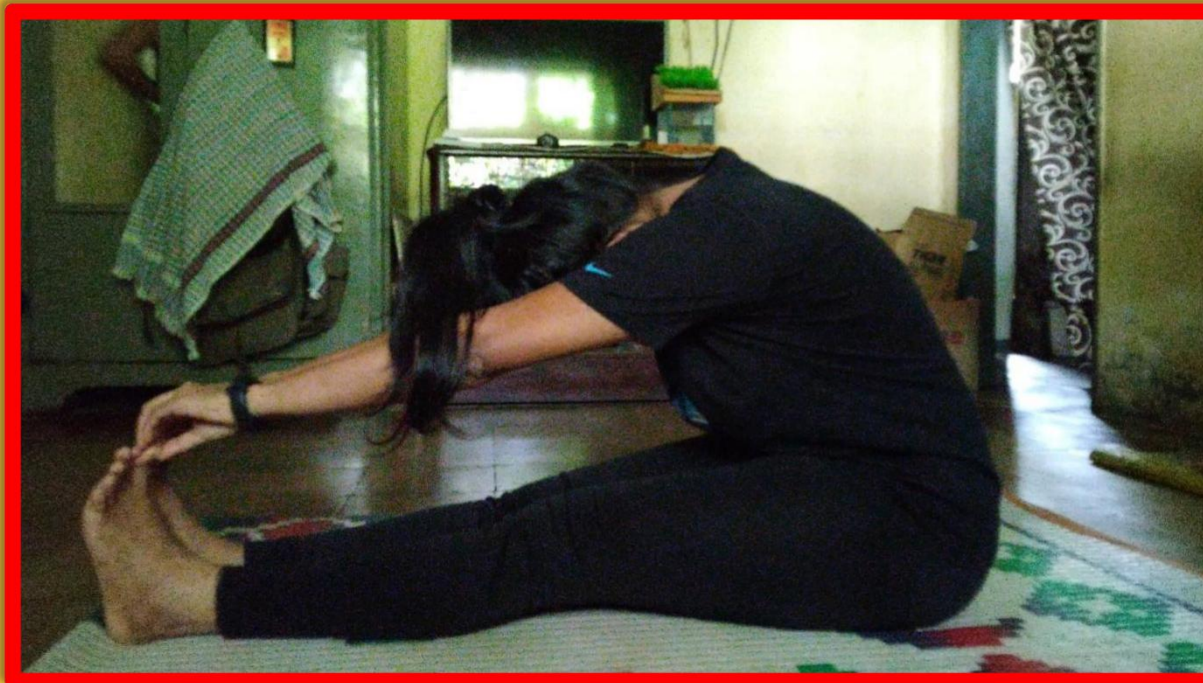


PARIVRTTA PARSVAKONASANA

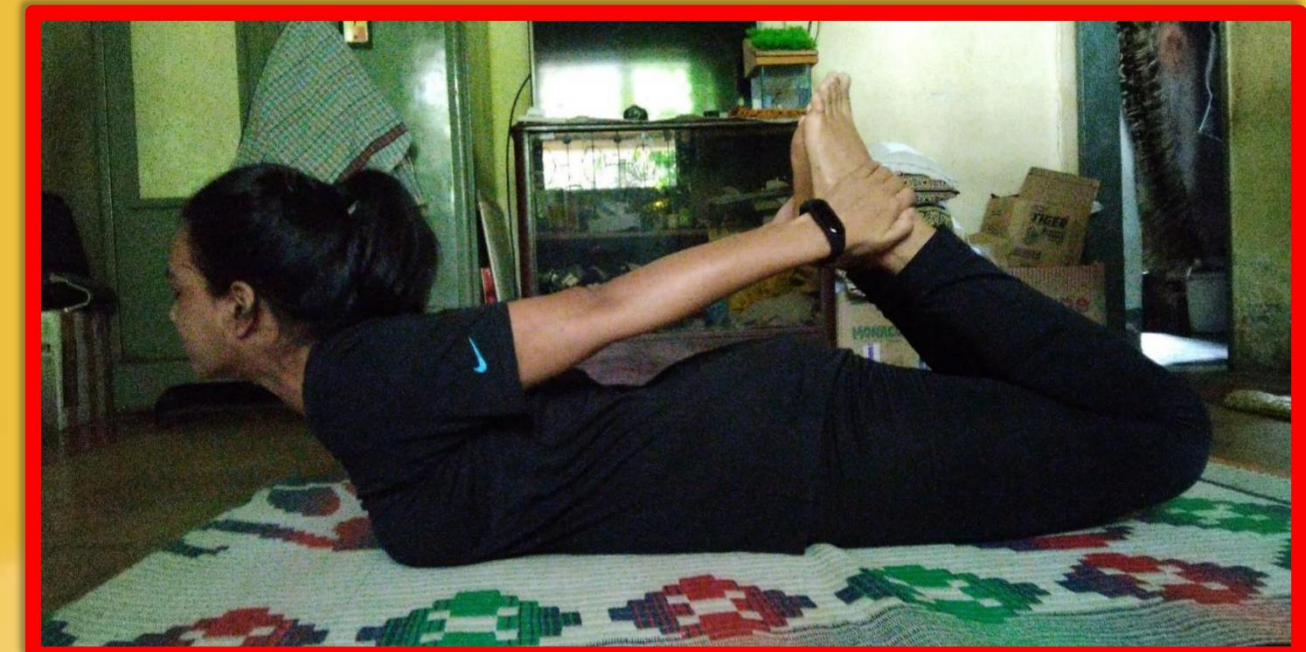


BHADRASANA

JANUSHIRSASANA



PASCHIMOTANASANA



DHANURASANA



WORLD YOGA DAY



OUR IT DEPUTY MANAGER VAISHALI PATIL PRACTISING YOGA DURING LOCK DOWN.

UTTANPAD ASANA



BHADRA ASANA



PLANK DOLPHIN SIDE POSE



TRIKON ASANA