



## Yoga and Vyayamshala Kendra at Sardar Swaran Singh National Institute of Bio-Energy (SSS-NIBE)

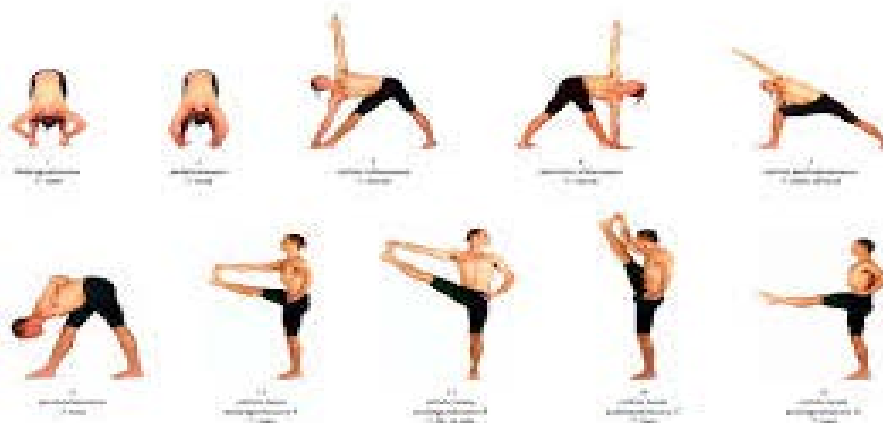
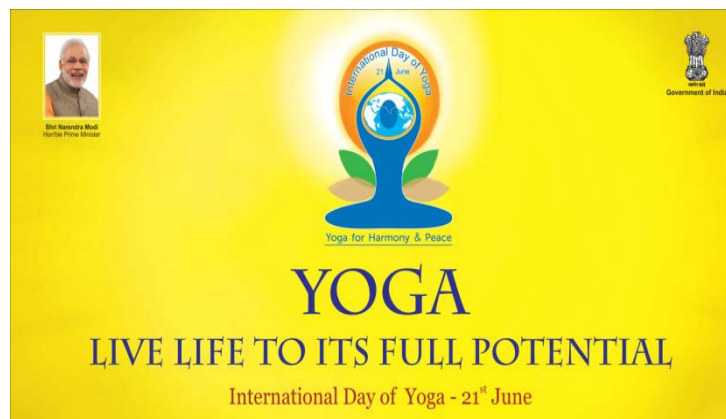


Hon'ble Prime Minister Shri Narendra Modi Ji said "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day".

Consequent to the decision of the United Nation on 11<sup>th</sup> December, 2014 with the support of 177 nations, 21<sup>st</sup> June is celebrated as International Yoga Day all over the world. Initiatives have been taken to setup a Yoga and Vyayamshala Kendra in Sardar Swaran Singh National Institute of Bio-Energy, Kapurthala. Local Advertisement in this regard has been prepared and will be released soon to create awareness in the public.

### YOGA CENTRE, SSS-NIBE

Sardar Swaran Singh National Institute of Bio-Energy (SSS-NIBE) is an Autonomous Institution of Ministry of New and Renewable Energy, Govt. of India. The Institute is established as an apex R&D center in Bio-Energy Technologies. The Institute is setup in 75 acre green campus adjoining to Pushpa Gujral Science City, Kapurthala. On the occasion of International Yoga Day, Sardar Swaran Singh National Institute of Bio-Energy welcomes you to attend free Yoga Camp on 21<sup>st</sup> June 2016. The Yoga camp will be organized for 60 minutes (6:30 AM to 7:30 AM) and the participants will be guided through a set of practices customized for health, peace, joy, love, success and more.



<b>Address</b>	Yoga Centre, Sardar Swaran Singh National Institute of Bio-Energy, Wadala Kalan, Jalandhar – Kapurthala Highway, Kapurthala.
<b>Date &amp; Time</b>	21 <sup>st</sup> June 2016, 6:30 AM to 7:30 AM
<b>Yoga Instructor</b>	Dr. Sachin Kumar, Dy. Director / Scientist-C Phone No. 01822 - 507415
<b>Registration &amp; Contact</b>	Sh. Rupesh Kumar Verma, Junior Executive Assistant Phone No: 01822 – 507406, e-mail: sss.nire@gmail.com
<b>Registration Timings</b>	9:00 AM to 5:00 PM (Monday to Friday) till 20 <sup>th</sup> June 2016
<b>Nodal Officer</b>	Dr. Abhishek Gupta, Dy. Director (F&A) Phone No. 01822 - 507404

## YOGA CAMP HAS BEEN SUCCESSFULLY ORGANIZED IN THE INSTITUTE



Dr. Sachin Kumar imparting Yoga training.

# General Guidelines for Yoga Practice

A Yoga practitioner should follow the guiding principles given below while performing Yogic practices:

## BEFORE THE PRACTICE

- *Śauca* means cleanliness - an important prerequisite for Yogic practice. It includes cleanliness of surroundings, body and mind.
- Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in luke warm water if you feel weak.
- Bladder and bowels should be empty before starting Yogic practices.
- A mattress, Yoga mat, *durrie* or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress conditions.
- In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

## DURING THE PRACTICE

- Practice sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold body tightly, or jerk the body at any point of time.
- Perform the practices according to your own capacity.
- It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence /*Śhānti paṭṭha*.

## AFTER PRACTICE

- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.

## FOOD FOR THOUGHT

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.

## HOW YOGA CAN HELP

Yoga is essentially a path to liberation from all bondage. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
- Yoga regulates menopausal symptoms.
- In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.