



CERC-ENVIS Resource Partner



Yoga makes the people to connect to the Natural Environment

21 June 2018
International Day of Yoga



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Celebration of International Day of Yoga

21st June is declared as International Day of Yoga by United Nations on 11th of December in 2014. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

The theme for the 2018 celebration, organised by the Permanent Mission of India to the United Nations, is 'Yoga for Peace.'

This is the second consecutive year, CERC-ENVIS Resource partner organised a programme in the office and celebrated the Yoga Day, with the staff .

Ms. Sandhya Avinash conducted a meditation session. She taught us different “asanas” that can be easily done by us. All female staff of the organisation participated in the programme. She helped staff to learn the positive impacts of meditation and understand the benefits of yoga. She explained the importance and meaning of the Yoga logo.

- a. Folding of both hands in the logo Symbolize Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.
- b. The brown leaves symbolize the Earth element.
- c. The green leaves symbolize the Nature.
- d. The blue symbolizes the Water element, brightness symbolizes the Fire element
- e. The Sun logo for International Day for Yoga symbolizes the source of energy and inspiration.
- f. The logo reflects harmony and peace for humanity, which is the essence of Yoga.









The staff performed yogic exercises and '*pranayam*' to celebrate this day. The regular practice of yoga will surely help our staff achieve a better life, physically, mentally and spiritually as well.