

International Yoga Day, 21st June 2021 Celebration at NSTI(W) Trivandrum



International Yoga Day or International Day of Yoga is celebrated every year on 21st June. The United Nations has marked the day to raise awareness about the many benefits of practicing Yoga for people all over the world. Apart from physical and mental relaxation, Yoga also helps develop strength, flexibility and resilience. The unique combination of all these factors and benefits makes Yoga a popular practice for people across the globe. This is especially important in times of the pandemic when the mental and physical health of individuals has come under dire stress.

International Yoga Day 2021: Theme



**Equip yourself for the
COVID-19 Era**

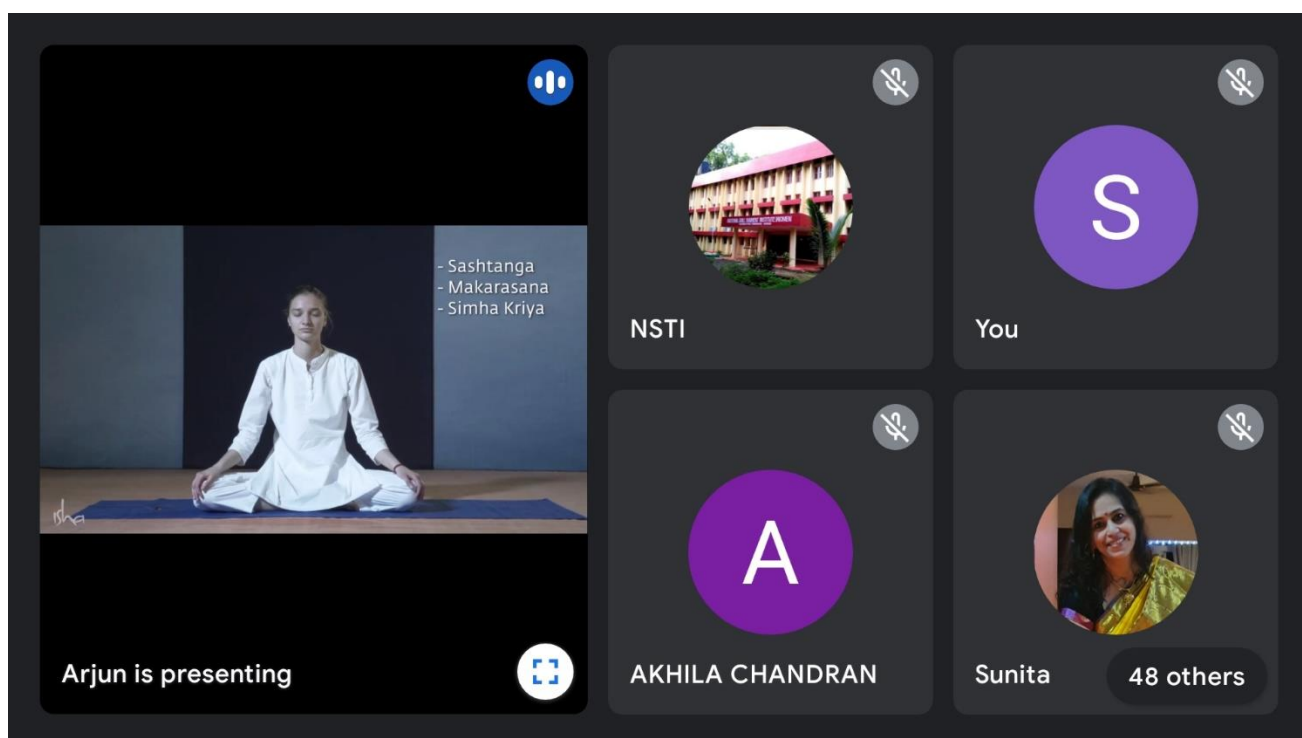
Offered by Isha Foundation on the occasion
of the International Day of Yoga

Free Webinar
Duration - 45 min



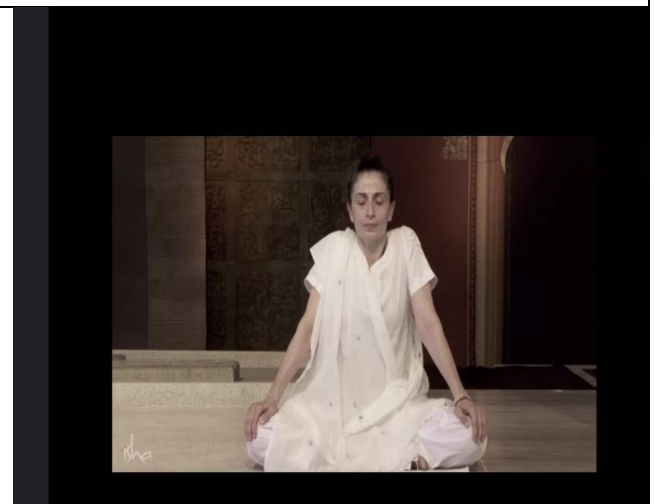
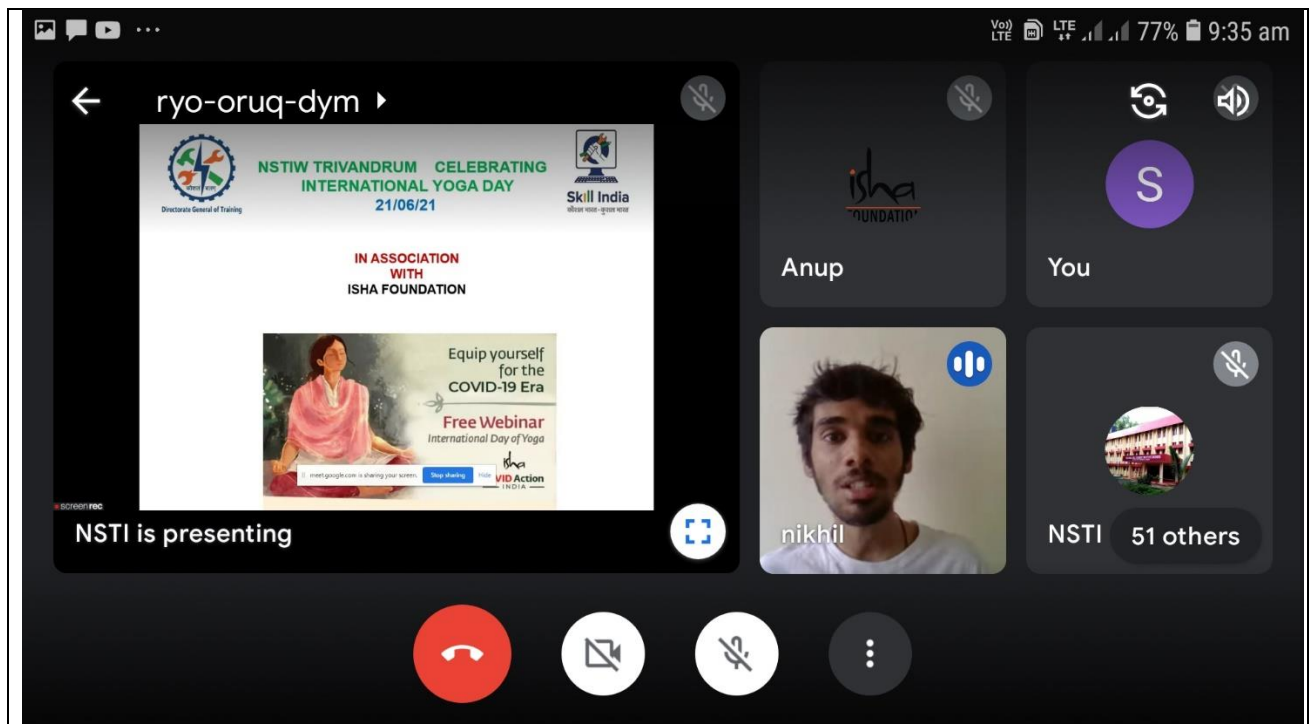
Practices to boost
immunity and improve
respiratory function

The theme for International Yoga Day 2021 is 'Yoga for Well-Being' and how the practice of Yoga can promote the holistic health of every individual. They further elaborate on how the COVID-19 pandemic has caused a huge psychological impact along with the physical health aspects. "The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant," read the official note on International Day of Yoga. Yoga has been introduced in India since pre-Vedic times. This has remained a part of the lifestyle of the Indians for the years. Yoga is an important part of Indian culture and civilization in which there are properties of both physical elements of humanity and spiritual uplift. This is the ideal combination of knowledge, karma, and devotion.



NSTI(W), Trivandrum also celebrated the 7th International Day of Yoga, an online session was organized as per the instructions of Shri. Mathivanan S, Regional Director, RDSDE Kerala/ HoD NSTI(W) Trivandrum. The Session was inaugurated by Smt R Eswari, Principal/HOO, and addressed by Shri. Vijayakumar , ADT .The session was arranged in coordination with the ISHA foundation. It was arranged for staffs and trainees of the institute. Shri. Rahul Rajeev and Shri. Nikhil, coordinators from the foundation addressed the audience and talked about the importance of practicing yoga in daily life. He has also demonstrated three yogasanas namely Sashtanga, Makarasana and Simhakriya that helps to improve immunity and oxygen level in our body, which is very useful during this pandemic situation.

Demonstrations from ISHA Foundation



Yoga By NSTI Staff Members





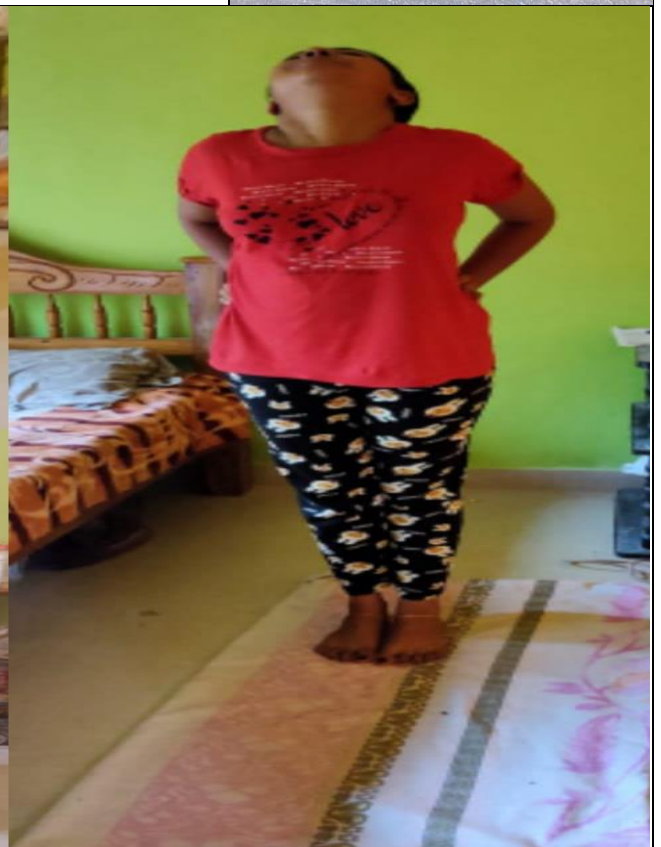
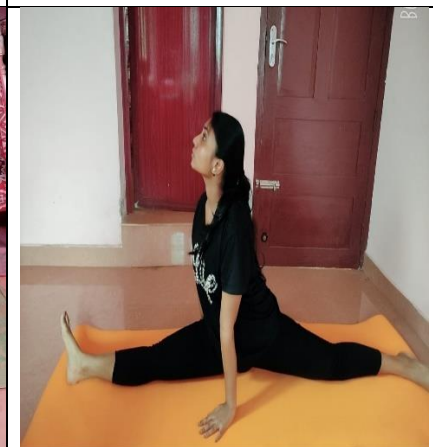
How to equip yourself for **The Corona Era**

IINTERNATIONAL YOGA DAY 2021



AD CITS NSTI (W), TVM

Computer Software Applications (CITS)



Advanced Diploma in IT, Networking & Cloud

