



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**

Deemed to be University under section 3 of the UGC Act 1956



Cordially invites you all for the IDY Week



International Day of Yoga Celebrations - 2025



Theme: 'Yoga for One Earth, One Health'

Yoga Awareness Rally



June 17, 2025

Venue: VMRF(DU), Salem



Yoga Competitions



June 19, 2025

Venue: VMKVEC, Salem



Therapeutic Yoga – Workshop

June 18, 2025

Venue: VMKVEC, Salem



Yoga Day – Mass Demonstration

June 21, 2025

Venue: VMKVMCH, Salem

Participants : All at once

All the Institutions of VMRF(DU), Salem, Chennai, Pondicherry & Karaikkal

For Further details: www.vmrfdedu.in



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International Day of Yoga Celebrations - 2025



Common yoga protocol



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||



LOOSENING PRACTICES : 6 Minutes



Alert Posture Forward and Backward Bending

Right and Left Bending

Right and Left Twisting

Neck Rotation



Shoulder Stretch

Shoulder Rotation

Trunk Movement

Knee Movement

YOGĀSANAS : 25 Minutes



TĀḌĀSANA



VRKṢĀSANA



PĀDA-HASTĀSANA



ARDHA CAKRĀSANA



TRIKONĀSANA



BHADRĀSANA



VAJRĀSANA



ARDHA
UṢṬRĀSANA



UṢṬRĀSANA



ŚAŚAKĀSANA



UTTĀNA
MANDŪKĀSANA



VAKRĀSANA



MAKARĀSANA



BHUJĀṅGĀSANA



ŚALABHĀSANA



SETUBANDHĀSANA



UTTĀNA PĀDĀSANA



ARDHA HALĀSANA



PAVANAMUKTĀSANA



ŚAVĀSANA

KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPA : 12 Minutes



KAPĀLABHĀTĪ



NAḌĪŚODHANA PRĀṆĀYĀMA



ŚĪTALĪ PRĀṆĀYĀMA



BHRĀMARĪPRĀṆĀYĀMA



DHYĀNA

Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ