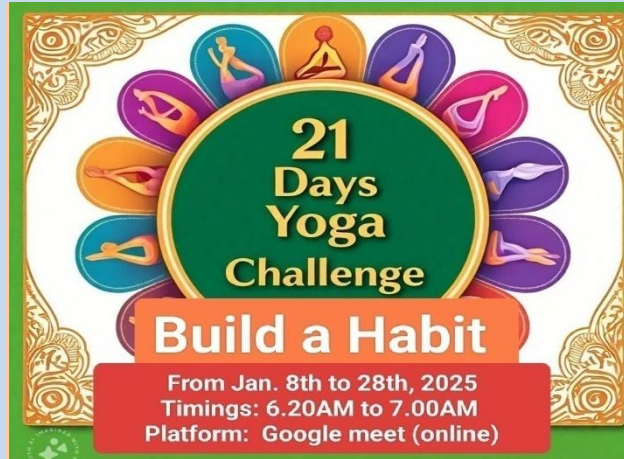




"उत्तिष्ठत जाग्रत प्राप्य वरात्रिबोधत"
"उठो, जागो, और जानकार श्रेष्ठ पुरुषों के सात्रिध्य में ज्ञान प्राप्त करो" --कठोपनिषद् 1/3/14



21 DAYS ONLINE YOGA CLASSES CHALLENGE

AIM:- BUILD A HABIT (practising Yoga)

Fill up googleform to reserve your spot and start your New Year 2025 Journey to Health and Wellness. Link: <https://forms.gle/BghWHAaPd55b4H8W8>

Details of Program: **Duration:** January 8 to 28, 2025. **Timings:** 6.20 AM to 7.00 AM
Platform: Google meet (Online). **Fee:** Absolutely Free.

What to expect: you will be introduced to:

- ✓ Ashtanga Yoga – Yogsutra by Maharshi Patanjali
- ✓ Types of breathing and Yogic breathing practice to calm and still the Mind
- ✓ A clear, systematic approach to asanas/physical postures to enhance flexibility, strength and enable you to sit for meditation with ease and comfort
- ✓ Yoga for specific diseases like- Diabetes, Asthma, Back-Neck pain, constipation, etc.
- ✓ Seven Energy Centre - Shakti Chakras
- ✓ Panch Kaush - Tateriyaupnishad
- ✓ Yoga Nidra to release deep rooted tensions in Body & Mind
- ✓ The Philosophy of Meditation – the what, how and why of meditation
- ✓ Two classes of Musical Yoga- Mindfulness
- ✓ Every participant will keep keen observation during the Yoga Session by Yog Expert Team.

Through this we hope to ignite in you a love and passion for self-knowledge and help you make Yoga as a way of life!

Here are the terms and conditions for online yoga classes:

- ✓ Technical Requirements: Every participant must ensure they have a stable internet connection, a suitable device, and a quiet, distraction-free space for classes.
- ✓ Code of Conduct: Students/participants and instructors must adhere to a code of conduct that promotes respect, kindness, and understanding among all participants.
- ✓ Class Attendance: Every participant must attend all classes, if he/she is not feeling well-just watch the class.
- ✓ Communication: Participant and Instructor must be respectful and mindful of their communication with each other. Conversations should be kept relevant only after/end of the class and avoid distractions.
- ✓ Payment/Fee: 21 days online yoga classes absolutely free, you have to invest/pay your 40 minutes every day for your own health.
- ✓ Health and Medical Concerns: Students must consult with a physician or other healthcare provider before participating in any exercise/yoga program.

For any query contact Naresh Ahlawat (Certified Yoga Instructor, Yoga-NET, 5 yrs experience) DSW Office, MDU Rohtak

Curriculum for the 21 Days online Yoga Classes

Jan. 8th to 28th, 2025 || Platform: Virtual mode on Googlemeet

Day 1	Knowledge - Ashtanga Yoga Practice – General Session for all age group Relaxation – Shavasana
Day 2	Knowledge - Ahimsa Practice - Yoga for Legs & arms – special for Vatarog Pranayama - Yogic Breathing
Day 3	Knowledge - Satya Practice - Suryanamaskar Pranayama – for winter season
Day 4	Knowledge - Asteya Practice - Yoga for the Back Pranayama – boost energy level
Day 5	Knowledge - Brahmacharya Practice - Yoga for Hips & Pelvis Relaxation - Meditation
Day 6	Knowledge - Aparigrah Practice - Yoga for abdominals/digestion Pranayama – described by Maharshi Patanjali in Yogasutra
Day 7	Knowledge - Practice technique of Trataka Dhyaan Practice – Yoga for Holistic Health Special –Feedback
Day 8	Knowledge - Shauch Practice - Yoga for Balance Pranayama – Anuloam-Vilom, Nadi Shodhan
Day 9	Knowledge - Santosh Practice - Yoga for brain- spl. for students Pranayama - Buddhi Shakti Vikashak- to activate brain
Day 10	Knowledge - Tapas Practice – Yoga for specific disease Relaxation - Yoga Nidra
Day 11	Knowledge - Svadhyaya Practice - Yoga for specific disease Special – Simha Garjna & Clapping-laughing
Day 12	Knowledge - Ishwar Pranidhan Practice - Heart Opening Yoga Pranayama – Heart special
Day 13	Knowledge - Asanas Practice - Deep stretch Relaxation – Savasana
Day 14	Practice - Trataka Dhyaan Practice - Inversions Special – Feedback
Day 15	Knowledge - Pranayama Practice - Yoga for specific disease Pranayama – Bharamari
Day 16	Knowledge - Pratyahara Practice - Yoga for stress relief Relaxation - Meditation

Day 17	Knowledge - Dharana Practice - Yoga for Concentration Relaxation - Mantra Chanting
Day 18	Knowledge - Meaning of OM Practice – Yoga for Holistic Health Relaxation - Om Chanting- Shower
Day 19	Knowledge - Dhyan Practice - Yoga for Holistic Health Relaxation - Guided Meditation
Day 20	Knowledge - Samadhi Practice - Yoga for Holistic Health Special - Meditation
Day 21	Practice - Yoga for Holistic Health Special - Feedback

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते। तस्माद्योगाय युज्यस्व **योगः कर्मसु कौशलम् ॥ BG 2.50**

तं विद्यादः दुःखसंयोगवियोगं योगसंज्ञितम्। स निश्चयेन योक्तव्यो योगोऽनिर्विण्णचेतसा॥

BG 6.23: दुःख के संयोग से वियोग की अवस्था को योग के रूप में जाना जाता है। इस योग का दृढ़तापूर्वक कृतसंकल्प के साथ निराशा से मुक्त होकर पालन करना चाहिए।

MDU Yoga Instructor

Naresh Ahlawat, Yoga-NET

21 DAYS YOGA CHALLENGE: BUILD A HABIT FOR HOLISTIC HEALTH

This New Year 2025 invest in yourself... A happier, healthier lifestyle awaits you!

January 8 to 28, 2025 || 6.20 AM to 7.00 AM || Tagore Auditorium

Mr. Naresh Ahlawat, Certified Yoga Instructor, Yoga-NET

Happy New Year 2025



Organized by: DSW Office, Maharshi Dayanand University, Rohtak

Organizer:

Dean Students' Welfare Office,

Maharshi Dayanand University, Rohtak