

UNIFIED - INCLUSIVE YOGA



International
Yoga Day



Organised by

National Institute for Empowerment of
Persons with Multiple Disabilities
(NIEPMD)

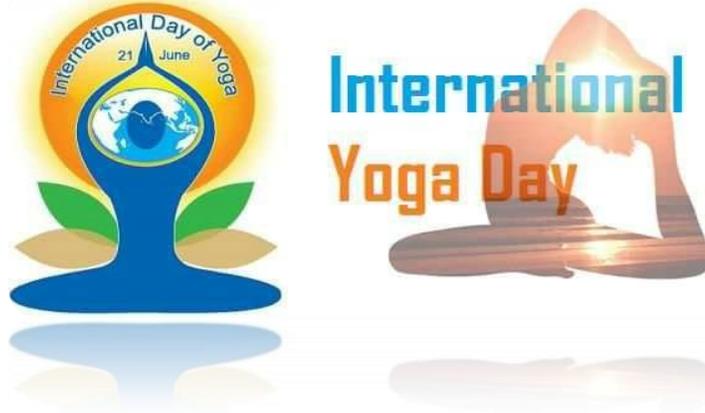
*Department of Empowerment of Persons with Disabilities,
Ministry of Social Justice and Empowerment,
Government of India*



21st June 2017



UNIFIED – INCLUSIVE YOGA



3rd International Yoga Day

Theme for the 2017 celebration, organized by the Permanent Mission of India to the United Nations, is '**Yoga for Health.**'

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A REPORT

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga

NIEPMD celebrated International Yoga Day on the theme Unified – Inclusive Yoga. Unified Inclusive Yoga means – Bringing together all people with or without disabilities and performing Yoga under a common platform

8:00 to 9:00 A.M

Yoga (open to all staff, students, House keeping staff, Security)



9:00 to 10:00 A.M

Yoga (Students with special needs and teachers)



10:00 to 11:00 A.M

Yoga (Adults with special needs of NIEPMD)



11: 15 to 12:30 Noon

Yoga for adults with Intellectual Impairment of Paradise Home, NGO and Science, Padur)



11:15 to 12:30 Noon

Seminar and demonstration of Yoga at NIEPMD (Dr. Ramya, AYUSH, Chennai) (Open to all staff and parents)



2:30 to 3:30 P.M

DAIL students (10 Nos along with students of School Students of Jaya Group of Institutions, Raagas Dental Collge, Uthandi)

