
International Day of Yoga 2023

BITS Pilani
Pilani Campus



SVEEP
BITS Pilani
Pilani Campus

International Day of Yoga
21 June 2023
SVEEP Voter Awareness and Pledge
Students Activity Center, 6:45 AM

Yoga for Harmony & Peace

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BITS INSTITUTE OF TECHNOLOGY & SCIENCE, PILANI

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Diagram illustrating various yoga asanas (poses) with their names in Sanskrit and English, along with brief descriptions of their benefits.

ASANA	DESCRIPTION
SHALIBHADRASANA	SHALIBHADRASANA (Warrior II)
MAKASANA	MAKASANA (Cobra)
MASTENASANA	MASTENASANA (Upward Bow)
CHAKRASANA	CHAKRASANA (Wheel)
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RECOMMENDATIONS FOR ASANAS

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Sri Lanka
International Day of
Yoga
2 June 2018
Every American
Shall Pledge
to observe the International Day of Yoga

