

CELEBRATION OF
INTERNATIONAL DAY OF YOGA 2021 AT BEML
BY OUR CMD, SHRI M V RAJASEKHAR

1. USTRASANA OR CAMEL POSE:

- This is kneeling back bending asana in modern yoga as exercise.
- Strengthens Human Back and stretches Thorax, Abdomen, Thigh, Ankle, Inguinal region and Throat.



2. BALASANA OR CHILD'S POSE:

- This is kneeling asana in modern yoga as exercise and is a counter asana for various asanas.
- Stretches Hip, Thigh and Ankle.



3. DHANURASANA OR BOW POSE:

- This is back bending asana in modern yoga as exercise.
- Strengthens Human Back and stretches Abdomen, Thorax, Thigh, Ankle, Inguinal region, Throat, Psoas major muscle and front of the body.



4. TRIKONASANA OR TRIANGLE POSE:

- This is standing asana in modern yoga as exercise.
- Strengthens Knee, Thigh and Ankle and stretches Vertebral column, Hip, Knee, Shoulder, Thigh, Thorax, Ankle, Hamstring, Calf and Inguinal region.



5. SARVANGASANA OR SHOULDERSTAND:

- This is an inverted asana in modern yoga as exercise.
- Tones and strengthens Shoulder and Neck.

