

# International Yoga Committee (IYC)



**Celebrate Golden Year 2017  
As  
YOGA BECAME SPORT  
of Non-Olympic Sports Disciplines**

**Souvenir of IYC – 2017**



**Yoga - Mother Of All Sports**

*...Prof. Dr. Mohammed Seraj ANSARI*





### International Yoga Committee

Unit No. - Office 512,  
Parsvnath Planet Plaza, TCG - 8/8 & 9/9 Vibhuti Khand,  
Gomti Nagar, Lucknow-226010 (U.P.) INDIA  
Facsimile: +91-522-2397710  
E-mail : info@iyc-yoga.org ; Websites : www.iyc-yoga.org

## Vision Statement from the President

Date : 17.05.2017

I am honored to represent the position of President of the International Yoga Committee - IYC . As President, I aspire to bring the Yoga Sport into global arena together with enthusiastic supporters from all Yoga Guru, Officials, Players, as we as United Nations, National Governments, International Agencies, and Sponsors and ethnic backgrounds in order to promote Yoga as Sport amongst (Youth & Girls) Worldwide. IYC with the main aims to popularize the Yoga Sport Worldwide & generate funds to support all Sports.

**Benefits With Yoga** " Yoga has been practiced in India for centuries as a way of freeing the mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps to manage stress and anxiety and keep you relaxed. In recent years, yoga has also become popular in the world.

The techniques of yoga aim at removing the cause of the physical illness if any, after that improving the mental attributes on having a calm mind (concentrated and steady) thereby realizing ones own spiritual self and ones purpose in life.

**United Nations with Yoga** " International Yoga Day has already been declared by United Nations General Assembly on 11 December 2014 proposed by Hon'ble Prime Minister of India Shri Narendra Modi and Swami Baba Ramdev has given real shape of "YOGA" and its popularity.

The purpose of International Yoga Committee (IYC) is to support all community of Yoga players, teachers and masters with peace, love, unity, and respect.

**"Yoga as Sport, and Recognized as Non-Olympic Sport"** The International Non-Olympic Committee-INOC has declared, and recognized Yoga as Non-Olympic Sports disciplines. This is the greatest achievement of the International Yoga Committee-IYC that Yoga has been declared Non-Olympic Sport by International Non-Olympic Committee-INOC.

I have a number of goals that I wish to achieve as President of the International Yoga Committee-IYC. First and perhaps foremost, I want to increase the awareness of Yoga as Sport Worldwide, and better understanding amongst youth & girls of the World.

One of the important aspects of the International Yoga Committee-IYC to take all positive majeure for inclusion of Yoga as Sport into all countries of the World and we will convince all Sports Ministers to recognize Yoga as Sport in their country, and extend all possible support to run high class sports disciplines in the country.

I would also like to oversee the creation of a high level **National Yoga Sport Federation** in each country of the World under the aegis of International Yoga Committee-IYC to run Yoga as Sport in their Countries.

It is also decided to appoint **"International Goodwill Ambassador of IYC"** and **"National Goodwill Ambassador of IYC"** in each country, 1<sup>st</sup> preference to Yoga Guru, and national & International personalities to be appointed, to give high class Sport as Yoga worldwide.

Finally, I hope to increase awareness of the International Yoga Committee -IYC and the good work it performs. I hope to strengthen the group as well as increase Yoga sport events, championships all levels and awareness of Yoga as Sport Worldwide in order to healthy peoples and social integrity and peace. This year will mark a new path for the International Yoga Committee-IYC as it continues to serve Yoga as Sport in India and around the World.

With kind regards,

**Prof. Dr. Mohammed Seraj ANSARI**  
President – International Yoga Committee – IYC



Mother Body :



International  
Non-Olympic Committee



## 「YOGA」 「Mother Of All Sports」

We have already covered the significance of Yoga and why it is essential for everyone. So what can Yoga contribute in Sports and why can it be considered as the “mother” of all Sports?

### **VENTURING THROUGH YOGA**

The regular practice of a sport is to make oneself attain the optimum level of force, suppleness, agility, flexibility, tonicity, endurance, elasticity, speed, rapidity, power, as well as, balancing and stabilizing physical, mental, psychological, psychical, moral and even emotional aptitudes in relation to the demand of that particular sport.

Yoga can be defined as the safest and most health effective sport in the world which covers all edges in its approaches, being holistic, physical or mental. It harmonizes the system of development for the body, mind and spirit and act as the best rectifier of mood , as an inner peace finder for well-being and happiness , improving health which is the greatest of wealth.

#### **Yoga enables numerous advantages**

**Firstly**, it improves the range of motion (ROM) at all points of articulations (Joints), as it is a fully integral workout for the whole body. Whatever your sport, there is the incidence and hazard of some overworked or over stressed muscles or joints in the body. A swimmer, for example, may be suffering from tight shoulders, a runner with shortened hamstrings, a cyclist with chronically tight lower back and hunched shoulders, tight quads and calves and the golfer may suffer lack of balance in the body from the repetitive twisting to one side. Yoga practice strengthens the muscles that are underused and releases the muscles that are overworked from the practicing of a particular specific sport. Taking cycling as an example, the repetitive isolated movement through the knee joints can cause injuries, whether you're a spinner, road or mountain cyclist, while yoga can make your joints and body more flexible by 10-20%. Moreover flexible muscle groups have increased strength and this in turn produces more pedal power. It increased leg and overall body performance; particular yoga postures teach us that every limb and muscle of the body is integral part of to the posture.

**Secondly** yoga is excellent for building core strength, because it involves moving the body in various directions and angles through postures requiring stability and balance, often in an unusual relationship to gravity. The key is flexible strength, and that's what yoga develops. Too many people still think abdominal training is doing crunches, which does nothing for flexibility. If you just train for strength, your muscles can actually shorten. And if you train in only one direction, you're limiting your range of motion.

**Thirdly** it prevents injuries or can facilitate a quicker recovery time when injured. It is often an injury that leads people in to their very first yoga class following their physiotherapist recommending it as a form of healing. Contracted and hard trained muscles often lack elasticity; the muscle tear that goes hand in hand with hard training can eventually take its toll and cause an injury that puts the athlete out of action for a few weeks. This can be fatal in the build-up to a sporting event and may ultimately mean dropping out. A regular yoga practice can keep the muscles and joints healthy and flexible, making time invested in yoga not a luxury but an essential part of any SPORT training schedule.

*Continue...*





*...Continued from previous page*

**Fourthly** it reinforces concentration and focus. This can be the edge in your performance. The mindfulness that yoga provides can enhance any aspect of your life; it teaches you how to be in the present moment, fully. This means that when you're cycling up a tough hill you are completely in your body, feeling the mechanics of your body performing for you. The focus on the breath is integral to this mindfulness. Every movement in yoga is synchronized with the breath. Since our breath is the only thing that is truly in the present moment, focusing entirely on it leaves you plumb in the middle of NOW. The breath is also calming so in the midst of the stress of a race, staying with the breath can clear the mind and be the calm in the storm. So the synchronicity of breath can help any sport person to perform powerfully and efficiently. It improves cardio respiratory capacity, digestive and hormonal balancing system.

Meditation and relaxation techniques also form part of the practice of yoga, as an essential part for inner peace, particularly in the modern highly stressing world.

The important physiological attainments through the practice of sports which aim at improving the fitness levels in any one's life, is mostly laid in the practice of yoga which has preventive, curative and rehabilitative effects. The practice of yoga is also an effective prevention of Non Communicable diseases like Diabetes, Cholesterol, Hypertension, Heart diseases, Stroke, Stress, Anxiety, Body Weight and shape problems. It is a good means of burning excess calories as well. Most of these elements are attainable from the practice of Yoga, which can be considered as the trigger to health and happiness through the practice of Sport.

A balanced diet is also recommendable for better results. There are also yoga guidelines on nutritional control. Yoga has been practiced for around for millenniums. Researchers found out that yoga in sports is important. In order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled. A practice which is 5000 year old is definitely the mother of all sports, which can certainly play a vital role in transformation and growth of Sports. It is continuously evolving.

So, why not enhancing your performance and prevent injury by adding yoga to your training plan now as the main spice of your sport dish.

Yoga - Mother of All Sports.

.....Prof. Dr. Mohammed Seraj ANSARI





## About IYC

### International Yoga Committee



The International Yoga Committee (IYC) is the non-profit international membership organization for the yoga community, and is open to all yoga institutions, universities, yoga authorities, and individuals.

The purpose of International Yoga Committee (IYC) is to support all community of Yoga teachers and masters with peace, love, unity, and respect. INOC has recognized Yoga as Non-Olympic sports discipline for all across the globe and our main aim is One World !!, One Education !!! means all yoga teachers collectively work for IYC network and bring together to develop the peace between country wide.

IYC has a partner status with International Non-Olympic Committee-INOC, International Non-Olympic University-INOUE, World Council for Regular and Distance Education-WCRDE, International Student Exchange Cards India Limited. IYC main aim is to promote yoga asanas throughout the world and work for peace.

IYC was founded in 2016 in India by Prof. Dr. Mohammed Seraj ANSARI and it has official managed and run by International Non-Olympic Committee-INOC.

IYC is supporting all Government systems, norms and regulations and code of ethics.

### Mission of the IYC :

- *To promote Yoga Education internationally and take whatever measures are necessary to this end.*
- *To represent the interests of its members at International level with regard to the authorities, other educational Committees, the mass media and the public, in as far as this is not left up to the members.*
- *To promote educational contact between all Universities, Yoga institutions, Yoga authorities, and individuals and to promote yoga, yoga championship, international/national conferences etc.*
- *IYC will support rules and regulation of all countries based on their requirement.*
- *To encourage all yoga individuals, Universities, educational institutions, educational authorities, and yoga institutions can connect in professional communication in the field of flexible yoga sport.*



## Accreditation

## YOGA is Sport of Non-Olympic -INOC-Secretary-General

**International Non-Olympic Committee – INOC has issued Permanent Affiliation as IYC –  
Yoga is owned Sport of INOC**



## International Nobel Peace Recommendation Forum - INPPRF has issued Partnership with IYC - Yoga.



## Message from Prime Minister Of Canada:



PRIME MINISTER • PREMIER MINISTRE

June 21, 2017

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in the International Day of Yoga.



The United Nations General Assembly's declaration of June 21 as the International Day of Yoga highlights the influence and benefits of India's ancient spiritual discipline. The practice of yoga encourages a holistic approach to health and wellness and brings much-needed balance to our lives and our world. When we unite mind, body and breath, we invite peace, serenity and harmony into our existence.

I am certain that everyone commemorating this day will appreciate the opportunity to raise awareness of yoga's potential to enhance our individual and collective physical and mental well-being.

Please accept my best wishes for a memorable day.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.  
Prime Minister of Canada





## Message from Ambassador & Permanent Representative Of Canada:



Permanent Mission of Canada  
to the United Nations



Mission permanente du Canada  
auprès de l'Organisation des Nations Unies

885 Second Avenue, 14<sup>th</sup> Floor  
New York, NY 10017

March 3rd, 2017

Prof. Dr. Mohammed Seraj ANSARI  
President -IYC  
International Yoga Committee-IYC  
[president@iycc-yoga.org](mailto:president@iycc-yoga.org)

Dear Mr. Ansari,

I am pleased to address my warmest wishes to all who will participate in International Yoga Day on June 21<sup>st</sup>, 2017. Canada was pleased to see this important spiritual discipline recognized in this particular way.

The practice of yoga is an ever-increasing part of many Canadians' lives. The particularly vivid images of large groups of yoga enthusiasts practicing on the lawns of Parliament Hill in Ottawa during the summer months is a clear demonstration of my country's passion and commitment to this important practice.

On June 21 – the summer solstice – a great many Canadians, myself included, will once again recognize the immense potential of yoga to enhance our individual and collective physical and mental well-being.

I thank you once again for your letter and wish you and all the members of your Committee a memorable International Yoga Day 2017.

Sincerely yours,

Marc-André Blanchard  
Ambassador and  
Permanent Representative

Canada



## Message from Ambassador & Permanent Representative Of Nepal:



### संयुक्त राष्ट्रसंघका लागि नेपालको स्थायी नियोग PERMANENT MISSION OF NEPAL TO THE UNITED NATIONS



24 March 2017

#### Message of Compliments and Best Wishes

On behalf of the Permanent Mission of Nepal to the United Nations family and on my own, I would like to congratulate the International Yoga Committee (IYC) for organising International Yoga Day. I wish to send this message of friendship and harmony, natural way of life and physical and mental soundness – the ideals and outcomes germane to Yoga – to a wider readership of IYC Special Edition Publication.

In December 2014, the United Nations General Assembly unanimously adopted a resolution on the International Day of Yoga. The resolution was cosponsored by a record number of 177 Members States of the United Nations including Nepal, with India on the lead. The observance of Yoga Day has since become global and the objective of practising Yoga has expanded to serving the common cause of health, happiness and wellbeing of humanity in general.

On this occasion, I would like to highlight the genuine need of protecting the sanctity of Yoga against its mass commercialization as well as modified versions for profit motive. Yoga is a universal heritage, and the opportunity of learning and practicing Yoga should be made available to all enthusiasts at a very minimum or no cost.

May Yoga be a guiding light in making all our lives peaceful, healthy and productive so as to attain our global goals of sustainable development sooner than later!

Durga Prasad Bhattarai  
Ambassador  
Permanent Representative of Nepal to the  
United Nations

820 Second Avenue, 17B, New York, NY 10017



International Yoga Committee  
www.iyc-yoga.org



Yoga - Mother Of All Sports



YOGA DAY



INPPRF

Mother Body :



International  
Non-Olympic Committee

## Message from Minister Of State:

विजय गोयल  
Vijay Goel



D.O. No. 1362/2016 (IC/YA&S/17)  
राज्यमंत्री (स्वतंत्र प्रभार)  
युवा कार्यक्रम और खेल  
राज्यमंत्री  
जल संसाधन, नदी विकास और  
गंगा संरक्षण, भारत सरकार  
MINISTER OF STATE (INDEPENDENT CHARGE)  
YOUTH AFFAIRS AND SPORTS  
MINISTER OF STATE FOR  
WATER RESOURCES, RIVER DEVELOPMENT  
& GANGA REJUVENATION  
GOVERNMENT OF INDIA

15 MAR 2017

### MESSAGE

The idea of an International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi Ji during his speech at the United Nations General Assembly on 27<sup>th</sup> September, 2014. It is indeed a matter of pride that the first International Day of Yoga was observed all over the world on 21<sup>st</sup> June 2015 in accordance with the UN Resolution adopted by it.

Yoga is an invaluable gift of India to mankind. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. By changing our life-style and creating consciousness, it can help in well being.

I am glad that the International Yoga Committee (IYC) is engaged in promoting Yoga education at national and international level. Yoga has also been recognized as non-Olympic sports discipline by the International Non-Olympic Committee, considering its importance in day-to-day life on the occasion of its Golden Year-2017. I extend my best wishes to the International Yoga Committee for success in its endeavours.

  
(VIJAY GOEL)

401, 'सी' बिल्डिंग, राजकी बजार, नया दिल्ली-110 001. फोन : 91-11-2328 1185, 2328 5528. फैक्स : 91-11-2328 1886



Mother Body :  
International  
Non-Olympic Committee

## Message from Minister Of State (Ayush Department):



श्रीपाद नाईक  
SHRIPAD NAIK

राज्य मंत्री (स्वातंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं  
होमेयोपैथी (आयुष) मंत्रालय  
भारत सरकार

MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
GOVERNMENT OF INDIA



### MESSAGE

March, 2017

We are very pleased to know about celebration of Golden Year – 2017 of “International Yoga Committee – IYC”. The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in Yoga, the Yoga will become more integral part of global society and get more popular among the youth of World Yoga as Sport. Several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas (India), yoga was spread worldwide as essentially a spiritual discipline based on extremely subtle science, which focusses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

The idea of International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi ji during his speech at the United Nations General Assembly on 27<sup>th</sup> September, 2014. It is indeed a matter of pride that the first International Yoga Day was observed all over the world on 21<sup>st</sup> June, 2015 and in accordance with the UN Resolution adopted by it.

I am glad that the International Yoga Committee – IYC is engaged in promoting Yoga education at national and international level. Yoga has also been recognized as Non-Olympic sports discipline by the International Non-Olympic Committee.

I extend my best wishes to the International Yoga Committee – IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognizing Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

(Shripad Naik)

101, AryuBh Bhawan, B Block, GPO Complex, INA,  
New Delhi-110029  
Tel: 011-24651955, 011-24651935 Fax: 011-24651936  
E-mail: ayush@nic.nic.in

Res. (Delhi): 1, Lathi Estate, New Delhi-110003  
Tel: 011-24635396 Fax: 011-24656910  
Res. (Gwal): "Vijayshree" House No. 111,  
St. Pedro, Gwalior, Gwal-474002



Mother Body :  
  
International  
Non-Olympic Committee



## Message from Governor Of Sikkim:

श्रीनिवास पाटील  
SHRINIWAS PATIL



राज्यपाल सिक्किम  
GOVERNOR OF SIKKIM

राज भवन  
गान्धोक-737103  
(सिक्किम)  
RAJ BHAVAN  
GANGTOK-737103  
(SIKKIM)

SKM/GOV/MESG/2017/3069  
17<sup>th</sup> April, 2017

### MESSAGE

I am pleased to learn that International Yoga Committee-IYC is bringing out **"IYC Special Edition Publication"** to commemorate the upcoming International Yoga Day on 21<sup>st</sup> June 2017.

The world today has accepted Yoga as a part of life and an important physical activity with the holistic objective of attaining physical, mental and spiritual well being. Evolved in India, it is perhaps the biggest legacy of our ancient pride that we Indians have given to the world. Having celebrated the International Day of Yoga for last two years with our brethren across the globe, the event have brought immense pride and joy to all Indians. As we look forward to celebrate the third International Yoga Day, it is the opportune time to deliberate on the promotion and propagation of this ancient physical art of well being. This is also the time that we, as world leader in the field, should work on ways and means to advance the scope of art and science of Yoga to ensure its multidimensional benefit to the entire mankind.

I am hopeful that the International Yoga Committee with its activities at various national and international platforms will be able to disseminate the this art of well being to farthest of human habitation. Let the proposed publication prove to be a noble endeavour towards the promotion and globalisation of Yoga in real terms.

I extend my best wishes to the IYC for its future endeavours.

(Shriniwas Patil)



## Message from Governor Of Kerala:

JUSTICE (Retd.) P. SATHASIVAM  
GOVERNOR OF KERALA



RAJ BHAVAN  
KERALA



26 April 2017

### MESSAGE

I am very happy to know that the International Yoga Committee-IYC proposes to celebrate *International Yoga Day* as declared by United Nations and International Non Olympic Committee.

I convey my hearty greetings to everyone behind this endeavour and wish them all success.

[Justice (Retd) P. Sathasivam]

Tel.: 0471-2721100 |



## Message from Governor Of Uttarakhand:

Dr. K. K. Paul  
Governor, Uttarakhand



### Message

RAJ BHAWAN  
Dehradun-248 003

| 8 April, 2017

It gives me immense pleasure to know that the International Yoga Committee (IYC) which has been adopted and recognized by International Non-Olympic Committee and supported by International Nobel Peace Prize Recommendation Forum is celebrating Golden Year-2017 on 21<sup>st</sup> June, 2017 on the achievement and successful establishment of "International Yoga Day".

The origin of Yoga is not new to India and has been speculated to date back to pre-Vedic traditions and is also mentioned in the Rigveda. In the yogic lore, Lord Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. The credit for reviving Yoga and spreading it across India and world goes to Baba Ramdev. The idea for establishment of an International Day on Yoga at the United Nations was initiated by our Hon'ble Prime Minister Shri Narendra Modi during his maiden address to the 69<sup>th</sup> United Nations General Assembly on 27<sup>th</sup> September, 2014. The initiative of our Hon'ble Prime Minister fortified on 11<sup>th</sup> December, 2014 when the United Nations General Assembly declared 21<sup>st</sup> June as the International Day for Yoga.

Yoga is essentially a spiritual discipline which brings harmony between mind and body. It is an art and science for healthy living. Yoga postures, pranayama and meditation are effective techniques to release stress.

I am glad that the International Non-Olympic Committee (INOC) has recognized Yoga as Non-Olympic sports discipline. IYC is the Non-Olympic sport platform for Yoga teachers and is running various courses such as Diploma in Yoga Education, PG in Yoga Education, BA, MA and Phd in Yoga Education besides engaged in promoting Yoga Education at national and international level.

I extend my best wishes to the Executive Board, Goodwill Ambassadors and National Members of International Yoga Committee on International Yoga Day and wish them all success in its future endeavors. I hope that it will certainly reach greater heights in promoting Yoga for the betterment of mankind.



(Dr. K.K. Paul)



## Message from Governor Of Tripura:

**TATHAGATA ROY**  
GOVERNOR

**तथागत राय**  
राज्यपाल



RAJ BHAVAN  
AGARTALA-799 006  
Tel. : 0381-232-4091  
Fax : 0381-230-3218  
राज भवन  
अगरतला-799 006



12<sup>th</sup> April, 2017

### **MESSAGE**

It is indeed a great pleasure to know that the International Yoga Committee-IYC is going to celebrate Golden Year- 2017 of the International Yoga Day declared by UN and Adopted Yoga as Sport by INOC as Non-Olympic sports discipline in the world and on this great occasion a Souvenir will also be brought out to mark the occasion.

The idea of International Yoga Day was first proposed by our Hon'ble Prime Minister Shri Narendra Modi during his speech at United Nations General Assembly on 27<sup>th</sup> September, 2014. Yoga had originated in India in ancient times when people used meditation to transform their body and mind. United Nations General Assembly has declared 21<sup>st</sup> June as an International Yoga Day on 11<sup>th</sup> December in 2014.

I extend my best wishes to the International Yoga Committee-IYC and its team of management for success in its endeavours and also convey my best greetings to the members for recognising Yoga as Non-Olympic Sport discipline as well as publication of Souvenir a grand success.

(TATHAGATA ROY)





## Message from Government Of West Bengal:

Telephone No.: 2200-164  
Fax No. : 2200-244



Assistant Secretary to the  
Govt. of West Bengal,  
Governor's Secretariat,  
Raj Bhavan, Kolkata-700 062

No. 1408-6



Date 10/4/17

Shri Keshari Nath Tripathi, Hon'ble Governor of West Bengal  
is glad to learn that International Yoga Committee is celebrating  
International Yoga Day declared by UN.

The Governor extends his felicitations and best wishes to all  
those associated with the organization and congratulates them on the  
occasion.

  
( T. K. Panda )

Prof. Dr. Mohammed Seraj Ansari,  
President, IYC,  
E-mail : [president@iyg-yoga.org](mailto:president@iyg-yoga.org)



## Message from Lieutenant Governor Andaman & Nicobar Islands:

**Prof. Jagdish Mukhi**  
*Lieutenant Governor*  
Andaman and Nicobar Islands



**Raj Niwas,**  
Port Blair-744101  
Tel: (O) 03192-233333  
(R) 03192-233300  
Fax : 03192-230372



Port Blair dt. 27.4.2017

### MESSAGE

I am very much glad to know that the International Yoga Committee (IYC) is actively promoting Yoga Education at the national and international level. The UN declaration of 21<sup>st</sup> June as International Yoga Day is matter of pride for all peace-loving people of the world and particularly to the International Yoga Committee (IYC) which is celebrating 'Golden Year-2017' to mark its achievements and successful establishment of the International Yoga Day and adoption of Yoga as a Non-Olympic Sport by the International Non Olympic Committee (INOC).

Yoga is 'a way of living that aims to achieve 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; **yoga** helps promote a balanced development of all the three. It is an invaluable gift of India to the mankind. It is a matter of honor for every Indian that the idea of International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi Ji during his speech at the United National General Assembly on 27<sup>th</sup> September, 2014.

I extend my best wishes to the International Yoga Committee (IYC) and its team for success in all its endeavors.

  
(Prof. Jagdish Mukhi)



## Message from Chief Minister Jammu & Kashmir:



CHIEF MINISTER  
Jammu & Kashmir

### MESSAGE

It gives me immense pleasure to know that International Yoga Day is being celebrated on the 21st of June. The Declaration by the United Nations to annually celebrate "International Yoga Day" on this day is a remarkable achievement for the country and recognition of Yoga as an effective system of physical and mental exercises. With this new development, Yoga will find more integral place in the global society and shall get even more popular worldwide.

The word 'Yoga' means to join or to unite, symbolizing the union of body and consciousness. It balances body and soul, leading to better physical health and mental well-being.

I am glad that Yoga has also been recognized as Non-Olympic sports discipline by the International Non-Olympic Committee.

I convey my best wishes to the International Yoga Committee - IYC for success in its endeavors.

  
(Mehbooba Mufti)



## Message from Chief Minister Of Goa:



**MANOHAR PARRIKAR**  
CHIEF MINISTER, GOA



### MESSAGE

*Yoga is one of the most valuable contributions of Indian culture to Mankind. It's heartwarming to see the value of Yoga being recognized world over, due to the championing of Yoga by our Hon'ble Prime Minister Shri Narendra Modi. I wish the International Yoga Committee all success in its efforts to promote Yoga.*

**(MANOHAR PARRIKAR)**  
Chief Minister

**Date: 20<sup>th</sup> April, 2017**

MINISTER'S BLOCK, SECRETARIAT COMPLEX, PORVORIM, GOA, 403 521, INDIA  
TEL: 0832 2419841 / 42, FAX: 0832 2419840 / 45, EMAIL: cm.goa@nic.in





## Message from Chief Minister Of Haryana:

मनोहर लाल  
MANOHAR LAL



संदेश

O.O. No. CMH-2017/

मुख्य मन्त्री, हरियाणा,  
चण्डीगढ़।  
CHIEF MINISTER, HARYANA,  
CHANDIGARH.

Dated 12-4-2017

मुझे यह जानकर हर्ष हुआ कि अंतर्राष्ट्रीय योग समिती (आईवाईसी) ने संयुक्त राष्ट्र द्वारा 21 जून को 'अंतर्राष्ट्रीय योग दिवस' घोषित करने और विश्व द्वारा योग को खेल के रूप में अपनाए जाने की अपार सफलता पर स्वर्णिम वर्ष-2017 मनाने और "आईवाईसी स्पेशल एडिशन पब्लिकेशन" प्रकाशित करने का निर्णय लिया है।

सदियों से भारत की पहचान रही योग विद्या को हमारे माननीय प्रधानमंत्री श्री नरेन्द्र मोदी जी ने अंतर्राष्ट्रीय स्तर पर मान्यता दिलवाई है। प्रधानमंत्री जी द्वारा संयुक्त राष्ट्र की महासभा में अपने पहले भाषण में अंतर्राष्ट्रीय योग दिवस मनाने की जोरदार पैरवी किए जाने पर संयुक्त राष्ट्र संगठन ने हर वर्ष 21 जून को अंतर्राष्ट्रीय योग दिवस मनाने की घोषणा की। वर्ष 2016 में हरियाणा की राजधानी चण्डीगढ़ और राज्य के हर जिले में अंतर्राष्ट्रीय योग दिवस का भव्य आयोजन किया गया।

भारत में लगभग पांच हजार वर्ष पहले जन्मी योग पद्धति के चाहने वाले आज पूरी दुनिया में हैं। आधुनिक युग में योग का महत्त्व और बढ़ गया है। इसके बढ़ने का कारण व्यस्तता और मन की व्यग्रता है। अत्यधिक तनाव, प्रदूषण और भागमभाग से जीवन रंगमय हो चला है। योग एक ऐसी वैज्ञानिक पद्धति है, जो बिना मूल्य हमें तन और मन से स्वस्थ रखती है। योग विश्व में अमन घेन ला सकता है और इंसानों के बीच बढ़ती दूरियों को पाट सकता है।

प्रदेश सरकार योग को बढ़ावा देने पर विशेष बल दे रही है। स्वामी रामदेव जी को योग और आयुर्वेद का ब्रांड अम्बेसडर बनाया गया है। हर गांव में पंचायत एवं खण्ड स्तर पर योग एवं व्यायामशालाएं बनाई जा रही हैं। प्रथम घरण में, एक हजार से अधिक गांवों में योगशालाएं स्थापित की जा रही हैं। स्कूल, कॉलेजों और विश्वविद्यालयों में योग सिखाने के अलावा योग प्रशिक्षकों, स्कूलों में कार्यरत पीटीआई, अध्यापकों तथा आंगनवाड़ी कार्यकर्ताओं को पतञ्जलि योग पीठ, हरिद्वार में प्रशिक्षण दिलवाने का निर्णय लिया गया है। हरियाणा को विश्व में योग व आयुर्वेद की राजधानी के रूप में विकसित करना हमारा लक्ष्य है।

शुभकामनाओं सहित।

मनोहर लाल  
(मनोहर लाल)

## Message from Chief Minister Of Assam:

**Sarbananda Sonowal**



**Chief Minister, Assam  
Guwahati**

Dispur  
10.4.2017

### MESSAGE

I am happy to know that International Yoga Committee-IYC is celebrating the feat of establishment of yoga as a sport as recognized by International Non-Olympic Committee (INOC) on International Yoga Day - 21<sup>st</sup> June 2017.

As yoga is an age old practice to achieve harmony of body, mind and soul through meditation and different yoga postures thereby helping an individual realise his latent potential and purpose in life; I hope that this recognition of yoga as a sport would bolster IYC's endeavour to spread yoga far and wide.

I extend my best wishes towards successful completion of this endeavour.

(SARBANANDA SONOWAL)



## Message from Chief Minister Of Manipur:



सत्यमेव जयते

**CHIEF MINISTER  
MANIPUR**



Imphal,  
April 17, 2017

### MESSAGE

I am pleased to learn about the celebration of Golden Year – 2017 of International Yoga Committee (IYC).

I would like to take the privilege to mention here that the idea of celebrating June 21 as the International Yoga Day was first proposed by our Hon'ble Prime Minister Shri Narendra Modi during his speech at the United Nations General Assembly (UNGA) on September 27, 2014.

It is a matter of pride for all the citizens of the country that the UNGA endorsed Modi's idea and gave approval to celebrating International Yoga Day on June 21 every year from 2015. It is heartening to know that the International Non-Olympic Committee has also recognised Yoga as a non-Olympic sports discipline.

Yoga is widely considered as an invaluable cultural outcome of Indian civilization. It embodies unity of mind and body and promotes harmony amongst people, man and nature. It also encourages more holistic approach to health, peace and happiness.

I congratulate and convey my best wishes to all those who had put in invaluable efforts to popularise Yoga at global level on this occasion.

I also extend my best wishes to the International Yoga Committee for success in all their endeavours.

  
(N. Biren Singh)



## Message from Chief Minister Of Sikkim:



**Pawan Chamling**  
(Honoris Causa)  
Chief Minister of Sikkim



**Message**

03592-20257  
03592-20230

Gangtok - 737103  
Sikkim

I am very happy to know that International Yoga Day being held on May 21 each year has also adopted Yoga as sport as non-Olympic sports discipline by the International Non-Olympic Committee. The whole credit for introducing Yoga at the international scale goes to none other than our Prime Minister, respected Narendra Modi ji, whose proposal at the UN General Assembly, was unaniously adopted by the world community and being observed since May 21, 2015.

India as an ancient land has much to offer to the world. Scores of people from across the Continents are finding solace in the Indian value system including the Yoga. In fact, this Indian system of health care ensures communion between body and mind to create equilibrium in our thinking and lifestyle. And this is a matter of great pride for us that the world community will benefit from the Yoga education being promoted by the International Yoga Committee.

Through you, India is poised to play a pivotal role in uplifting the overall condition of people world wide. On this occasion, I send my greetings and thanks to the International Yoga Committee for the great services rendered for the overall well being of the global population.

(Pawan Chamling)





## Message from Chief Minister Of Puducherry:

**V. NARAYANASAMY**  
CHIEF MINISTER  
GOVERNMENT OF PUDUCHERRY



ID: 0413-2333399, 2335530

Res: S, Elakamman Kott Street  
Puducherry-605 001

Date: **27 APR 2017**

No.1959/CM/Mssg/2017/3

### **MESSAGE**



It gives me immense pleasure to know that International Yoga Committee is bringing out 'IYC Special Edition Publication' during this year as a mark of celebration of 'International Yoga Day'. Yoga is a wonderful art and it is a science of unfolding the infinite potentials of the human mind and soul. We can understand the importance of yoga as the United Nations Organization itself has recognized it and celebrating the International Yoga Day on 21<sup>st</sup> June of every year. It is our pride that our country is the origin for Yoga and that shows our traditional richness in our culture. As the recent advances in the field of research shows that yoga has scientific base, the efforts of International Yoga Committee to spread the art throughout the world are highly appreciable. I wish the committee all success in their future endeavors.

(V. NARAYANASAMY)





## Message from Government Of Gujarat:

RAJENDRA TRIVEDI



No. SYCA/PG/43/396/17  
Minister of State  
Sports, Youth & Cultural Activities  
(Independent Charge)  
Pilgrimage Development  
Government of Gujarat  
Date: 12 APR 2017

### MESSAGE

Dear Prof. Mohammed Seraj Ansariji,

I am very much glad to know that "International Yoga Committee-IYC" is celebrating "Golden Year-2017".

Hon'ble Prime Minister Shri Narendra Modiji during his speech at the United Nations General Assembly on 27<sup>th</sup> September 2014 proposed to celebrate 21<sup>st</sup> June as International Yoga Day. This proposal was accepted by U.N. resolution & 21<sup>st</sup> June, 2015 was celebrated as first International Yoga Day all over the world. Now the world is celebrating 21<sup>st</sup> June as an International Yoga Day.

Yoga is an invaluable gift of India to the humankind. I am very much happy that the International Yoga Committee-IYC is engaged in promoting yoga education nationally and Internationally. Further it's a matter of pleasure that yoga has also been recognized as non-Olympics sports discipline by the International Non-Olympic Committee.

I extend my best wishes to the International Yoga Committee-IYC for grand success in its endeavors and special thanks to the leaders of International Non-Olympic Committee for recognizing Yoga as non-Olympics sports discipline.

Yours sincerely

*Rajendra J. Trivedi*  
(Rajendra Trivedi)

Office : Swarnim Sankul 2, 3<sup>rd</sup> Floor, Sachivalaya Complex, Gandhinagar



## Message from Government Of Tripura:



Sahid Choudhuri



D.O.NO.F .....

### MINISTER

Education (Youth Affairs & Sports),  
Welfare of Minorities & Labour Deptts.  
GOVERNMENT OF TRIPURA, AGARTALA

Dated 12-04-2017 .....

### M E S S A G E

*It is pride for us that the International Yoga Day has been declared by UN and adopted Yoga as a Sport on 21<sup>st</sup> June and is being observed all over the world since 2015. Yoga has also been recognized as non-Olympic sports discipline by the International Non-Olympic committee, considering its importance in day to day life on the occasion of its Golden Year-2017.*

*Yoga is one discipline which aims to transform both body and mind in which simple meditation, including breath control and the adoption of specific bodily postures, is widely practiced for health and relaxation. It is not about exercise but to discover the sense of oneness with oneself, the world and the nature. I am glad that the International Yoga Committee (IYC) is engaged in promoting Yoga education at national and international level.*

*I extend my best wishes to the International Yoga Committee and its team of management for success in their endeavors.*

*Sahid Choudhuri 11-4-17*  
(Sahid Choudhuri)



# Message from International Non Olympic Committee:



**INOC**  
**INTERNATIONAL NON-OLYMPIC COMMITTEE**  
 Admin Office : Unit No. - Office 512, Paramath Planet Plaza,  
 TCG - 5/8 & 9/9 Vishul Khand, Gorb Nagar Lucknow-226010 (U.P.) INDIA  
 Tel. : +91-522-2303664, 2303663 Fax : +91-522-2397710  
 E-mail : info@non-olympic.org; Website : www.non-olympic.org



Sister Organizations/Organs

Date : 18.05.2017

## COUNCIL :

### Founder & President

**Prof. Dr. Mohammed Seraj ANSARI**  
 India  
[ansari@non-olympic.org](mailto:ansari@non-olympic.org)

### Vice-President

**Charles N. MURDRA**  
 Russia  
[wwwsona@yandex.ru](mailto:wwwsona@yandex.ru)

### Secretary General/Treasurer

**Ummid Khanam**  
 India  
[info@non-olympic.org](mailto:info@non-olympic.org)

### Executive Member

**Muhammad MERAJ**  
 India  
[meraj@non-olympic.org](mailto:meraj@non-olympic.org)

### Sister Organizations/Organs



Mother  
 Organization



**International  
 Non-Olympic Committee**  
[www.non-olympic.org](http://www.non-olympic.org)

### Sister Organizations/ Organ's Website

[www.nobelpacemuseum.org](http://www.nobelpacemuseum.org)  
[www.nationalandinternational.org](http://www.nationalandinternational.org)  
[www.inro-edu.org](http://www.inro-edu.org)  
[www.sector-edu.org](http://www.sector-edu.org)  
[www.sectf.org](http://www.sectf.org)  
[www.sector-sports.org](http://www.sector-sports.org)  
[www.ino-yoga.org](http://www.ino-yoga.org)  
[www.qualityfactor.org](http://www.qualityfactor.org)  
[www.inro-icc.org](http://www.inro-icc.org)  
[www.inro-iccworld.org](http://www.inro-iccworld.org)

## Message

We are very pleased to know about celebration of Golden Year – 2017 of **International Yoga Committee – IYC**. The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularly among youth of the World Yoga as Sport, several thousand years ago, on the banks of the lake Kanisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

The idea of an International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi ji during his speech at the United Nations General Assembly on 27th September 2014,. It is indeed a matter of pride that the first International Yoga Day was observed all over the world on 21st June 2015 and in accordance with the UN Resolution adopted by it.

I am glad that the International Yoga Committee - IYC is engaged in promoting Yoga education at national and international level. Yoga has also been recognised as Non-Olympic sports discipline by the International Non-Olympic Committee is also great achievement for yoga of the world, considering its importance in day-to-day on the occasion of its Golden year -2017.

I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

(Ms. Ummid Khanam)  
 Secretary General-INOC

To,  
 Prof. Dr. Mohammed Seraj ANSARI  
 The President  
 International Yoga Committee – IYC  
 India



Mother Body :  
**International  
 Non-Olympic Committee**

# Message from World Council For Regular & Distance Education:



World Council For Regular & Distance Education-WCRDE  
www.wcrde-edu.org

Date : 15.05.2017

## Message

We are very pleased to know about celebration of Golden Year – 2017 of 'International Yoga Committee – IYC'. The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularly among youth of the World Yoga as Sport, several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

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I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

(Mrs. Rachida Mouahid)  
International Affairs -WCRDE

To,  
Prof. Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India

Other Organizations/  
Organ's Website  
www.mohammedserajansari.org  
www.inou-edu.org  
www.wcrde-edu.org  
www.wike-edu.org  
www.visto-super-credit.org  
www.nationalhandstands.org  
www.milo-yo-yogi.org  
www.cim-international.org

World Council For Regular & Distance Education  
WCRDE HQ OFFICE:  
Unit No. - Office 512 Parsipark, Parsipark,  
TCD - 5th & 9th Vennik Road, Gurgaon, Haryana,  
India - 122001, U.P. / India  
Tel : +91-822-230664, 230665  
Fax : +91-822-230775  
E-mail : info@wcrde-edu.org





## Message from International Nobel Peace Prize Recommendation Forum:



### International Nobel Peace Prize Recommendation Forum



(INPPRF)  
(www.nobelpeaceforum.org)

Date : 12.04.2017

### Message

We are very pleased to know about celebration of Golden Year – 2017 of "International Yoga Committee – IYC". The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularly among youth of the World. Yoga as Sport, several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

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I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

(Ruved Kamal Kidwai)  
International Affairs -INPPRF



To,  
Prof. Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India



(International Nobel Peace Prize Recommendation Forum)

USA Office:

INPPRF Secretariat

2101, 1st Floor, York Road, New York, NY 10011

USA Office: 1, 1st

NY, NY 10011

USA Office: 1, 1st

USA Office: 1, 1st

USA Office: 1, 1st

INPPRF (India) Headquarters:

2101, 1st Floor, York Road, New York, NY 10011

India Office: 1, 1st

India Office: 1, 1st

India Office: 1, 1st

India Office: 1, 1st

India Office: 1, 1st

India Office: 1, 1st





# Message from Indo OIC Islamic Chamber Of Commerce & Industry:

Apex Business Organization of Indo-OIC  
83 Nation's Chambers



**Indo-OIC Islamic  
Chamber of Commerce  
and Industry**

التجارة الإسلامية للتجارة والصناعة



(www.indo-oic-icci.org)

Date : 09.05.2017

## Message

We are very pleased to know about celebration of Golden Year – 2017 of "International Yoga Committee – IYC". The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularity among youth of the World Yoga as Sport, several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

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I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

(Mohammad Meraaj)  
Member Executive-IOIC-ICCI

To,  
Prof. Dr. Mohammad Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India

Partners: IOC, ACOG



(Indo-OIC Islamic Chamber of Commerce and Industry)

Head Office:-

Ground Floor, 1st Floor, 2nd Floor,  
Plot No. 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 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# Message from International Super Cricket Committee-ISCC:



Date : 18.05.2017

## Message

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The idea of an International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi ji during his speech at the United Nations General Assembly on 27th September 2014. It is indeed a matter of pride that the first International Yoga Day was observed all over the world on 21st June 2015 and in accordance with the UN Resolution adopted by it.



I am glad that the International Yoga Committee - IYC is engaged in promoting Yoga education at national and international level. Yoga has also been recognised as Non-Olympic sports discipline by the International Non-Olympic Committee. It is also great achievement for yoga of the world, considering its importance in day-to-day on the occasion of its Golden year -2017.



I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments



(MD Sarfaraz ANSARI)  
Director General-ISCC

To,  
Prof.Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India

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Mother Body :  
**International  
Non-Olympic Committee**



International Non-Olympic University

See 10/19/12

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Date : 10.05.2017

## Message



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Belmont

(Mohammad Meraji)

President-Board of Advisors-INOI

To,  
Prof. Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India



# Message from World Sports Karate Federation - WSKF:



World Sports Karate Federation-WSKF  
www.wskf.org

Date : 16.04.2017

## Message


We are very pleased to know about celebration of Golden Year – 2017 of **International Yoga Committee – IYC**. The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularity among youth of the World Yoga as Sport, several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

The idea of an International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi ji during his speech at the United Nations General Assembly on 27th September 2014. It is indeed a matter of pride that the first International Yoga Day was observed all over the world on 21st June 2015 and in accordance with the UN Resolution adopted by it.

I am glad that the International Yoga Committee - IYC is engaged in promoting Yoga education at national and international level. Yoga has also been recognised as Non-Olympic sports discipline by the International Non-Olympic Committee is also great achievement for yoga of the world, considering its importance in day-to-day on the occasion of its Golden year -2017.

I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments

  
(Dr. Thiyagu Nagaraj)  
General Secretary-WSKF

To,  
Prof.Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India



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Gurgaon, Haryana  
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Mother Body :  
International  
Non-Olympic Committee



## Message from Patanjali Yogpeeth (Trust):



### पतंजलि योगपीठ (ट्रस्ट) Patanjali Yogpeeth (Trust)

अध्यक्ष  
S. N. S.



दिनांक  
Dated 13-04-2017

#### MESSAGE ON "INTERNATIONAL YOGA DAY" DECLARED BY UN AND "ADOPTED YOGA AS SPORT" IN THE WORLD

The term 'yoga' is derived from the verbal root of  
*'Yujir' Yoge, na yuje samadhaui*

This means **"To Unite, 'Samadhi' (deep transcendental meditation) and Solution"**.

"Yoga is the name of the techniques for removing all physical-mental barriers and diseases and awakening the Consciousness." Today, Yoga has acquired global recognition and an exalted status as an ancient health-building system. Far above from the barriers of caste, creed, religion, region, class and all such discriminations, Yoga is a practice of acquiring inner peace, happiness, satisfaction and self realization. Although Yoga has its roots in ancient India and was practiced most in India, but due to its strength and positive impacts on health, people all over the globe got the opportunity to feel and explore the glory and power of Yoga which with pace of time resulted in realization and assimilation of Yoga by people across the globe. Declaration of 21st June as the International Yoga Day by UN is the proof of same and I am sure that this step will further lead to a new era of humanity, peace and love.

Yoga is not just a physical exercise but a holistic medical science; it is a philosophy of life, a spiritual knowledge, a profound philosophical thought process, but it is also about having a simple, easy and balanced life-style. Acceptance of Yoga as a Sport will promote Yoga not only in children and youth but will also increase the reach of Yoga in all locations, regions and country in the world in the form of sport, transforming their life into healthy, balanced and sound one. Absorption of yoga in day to day life of people at this big level for sure will provide them with immense pleasure of inner peace and health.

With the grace of God, looking forward for that one day when Yoga will be accepted as a Sport in Olympics and other International and National Games also.

Efforts, International Yoga Committee- IYC are making for Yoga are really commendable and I wish success for the team of International Yoga Committee.

Acharya Balkrishna  
(General Secretary)  
Patanjali Yogpeeth Trust

सम्पर्क: अध्यक्ष : महर्षि रामचन्द्र राय, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग, फिक्ट बहालगाव, हरिद्वार-249409, उत्तराखण्ड ( भारत )  
Admin Office : Maharshi Dayanand Centre, Delhi-Haridwar National Highway, Near Bahawalpur, Haridwar-249409, Uttarakhand, India



International Yoga Committee  
www.iyc-yoga.org



Yoga - Mother Of All Sports



YOGA DAY



Mother Body :  
International  
Non-Olympic Committee



## Message from Bhartiya Janta Party:



Date : 30.05.2017

### Message

I am very pleased to know about celebration of Golden Year – 2017 of "International Yoga Committee – IYC". The establishment will act as an International Yoga Sport Governing Body for creating great opportunities to Yoga Guru, Yoga Experts, and Yoga Lovers worldwide to play Yoga as Sport Internationally, by this new development in yoga, the Yoga will become more integral part of global society and get more popularly among youth of the World. Yoga as Sport, several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, (India), yoga was spread worldwide as essentially a spiritual discipline based on an extremely subtle science. Which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is an invaluable gift of India to mankind.

My beloved Prime Minister Shri Narendra Modi worked tirelessly to get recognition of yoga by the United Nations. The whole world is going to celebrate June 21 as the International Yoga day.

I am glad that the International Yoga Committee - IYC is engaged in promoting Yoga education at national and international level. Yoga has also been recognised as Non-Olympic sports discipline by the International Non-Olympic Committee. It is also great achievement for yoga of the world, considering its importance in day-to-day on the occasion of its Golden year -2017.

I extend my best wishes to the International Yoga Committee - IYC and its team of management for success in its endeavours, and also special thanks to leadership of International Non-Olympic Committee for recognising Yoga as Non-Olympic Sport discipline.

With best wishes and compliments


(Sudesh Verma)  
National Spokesperson, BJP  
President, Debating India Foundation

To,  
Prof.Dr. Mohammed Seraj ANSARI  
The President  
International Yoga Committee – IYC  
India



## Message

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day." Speech of Honorable Prime Minister of India Shri Narendra th Modi at the 69 session of United Nations General Assembly (UNGA) on September 27, 2014.




**Message from the President of the 69th UN General Assembly H.E. Sam Kutesa on the adoption of the International Day of Yoga by UN General Assembly**

Today's adoption of a resolution on the International Day of Yoga with overwhelming support, as shown by the more than 170 member States that have co-sponsored it, demonstrates how both the tangible and the unseen benefits of yoga appeal to people around the world.

I congratulate the Honourable Shri Narendra Modi, Prime Minister of India, for this initiative whereby the international community will observe the International Day of Yoga on the 21st of June each year.

For centuries, people from all walks of life have practiced yoga, recognizing its unique embodiment of unity between mind and body. Yoga brings thought and action together in harmony, while demonstrating a holistic approach to health and well-being.

I commend the Indian delegation for its work on this initiative and look forward to celebrating the first International Day of Yoga next June.



**Message from UN Secretary General H.E. Ban Ki-moon on the adoption of the International Day of Yoga by UN General Assembly**

In proclaiming 21 June as the International Day of Yoga, the General Assembly has brought attention to the holistic benefits of this ancient practice on health and well-being in our modern world.

The annual commemorations of this new International Day will also serve to promote other United Nations goals and initiatives. Yoga can contribute to resilience against non-communicable diseases. Yoga can bring communities together in an inclusive manner that generates respect. Yoga is a sport that can contribute to development and peace. Yoga can even help people in emergency situations to find relief from stress.


Given yoga's multifaceted benefits, I look forward to working with Member States and other partners around the world to promote the International Day as we strive to foster a more peaceful and sustainable future for all.

**"YOGA: CELEBRATING THE UNION OF BODY AND SOUL"**


*"Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self realization.*

*Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one's actions."*

B.K.S. Iyengar



**INTERNATIONAL DAY OF YOGA**

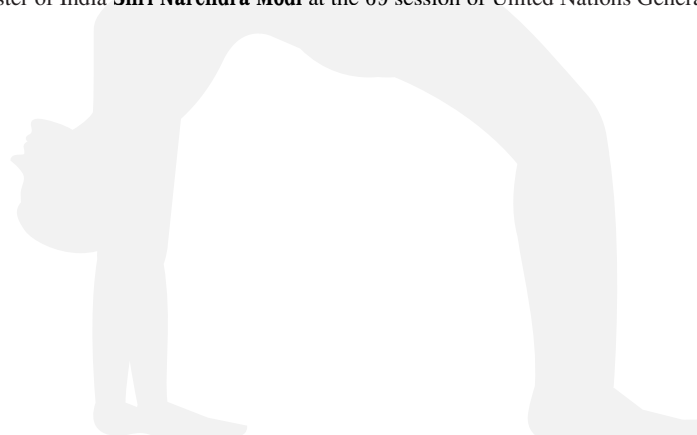


The idea for establishment of an International Day of Yoga at the United Nations was initiated by the Hon'ble Prime Minister of India Shri Narendra Modi, during his maiden address to the 69th UNGA on 27 September 2014, when he said:

*"We need to change our lifestyles. Energy not consumed is the cleanest energy. We can achieve the same level of development, prosperity and well being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for nature is an integral part of spirituality. We treat nature's bounties as sacred. Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."*

The Prime Minister had indicated that 21st June, one of the two solstices, has special significance in many parts of the world, being the longest day in the northern hemisphere, and that it be considered for adoption as the International Day of Yoga by the United Nations General Assembly.

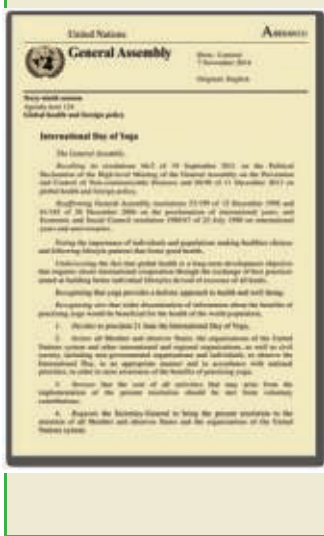
Speech of Honorable President of United Nations H.E. Sam Kutesa & Secretary General H.E. ban ki-moon of United Nations & Hon'ble Prime Minister of India **Shri Narendra Modi** at the 69 session of United Nations General Assembly (UNGA) on September 27, 2014.



# INTRODUCTION OF YOGA & UN

On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21<sup>st</sup> June as "International Day of Yoga". In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders. This booklet intends to give a brief overview about Yoga and Yogic practices to orient one towards comprehensive health for an individual and the community.

## TEXT OF UNGA RESOLUTION A/RES/69/131



## COUNTRIES CO-SPONSORING THE RESOLUTION ESTABLISHING INTERNATIONAL DAY OF YOGA

1. Afghanistan	37. Costa Rica	76. Ireland	115. Nigeria	152. Sweden
2. Albania	38. Côte d'Ivoire	77. Israel	116. Norway	153. Syrian Arab Republic
3. Algeria	39. Croatia	78. Italy	117. Oman	154. Tajikistan
4. Andorra	40. Cuba	79. Jamaica	118. Palau	155. Tanzania
5. Angola	41. Cyprus	80. Japan	119. Panama	156. Thailand
6. Antigua and Barbuda	42. Czech Republic	81. Jordan	120. Papua New Guinea	157. The former Yugoslav Republic of Macedonia
7. Argentina	43. DR Congo	82. Kazakhstan	121. Paraguay	158. Timor-Leste
8. Armenia	44. Denmark	83. Kenya	122. Peru	159. Togo
9. Australia	45. Djibouti	84. Kiribati	123. Philippines	160. Tonga
10. Austria	46. Dominica	85. Kuwait	124. Poland	161. Trinidad and Tobago
11. Azerbaijan	47. Dominican Republic	86. Kyrgyzstan	125. Portugal	162. Tunisia
12. Bahrain	48. Ecuador	87. Lao PDR	126. Qatar	163. Turkey
13. Bahamas	49. Egypt	88. Latvia	127. Republic of Korea	164. Turkmenistan
14. Bangladesh	50. El Salvador	89. Lebanon	128. Republic of Moldova	165. Tuvalu
15. Barbados	51. Equatorial Guinea	90. Lesotho	129. Romania	166. Uganda
16. Belarus	52. Eritrea	91. Liberia	130. Russian Federation	167. United Arab Emirates
17. Belgium	53. Ethiopia	92. Liechtenstein	131. Rwanda	168. United Kingdom
18. Belize	54. Fiji	93. Lithuania	132. Saint Kitts & Nevis	169. United States of America
19. Benin	55. Finland	94. Luxembourg	133. Saint Lucia	170. Uruguay
20. Bhutan	56. France	95. Madagascar	134. Saint Vincent & The Grenadines	171. Uzbekistan
21. Bolivia (Plurinational State of)	57. Gabon	96. Malawi	135. Samoa	172. Vanuatu
22. Bosnia and Herzegovina	58. Gambia	97. Maldives	136. San Marino	173. Venezuela (Bolivarian Republic of)
23. Botswana	59. Georgia	98. Mali	137. Sao Tome and Principe	174. Viet Nam
24. Brazil	60. Germany	99. Malta	138. Senegal	175. Yemen
25. Bulgaria	61. Ghana	100. Marshall Islands	139. Serbia	176. Ukraine
26. Burundi	62. Greece	101. Mauritius	140. Seychelles	177. Zimbabwe
27. Cabo Verde	63. Grenada	102. Mexico	141. Sierra Leone	
28. Cambodia	64. Guatemala	103. Micronesia (Federated States of)	142. Singapore	
29. Canada	65. Guinea	104. Mongolia	143. Slovakia	
30. Central African Republic	66. Guinea-Bissau	105. Montenegro	144. Slovenia	
31. Chad	67. Guyana	106. Morocco	145. Somalia	
32. Chile	68. Haiti	107. Mozambique	146. South Africa	
33. China	69. Honduras	108. Myanmar	147. South Sudan	
34. Colombia	70. Hungary	109. Nauru	148. Spain	
35. Comoros	71. Iceland	110. Nepal	149. Sri Lanka	
36. Congo	72. India	111. Netherlands	150. Sudan	
	73. Indonesia	112. New Zealand	151. Suriname	
	74. Iran (Islamic Republic of)	113. Nicaragua		
	75. Iraq	114. Niger		

\*\* The above names are as on 30th December 2014

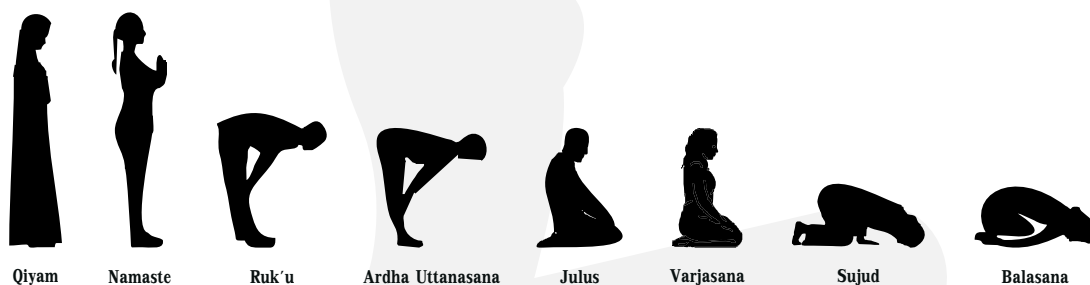


## Concept of Meditation in Islam and Yoga

### Abstract

Yoga is easily found to be integrated with the Islamic life, in fact the two assist one another. Not only is there no conflict, but Islam and yoga together make a mutually beneficial synergy. Both are agreed that, while the body is important as a vehicle on the way to spiritual realization and salvation, the human being's primary identity is not with the body but with the eternal Spirit. This is not a case of syncretism between two religions (which would be spiritually invalid). Yoga is not a religion. Rather, it is a set of techniques and skills that enhance the practice of any religion. Yoga arose from the matrix of the Hindu world, it is of pre-Hindu origin and can be traced back to prehistoric shamanism. Like India's other gifts to world civilization, for example the system of place notation on which all mathematics depends; yoga is not tied to the Hindu religion but has a universal applicability. It helps one to follow one's own religion better whatever that may be. It has certain specific affinities with Islam that make for an interesting study.

**Metaphysical doctrine–** Since the metaphysics of Advaita Vedanta is in agreement with the tawhid (doctrine of oneness) of Islam, there is perfect compatibility between Islam and yoga on the highest level. All traditional esoterisms agree that everything in manifestation has its origin in the Supernal. The manifestations on the material plane are derived from the ideational realm of archetypes (known as al-a 'yan al-thabitah in the metaphysics of Ibn al- Arabi). This world, limited as it is, is just an expression of the ultimate Reality, and will ultimately be reabsorbed in its supernal Origin. Advaita Vedanta and Islamic esoteric metaphysics are agreed that God is the only absolutely real, eternal Reality; all else is contingent and therefore transitory. The unitary view of reality in Advaita Vedanta accords well with the tawhid (divine oneness) of Islam, and the Oneness of Being in the Sufi doctrine of Ibn al-Arabi. It is interesting to compare the symbolism of Prophet Muhammad's nighttime ascent to Heaven, al-Mi'raj, with the corresponding symbolism in yoga. The Prophet ascended on al-Buraq, a riding beast with the head of a woman, through the seven heavens to the Throne of God. In yoga, the kundalini is a feminine power (sakti) that dwells at the base of the spine and ascends through seven levels (represented by the seven cakras) to the summit of liberation (brahmarandhra).



**Meditation and worship in Islam and Patanjali Yoga–** As the second pillar of Islam, Salah is performed by all Muslims across the globe in exactly the same manner and measure, at least the mandatory five prayers. The steps and specific supplications are demonstrated by example by the Holy Prophet Mohammed (PBUH) as mentioned in this Hadith "Pray as you have seen me praying and when it is the time for the prayer one of you should pronounce the Adhan and the oldest of you should lead the prayer". (Sahih Bukhari-Book 11: Call to prayers; Hadith 604). In order to realize the far-reaching and deep-seated impact on the attitude, behavior and life of a believer Salah must be understood properly and exercised appropriately as given in the authentic texts.

*Continue...*



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YOGA DAY



International Non-Olympic Committee

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International Non-Olympic Committee



In part 23 of the Yoga, Sutra, Patanjali teaches the attainment of supreme spiritual realization through devotion to God (isvara pranidhana). The sutra is a very succinct, condensed type of literature, so a single brief mention suffices. Because Patanjali did not elaborate upon it, some commentators have assumed that his God is a mere figurehead or abstraction and therefore not so important in yoga practice. Nothing could be further from the truth; in fact, the one feature that distinguishes the metaphysics of the Yoga darsana from that of the Sankhya darsana of Kapila (a non-theistic analysis of the elements in the cosmos and consciousness) is the presence of God in Yoga. This makes all the difference, and allows the consonance of Yoga with religion.

Patanjali wisely chose to refer to God as isvara, which in Sanskrit simply means 'God, the Supreme Being' and does not name any deity of any particular religion. This universality frees Yoga from conflict with any religious doctrine, so that its techniques can be applied by a believer of any faith. In India, Yoga has been applied to a vast variety of different religious perspectives, and it works just as well for other religions including Islam. There is nothing specifically Hindu or Islamic about its techniques, but it will assist the devotee in any kind of worship. Yoga means to concentrate and still the mind; when this concentration is directed upon God, the yogi is reaching toward the heart of his religion. As for meditation tratakais yogie technique to focus the attention and attain one-pointedness. It consist of fixing the gaze on a single point assist balance, too.) While standing in Islamic prayer we practice trataka by fixing the gaze on a spot on the ground where the forehead rest in sujud.

**Ablution – The purification and preparation OR Sauch** It goes without saying that both Islam and yoga require basic physical and moral cleanliness and purify (taharah sauca) before performing their practices.

**Salah – The formal prayer** The five mandatory salat are spread over various parts of the day in such a way that the devotee is not only in contact with the Creator frequently and receives peace and blessings as his reward but also experiences physical well-being that has now been scientifically confirmed. [3,7,12]

Yoga derives from the Sanskrit word 'Yuj' which means 'to yoke', to join the Supreme power ultimately through simple, healthy, sacred and spiritual lifestyles. Thus, yoga implies union and integration of total human being from the inner most to the external nature or the Almighty. It is a path of self-discovery bringing about balance and harmony in life. [14,15]. Physical similarities between Salah and yoga are in the body movements that are repeated in a set pattern. Salah with its five major physical movements finds corresponding movements in yoga called 'asanas'. When performed involving just the physical movement yoga and salah have been found to evoke comparable medical benefits in all major organ systems. While yoga has trainable 'asanas' (but not all 'asanas' rather some of them) than those found in salah, where the latter on the other hand, is more of a spiritual obligatory duty. As mentioned earlier, Islam is a prescription for a complete and balanced way of life, hence, Salah besides being an act of worship doubles as a holistic health tonic.

How to explain the many points of correspondence between yoga and Islam? Did these ancient teachings travel from India to Arabia? No-there is no need to assume such a horizontal transfer; the sacred truths are revealed vertically from Heaven to all people. There are close similarities between Islam and yoga not because of borrowing or cultural diffusion, but because of both originating in the Primordial Tradition, sanatana dharma, al-din al-hanif, which all the prophets of Allah have brought and reaffirmed throughout the ages, among all nations, revealed directly from the Creator.

**Dr. Tabassum Sheikh,**  
**Associate Professor, G.M.Momin Women's College, University of Mumbai**  
**Email : simpletab@rediffmail.com**





## IYC APPROVED LIST OF ASANAS VERSION 2016

**Section 1: INTRODUCTION** Asanas collectively constitute the physical aspect of worship in ancient Yoga and various stretches and meditative poses of modern Yoga. The poses and stretches are thought to have physical and mental health benefits. Different authors or schools of yoga may have different names for an asana. Many asanas have multiple names or one name may refer to multiple asanas.

**Section 2: IYC APPROVED ASANAS** IYC approved asanas will be performed by participating competitor and optional asanas given below. Approved Asanas will be announced by the Jury at the time just before the competition; whereas three asanas will be optional as per the choice by the participating competitor. Each asana will be evaluated based on Vinyasa (pattern), Final Posture and Grace & Presentation. Please find below the IYC Approved Asanas.

### 2.1 Standing Yoga Posture:

- Big Toe Pose (Padangusthasana)
- Chair Pose (Utkatasana)
- Dolphin Pose (Ardha Pincha Mayurasana)
- Downward Facing Dog Pose (Adho Mukha Svanasana)
- Eagle Pose (Garudasana)
- Extended Hand to Big Toe Pose (Utthita Hasta Padangustasana)
- Extended Side Angle Pose (Utthita Parsvokonasana)
- Half Bound Lotus Standing Pose (Ardha Baddha Padmottanasana)
- Half Moon Pose (Ardha Chandrasana)
- Half Wheel Pose (Ardha Chakrasana)
- Headstand (Sirsasana)
- Intense Side Stretch Pose / Pyramid pose (Parsvottanasana)
- Lord of Dancers Pose (Natarajasana)
- Mountain Pose (Tadasana)
- One Legged Dog / Downward Dog (Split) Pose (Eka Pada Svanasana)
- One Legged Headstand (Eka Pada Sirsasana)
- Revolved Extended Side Angle Pose (Parivritta Parsvokonasana)
- Revolved Triangle Pose (Parivritta Trikonasana)
- Standing Forward Bend Pose (Uttanasana)
- Standing Spinal Twist Pose (Katichakrasana)
- Tree Pose (Vrksasana)
- Triangle Pose (Trikonasana)
- Upward Salute / Upward Tree pose (Urdhva Hastasana)
- Warrior I Pose (Virabhadrasana I)
- Warrior II Pose (Virabhadrasana II)
- Warrior III Pose (Virabhadrasana III)
- Wide Legged Standing Forward Bend Pose (Prasarita Paddotanasana)

### 2.2 Arm Balance Yoga Posture :

- Crane (Crow) Pose (Bakasana)
- Dolphin Plank Pose
- Eight-Angle Pose (Astavakrasana)
- Firefly Pose (Tittibhasana)
- Four-Limbed Staff Pose (Chaturanga Dandasana)
- Peacock Pose (Mayurasana)
- Plank Pose
- Sage Koundinya pose (Eka Pada Koundinyasana I and II)
- Scale Pose (Tolasana)
- Shoulder-Pressing Pose (Bhujapidasana) Side Crane (Crow)
- Pose (Parsva Bakasana)
- Side Plank Pose (Vasisthasana)
- Wild Thing (Camatkarasana)

### 2.3 Balancing Yoga Poses :

- Eagle Pose (Garudasana)
- Extended Hand-To-Big-Toe Pose (Utthita Hasta Padangustasana)
- Half Moon Pose (Ardha Chandrasana)
- Handstand (Adho Mukha Vrksasana)
- Lord of the Dance Pose (Natarajasana)
- Side Plank Pose (Vasisthasana)
- Side-Reclining Leg Lift (Anantasana)
- Supported Headstand (Salamba Sirsasana)
- Supported Shoulderstand (Salamba Sarvangasana)
- Tree Pose (Vrksasana)
- Warrior III Pose (Virabhadrasana III)

### 2.4 Binding Yoga Poses :

- Noose Pose (Pasasana)
- Pose Dedicated to the Sage Marichi I (Marichyasana I)



- Extended Puppy Pose(Uttana Shishosana)
- Head-to-Knee Forward Bend(Janu Sirsasana)
- Intense Side Stretch Pose(Parsvottanasana)
- Pose Dedicated to the Sage Marichi I (Marichyasana I)
- Seated Forward Bend(Paschimottanasana)
- Standing Forward Bend(Uttanasana)
- Standing Half Forward Bend(Ardha Uttanasana)
- Standing Split(Urdhva Prasarita Eka Padasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)
- Wide-Legged Forward Bend(Prasarita Padottanasana)

## 2.8 Hip Opening Yoga Poses :

- Bharadvaja's Twist (Bharadvajasana I)
- Bound Angle Pose(Baddha Konasana)
- Child's Pose(Balasana)
- Cow Face Pose(Gomukhasana)
- Eagle Pose(Garudasana)
- Easy Pose(Sukhasana)
- Extended Hand-To-Big-Toe Pose(Utthita Hasta Padangustasana)
- Fire Log Pose(Agnistambhasana)
- Half Lord of the Fishes Pose(Ardha Matsyendrasana)
- Marichi's Pose(Marichyasana III)
- Noose Pose(Pasasana)
- Bound Angle Pose(Baddha Konasana)
- Child's Pose (Balasana)
- Downward-Facing Dog(Adho Mukha Svanasana)
- Extended Puppy Pose(Uttana Shishosana)
- Head-to-Knee Forward Bend(Janu Sirsasana)
- Intense Side Stretch Pose(Parsvottanasana)
- Pose Dedicated to the Sage Marichi I (Marichyasana I)
- Seated Forward Bend(Paschimottanasana)
- Standing Forward Bend(Uttanasana)
- Standing Half Forward Bend(Ardha Uttanasana)
- Standing Split(Urdhva Prasarita Eka Padasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)

- Revolved Head-to-Knee Pose(Parivrtta Janu Sirsasana)
- Seated Forward Bend(Paschimottanasana)
- Staff Pose(Dandasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)

## 2.12 Strengthening Yoga Poses

- Boat Pose(Paripurna Navasana)
- Chair Pose(Utkatasana)
- Dolphin Plank Pose
- Dolphin Pose
- Downward-Facing Dog(Adho Mukha Svanasana)
- Extended Side Angle Pose(Utthita Parsvakonasana)
- Extended Triangle Pose(Utthita Trikonasana)
- Feathered Peacock Pose(Pincha Mayurasana)
- Four-Limbed Staff Pose(Chaturanga Dandasana)
- Handstand(Adho Mukha Vrksasana)
- Locust Pose(Salabhasana)
- Noose Pose(Pasasana)
- Revolved Side Angle Pose(Parivrtta Parsvakonasana)
- Revolved Triangle Pose(Parivrtta Trikonasana)
- Upward Bow (Wheel) Pose(Urdhva Dhanurasana)
- Fire Log Pose(Agnistambhasana)
- Half Lord of the Fishes Pose(Ardha Matsyendrasana)
- Hero Pose(Virasana)
- Heron Pose(Krounchasana)
- Lotus Pose(Padmasana)
- Marichi's Pose(Marichyasana III)
- Monkey Pose(Hanumanasana)
- Pose Dedicated to the Sage Marichi I(Marichyasana I)
- Revolved Head-to-Knee Pose(Parivrtta Janu Sirsasana)
- Seated Forward Bend(Paschimottanasana)
- Staff Pose(Dandasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)



- Wide-Legged Forward Bend(Prasarita Padottanasana)

## 2.8 Hip Opening Yoga Poses :

- Bharadvaja's Twist (Bharadvajasana I)
- Bound Angle Pose(Baddha Konasana)
- Child's Pose(Balasana)
- Cow Face Pose(Gomukhasana)
- Eagle Pose(Garudasana)
- Easy Pose(Sukhasana)
- Extended Hand-To-Big-Toe Pose(Utthita Hasta Padangustasana)
- Fire Log Pose(Agnistambhasana)
- Half Lord of the Fishes Pose(Ardha Matsyendrasana)
- Marichi's Pose(Marichyasana III)
- Noose Pose(Pasasana)

## 2.12 Strengthening Yoga Poses

- Boat Pose(Paripurna Navasana)
- Chair Pose(Utkatasana)
- Dolphin Plank Pose
- Dolphin Pose
- Downward-Facing Dog(Adho Mukha Svanasana)
- Extended Side Angle Pose(Utthita Parsvakonasana)
- Extended Triangle Pose(Utthita Trikonasana)
- Feathered Peacock Pose(Pincha Mayurasana)
- Four-Limbed Staff Pose(Chaturanga Dandasana)
- Handstand(Adho Mukha Vrksasana)
- Locust Pose(Salabhasana)
- Noose Pose(Pasasana)
- Revolved Side Angle Pose(Parivrtta Parsvakonasana)
- Revolved Triangle Pose(Parivrtta Trikonasana)
- Upward Bow (Wheel) Pose(Urdhva Dhanurasana)

Approved By:  
International Yoga Committee



## ICY Executive Committee

The International Yoga Committee (IYC) is the non-profit international membership organization for the yoga community, and is open to all yoga institutions, universities, yoga authorities, and individuals.

The purpose of International Yoga Committee (IYC) is to support all community of Yoga teachers and masters with peace, love, unity, and respect. INOC has recognized Yoga as Non-Olympic sports discipline for all across the globe and our main aim is One World!! One Education!!!, means all yoga teachers collectively work for IYC network and bring together to develop the peace between country wide.

IYC has a partner status with International Non-Olympic Committee-INOC, International Non-Olympic University-INOUE, World Council for Regular and Distance Education-WCRDE, International Student Exchange Cards India Limited. IYC main aim is to promote yoga asanas throughout the world and work for peace.

IYC was founded in 2016 in India by Prof.Dr. Mohammed Seraj ANSARI and it has official managed and run by International Non-Olympic Committee-INOC.

IYC is supporting all Government systems, norms and regulations and code of ethics.

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The International Yoga Committee (IYC) is the first mega organization who is appointing Goodwill Ambassador (GA) in each country of the world and the GA would further choose upto 10 to 20 personalities as Goodwill Ambassadors (GAs) from the following areas (a). Extra Ordinary achievement in the Education fields–men or women? (b.) A top businessman/Industrialist–men or women? (c.) A top political personality–men or women? (d.) A top NGO head–men or women? (e.) A top Sports Person–men or women?

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Interested personalities can send (he/she) their CV to General Secretary International Yoga Committee – IYC on the following e-mail : [info@iyg-yoga.org](mailto:info@iyg-yoga.org) . or Address : Unit No. – Office 512, Parsvnath Planet Plaza, TCG – 8/8 & 9/9 Vibhuti Khand, Gomti Nagar, Lucknow-226010, (U.P.) INDIA. Tel : +91-522-2303663, 2303664, Fax : +91-522-2397710, Watsup:+91-9965408000

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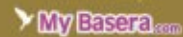
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