

My little Way to Yoga





Gujarat Production Centre (GCPC) was established in the year 1998 by the Department of Industries & Mines, Government of Gujarat with technical support of United Nations Industrial Development Organization (UNIDO). GCPC is a regular member of Climate Technology Centre & Network (CTCN) – an operational arm of UNFCCC hosted by UNEP & UNIDO and Global Resource Efficient & Cleaner Production Network (RECPnet), UNIDO.

Nationally, the centre is serving as an Environmental Information System (ENV(S) Resource Partner (RP) on 'Cleaner Production (CP) & Clean Technology' (CT) for Ministry of Environment, Forest & Climate Change (MoEF&CC), Government of India to disseminate CP & CT nationally, as per the new mandate of ENVIS, MoEF&CC, Govt. GCPC has started its activities under ENVIS in the year 2003 as a Node and as a Centre in the year 2005.

The centre is actively engaged in promotion and implementation of Cleaner Production (CP) and Clean Technology (CT) through various activities such as conducting Orientation & Training Programmes, CP & CT Assessment Projects, Dissemination Programmes and so on. GCPC has played an important role in framing Gujarat Industrial Policy, 2009, 2015, 2020 and in developing various financial assistance schemes pertaining to CP & CT. The centre has so far conducted more than 500 Orientation Programmes in Industrial Estates and Academic Institutions and successfully conducted more than 200 CP Demonstration Projects in different industrial sectors.

GCPC-ENVIS RP also conducts Certificate Course on 'Cleaner Production Assessor' & 'ETP-CETP-STP Operation & Maintenance' under the Green Skill Development Programme (GSDP), ENVIS, MoEF&CC, Govt.

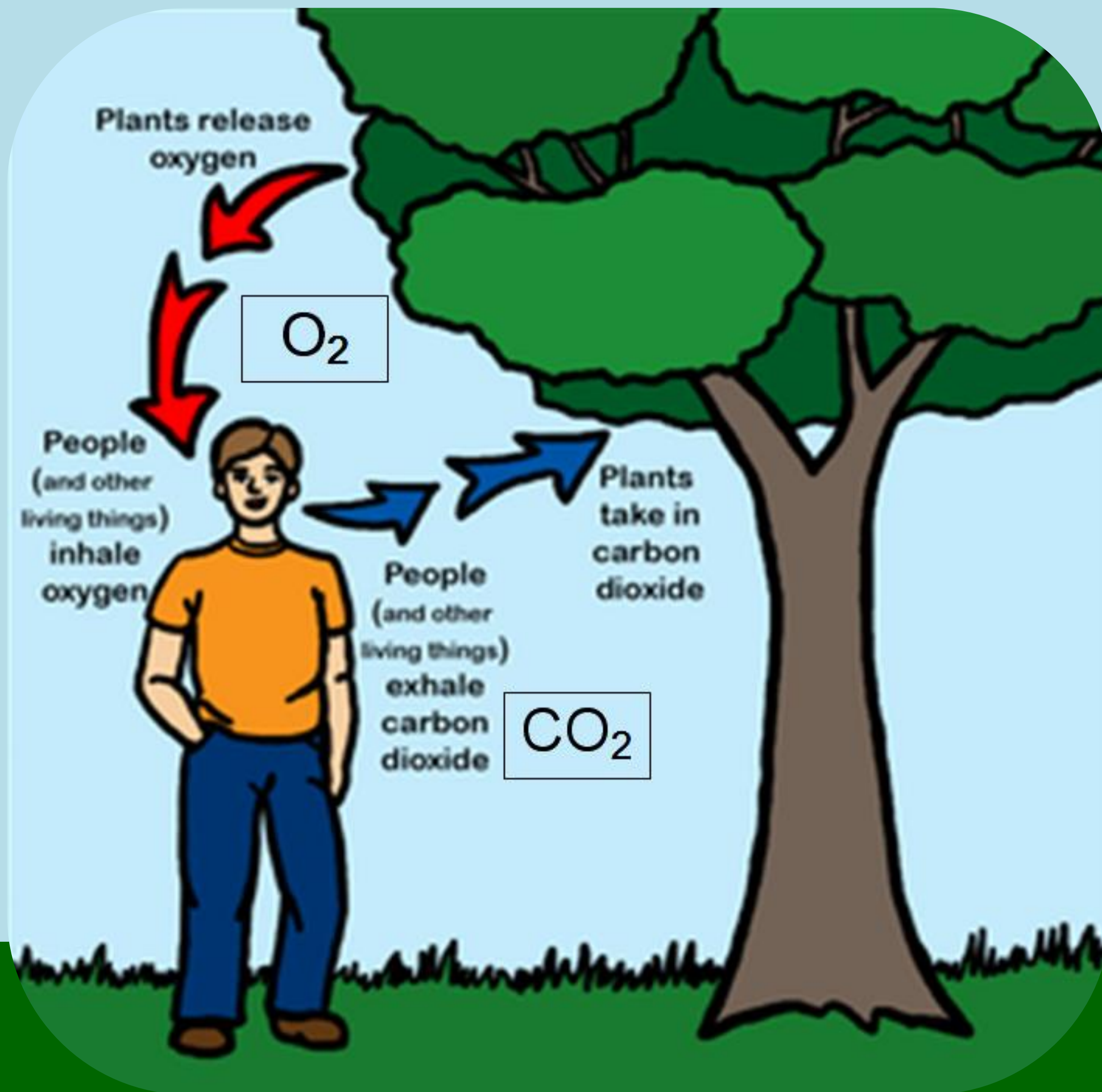
GCPC as a ENVIS Resource Partner celebrate 'Yoga Day' every year as a part of its regular activities, this mini-book is prepared for kids with an aim to teach them yoga and to integrate it as a part of their routine activities.

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*Plants inhale CO_2
& exhale O_2*



1000 years ago, the ancient  lived in the 'forest',  the 'mountains',  and the 'caves'  of India. They observed their environment, and saw how the animals  and nature moved in perfect harmony. They imitated the movements of the animals, the trees, the mountains, and even the movements of the stars and created a wonderful technique that is called **YOGA**. 

Yoga is a way to exercise our bodies, our breath, and our minds all at the same time. Yoga makes us feel great!

- Kids can start practicing Yoga as soon as they start to understand instructions.
- Yoga for children involves gentle Yoga stretches and movements, often mimicking animals, and incorporated with games.
- Always demonstrate the posture, rather than explaining it. Use the same method when trying to correct their poses, during practical sessions.

EASY POSE

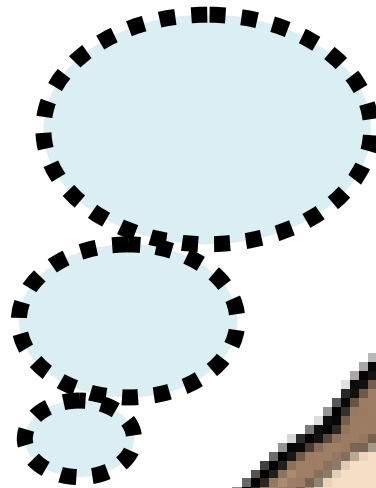


सुखासन

सुभासन



Improves digestive health
Strengthen hips, knees and
thigh muscles
Increase the focus of mind
and concentration



LOTUS POSE



पद्मासन

પદ્માસન



Calm down the brain & increases the attentiveness

Restores the energy levels

Improves flexibility in legs

BUTTERFLY POSE

(BUTTERFLY POSE)



બંધકોણાસન

બંધકોણાસન

Improves kidney function

Strengthen thigh,
hips & calves

Strengthens back & abdomen



COBRA POSE

(COBRA POSE)



भुजंगासन

ભુજંગાસન



Boosts blood circulation

Increase spin flexibility

Relieves constipation



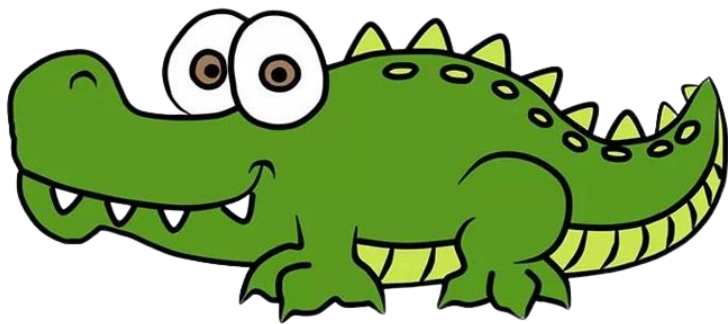
CROCODILE POSE

(PLANK)



મકરાસન

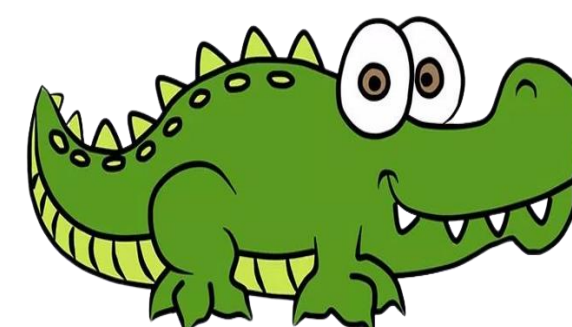
મકરાસન



Keeps lungs strong

Relaxes shoulders
& spine

Keeps stress away



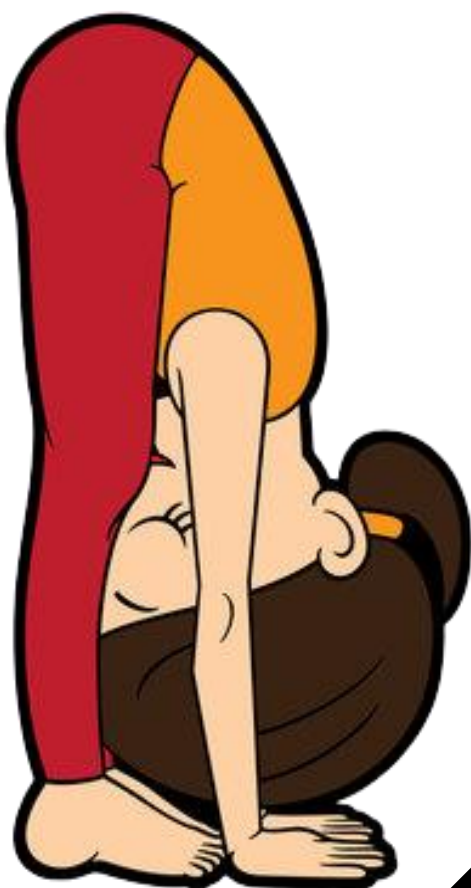
BAT POSE

(FORWARD BEND)



उत्तानासन

ઉત્તાનાસન



Improves blood
circulation

Calms headache

Relaxes nervous system



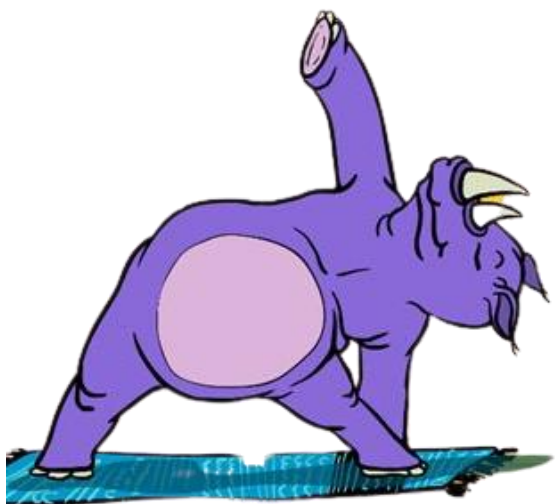
RHINO POSE

(TRIANGLE FORWARD BEND)



त्रिकोणासन

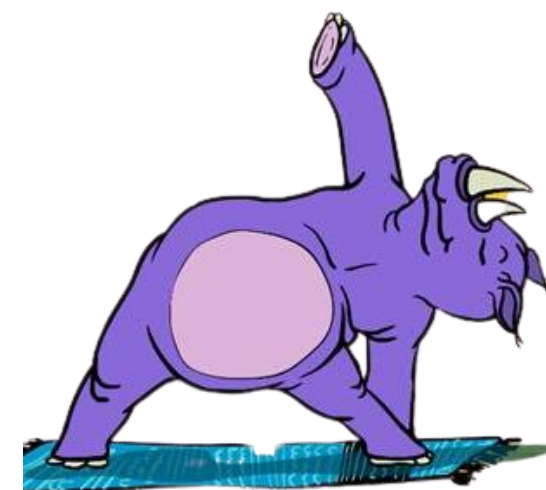
त्रिकोणासन



Improves alignment and stability

Stimulate function
of abdominal organs

Strengthen complete arms and legs



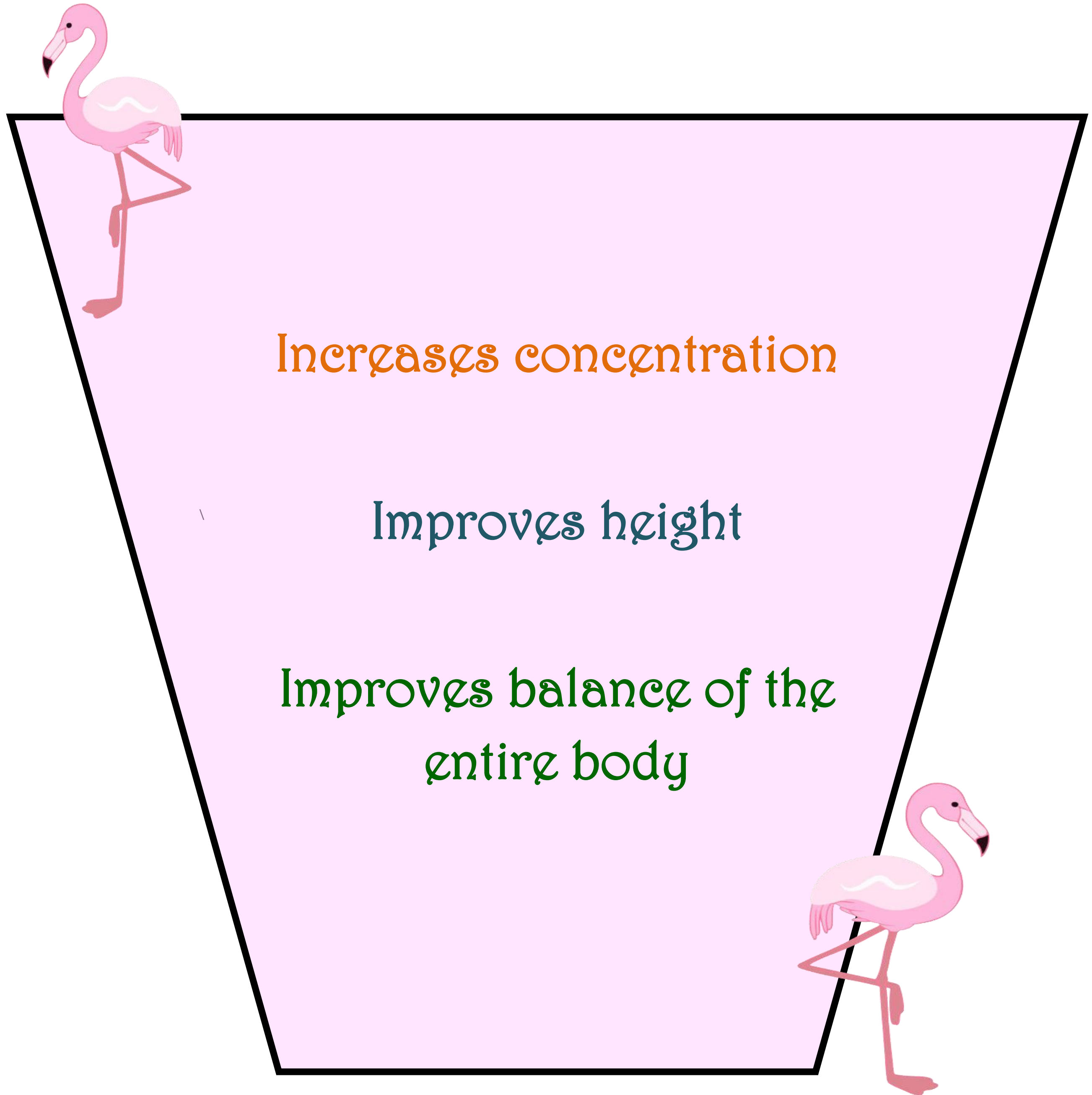
FLAMINGO POSE

(TREE POSE)



वृक्षासन

वृक्षासन



Increases concentration

Improves height

Improves balance of the
entire body

INTERNATIONAL
YOGA DAY
LOGO MEANING



GUJARAT CLEANER PRODUCTION CENTRE

(ENVIS Resource Partner: Cleaner Production & Clean Technology)

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