



PRACTICE YOGA FOR BETTER LIFE

BEML is a pioneer in manufacture of equipment for Defence & Aerospace, Mining & Construction and Rail & Metro Sectors and truly epitomises 'Atmanirbhar Bharat'!

BEML, in the true spirit of India's traditional system, promotes Yoga, to boost immunity, improve overall health and well being.

Here are some of the
ASANAS to be practiced in our daily life.



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Defence & Aerospace | Mining & Construction | Rail & Metro
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SIRSASANA - HEADSTAND

Known as the 'King of Asanas' which helps in improving memory power and concentration.

JANUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Republic Day	27	28	29	30

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
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27	28	29	30	31		

Towards Self-reliance



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February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28						



MATSYASANA – FISH

This posture helps to overcome respiratory ailments by increasing the lungs capacity and long breathing.

F E B R U A R Y 2 0 2 1

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28						

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

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March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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PADAHASTASANA– STANDING FORWARD BEND
It optimises the blood supply to the brain and invigorates the nervous system.

MARCH 2021

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21	22	23	24	25	26	27
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February 2021

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April 2021

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PASCHIMOTTANASANA – SITTING FORWARD BEND

It helps to ease the spinal compression caused by standing upright.

A P R I L 2 0 2 1

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March 2021

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28	29	30	31			

Towards Self-reliance

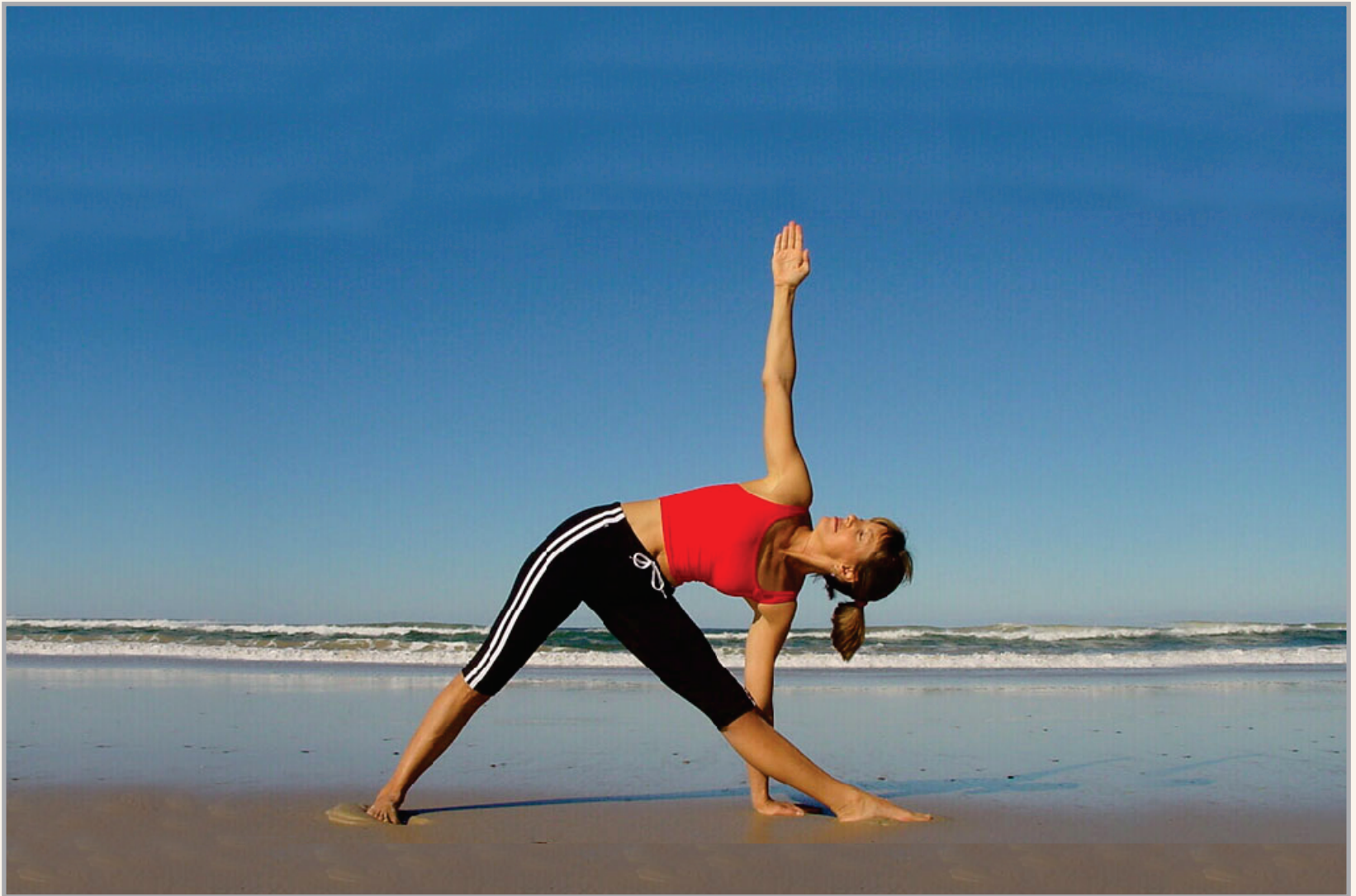


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May 2021

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TRIKONASANA – TRIANGLE

The lateral stretch in Trikonasana keeps the spine elastic & promotes flexibility of hips and legs.

MAY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
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April 2021

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June 2021

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BHUJANGASANA – COBRA

This arch like posture rejuvenates the nerves around the spinal chord and promotes rich blood supply to the spine.

JUNE 2021

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May 2021

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Towards Self-reliance

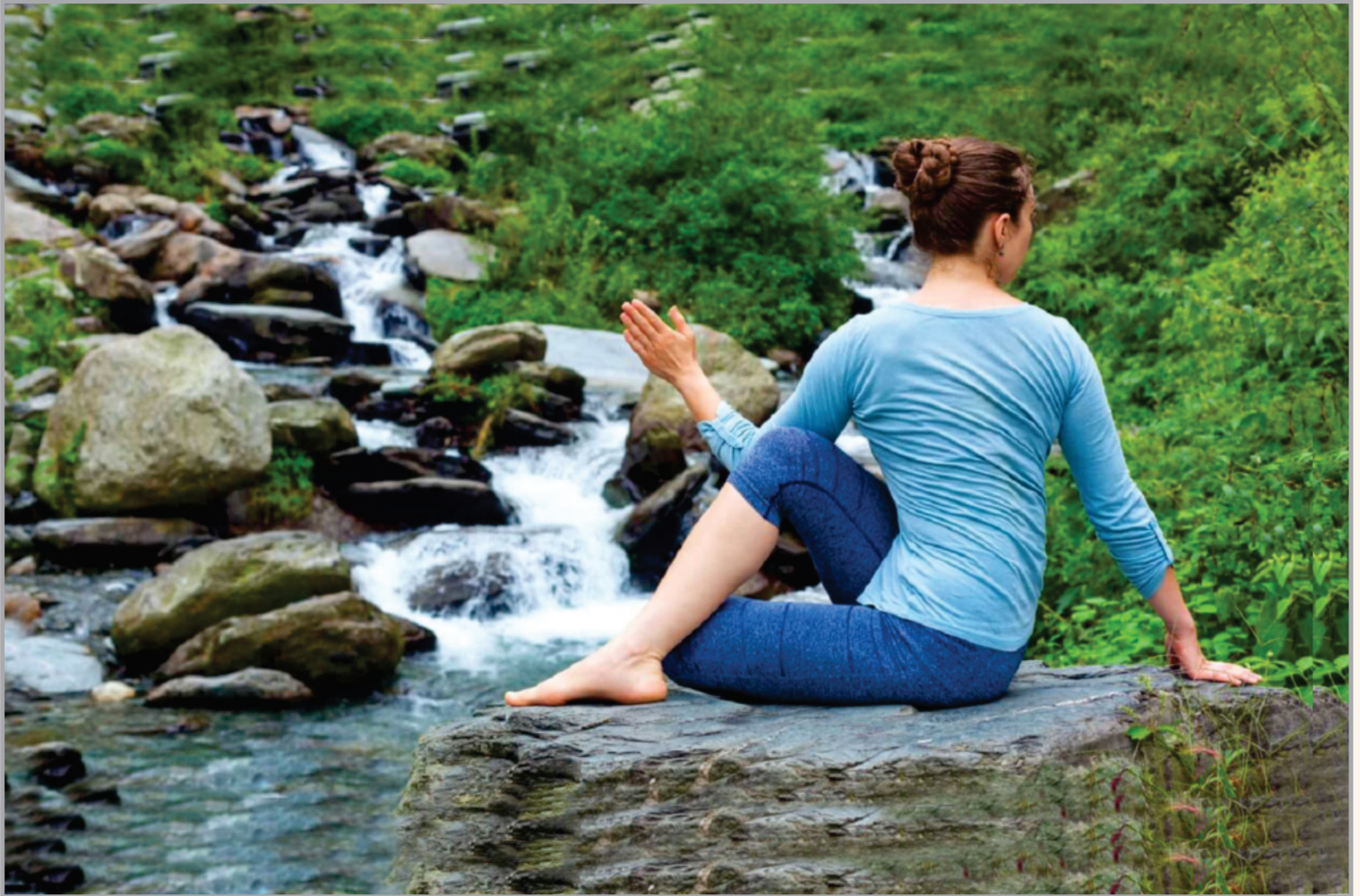


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July 2021

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ARDHA MATSYENDRASANA – HALF SPINAL TWIST

This posture allows a nourishing supply of fresh blood to the roots of the spinal nerves.

JULY 2021

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June 2021

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August 2021

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SALABHASANA - LOCUST

This posture promotes flexibility of the cervical region, relieves lower back pain and develops will power.

AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
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July 2021

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September 2021

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DHANURASANA – BOW

This posture invigorates the digestive organs and in turn helps in relieving a host of ailments.

SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
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August 2021

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October 2021

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HALASANA - PLOUGH

It is a remedy for problems like indigestion and constipation as the abdominal organs are massaged.

OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
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September 2021

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November 2021

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DHYANASANA - MEDITATION POSITION

Relieves stress & temper
and tranquilises the mind.

NOVEMBER 2021

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October 2021

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December 2021

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KAKASANA – CROW

This posture is beneficial for strengthening the wrists, arms & shoulders and stretches the hips.

DECEMBER 2021

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November 2021

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January 2022

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