

Asana Health Music Energy Meditation Knowledge Teacher Peace Concentration Philosophy Exercise Mantra

Harmony Balance Poses Yin Yang Gym Healthy Body Music Mind Relax Asana Guru Power Peace Aum Meditation Concentration Health Poses Flow Teacher Aum Music Mantra Balance Meditation Teacher Harmony Yin Aum Flow Yin

Teacher Peace Aum Flow Concentration Yang Music Relax Harmony Healthy Asana Poses Power Balance Health Teacher Peace Knowledge Concentration Exercise Teacher Mantra Peace Teacher Meditation Guru Yin Flow Concentration Energy Power Music

Energy Exercise Concentration Yin Gym Teacher Mantra Body Health Asana Balance Exercise Meditation Flow Peace Harmony Body Concentration Relax Mantra Harmony



A silhouette of a person in a yoga pose (Padmasana) on a beach at sunset. The person is sitting cross-legged with hands in a mudra, facing the ocean. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is blue with scattered clouds.

YOGA FOR HEALTH

PRESENTED BY: ANUPAM KUNDU

CSC VLE

CSC ID-554994410014

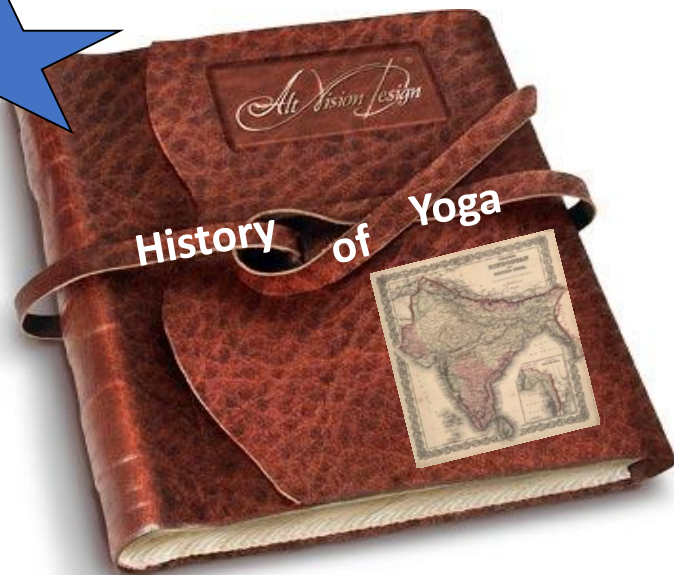
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The Global Impact of Yoga

- Yoga is sweeping across the globe at a dazzling speed, millions are turning to yoga not only to exercise, but also because of its message of healing, unity and a simpler life, yoga may be one of the great rays of hope for our future.
- Now that yoga has become so utterly mainstream, you can observe its effect on the culture in myriad ways from the meaningful to the mundane. It is now unusual to walk down the street of any large to mid-size metropolis and NOT encounter someone toting a yoga mat or see a sign announcing a Yoga Session. Television shows, comic strips, magazines, and movies regularly contain references to yoga.
- Yoga has moved way past the trendy stage; its roots penetrate deeply into almost every aspect of society.



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Benefits



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Postures & Poses



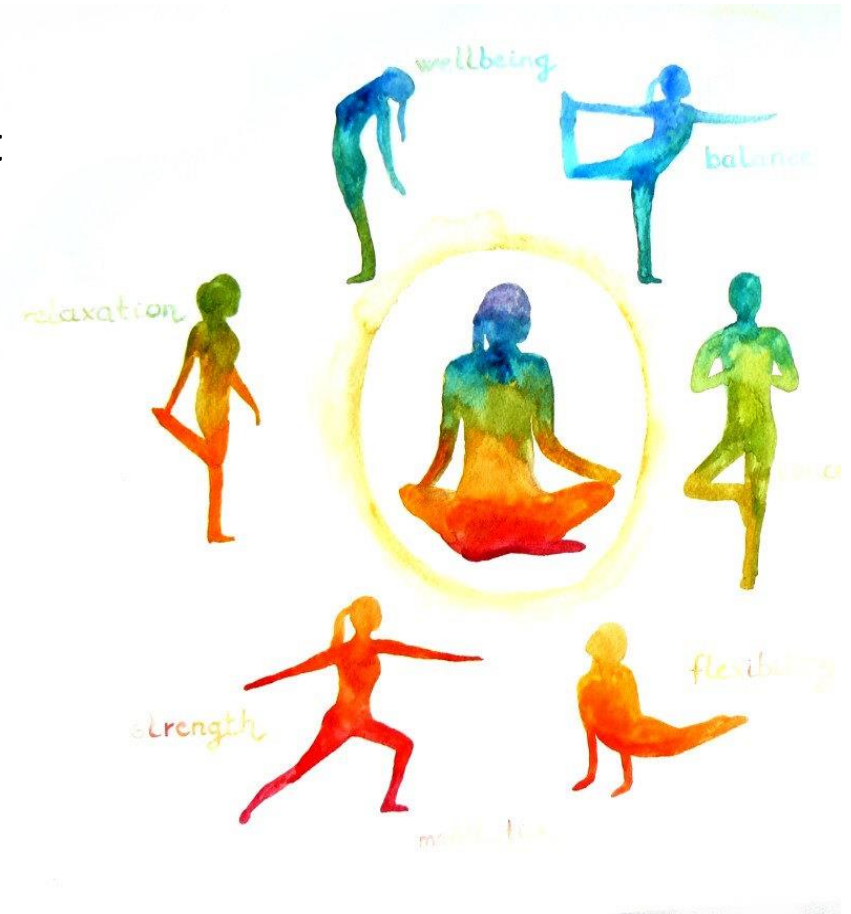
What exactly is Yoga?

- Yoga means "union" in Sanskrit, which is the language of ancient India where it is believed that yoga originated. This union is said to occur between the mind, body, and spirit.
- Today, we define yoga as a discipline that focuses on the body's posture, musculature, breathing mechanisms, and consciousness.
- The goal of yoga is to attain physical and mental well-being through the mastery of the body. This is achieved through meditation, proper breathing, holding of postures, and exercise.
- There are many different types of yoga. The majority of them are more concerned with mental and spiritual well-being rather than physical activity.



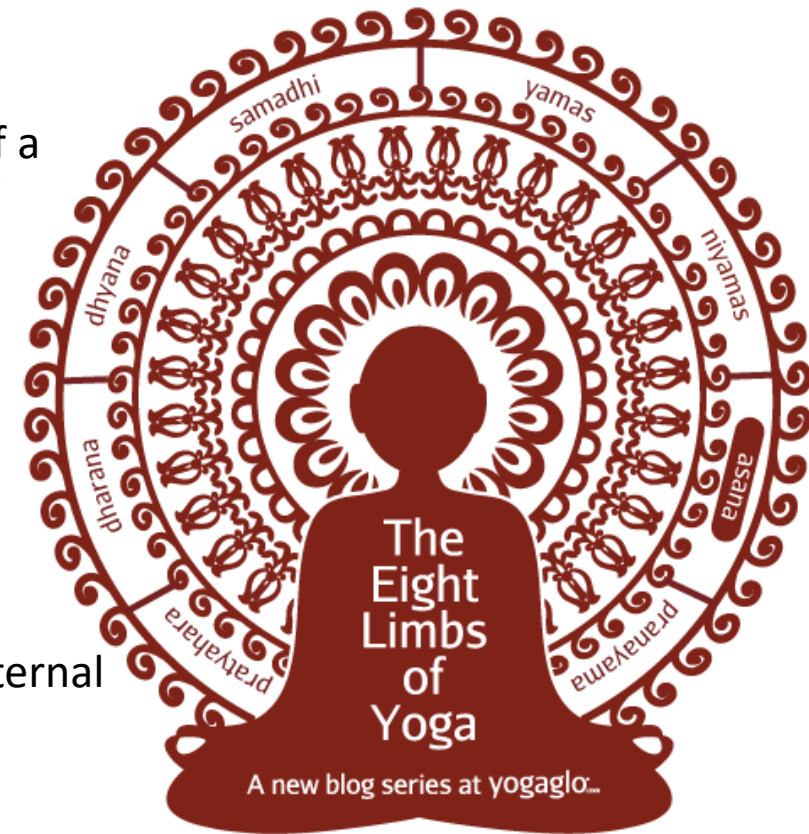
History of Yoga

- The exact history and origins of yoga is uncertain; however, there are pieces that have been connected that allow us to make some conclusions that it had originated in India.
- One of the earliest writings on yoga was found two millennia ago in a book known as *Yoga Sutra*, which was written by Indian sage Patanjali.
- In *Yoga Sutra*, Patanjali helps you understand why we suffer and shows how through yoga, you can seek happiness and freedom.



History of Yoga

- Patanjali described yoga as an interconnection of eight limbs, or aspects of a whole. He believed that practicing these limbs would lead to progressively higher stages of spirituality and well-being.
- The eight limbs are:
 - 1. Ethical behavior- truthfulness, non-harming
 - 2. Personal behavior- commitment, purity
 - 3. Posture- physical poses that stretch the body
 - 4. Breath regulation- regulation of the breath to get rid of toxins
 - 5. Sensory inhibition- temporary withdrawal of the senses from the external environment
 - 6. Concentration- putting your attention on an object or field
 - 7. Meditation- increasingly sustained attention, which leads to a state of peace and awareness
 - 8. Integration- a state of oneness, wisdom, and ecstasy
- These eight limbs in *Yoga Sutra* were taught for many years and are still being taught to this day.



Types of Yoga

There are many different types of yoga, all of which contain Patanjali's teachings.

Hatha: refers to a practice that combines poses, or asanas, with breathing techniques

- Meant for beginners
- Develops flexibility and balance
- Focuses on breathing
- Relaxing and restorative

❖ **Vinyasa:** Faster paced, requires you to move continuously throughout the class.

- Most common
- Flowing series of lunging, bending, and stretching
- Involves standing and seated poses
- Develop strength, flexibility, and balance
- Best for weight loss



Types of Yoga

Iyengar: Meant for anyone with neck or back problems.

- Emphasizes proper alignment to strengthen the muscles and support the joints
- You use props, like blocks, straps, or blankets to help you get into poses
- You'll do standing moves, seated moves, twisting moves, and backbends.



Types of Yoga

Bikram: “Hot Yoga.” The heat loosens your muscles, increasing your ability to stretch.

- Room is kept at 105 degrees, with a 40 percent humidity level
- Rapid inhaling and exhaling
- Includes a series of 26 poses done twice in a 90 minute class

Kundalini: A more spiritual experience

- Calming mind and energizing body through movement, the chanting of mantras, and breathing.
- Average session: 50% exercise, 20% breath work, 20% meditation, and 10% relaxation.
- Goal: to release the energy that kundalini believes is stored at the base of the spine.



Types of Yoga

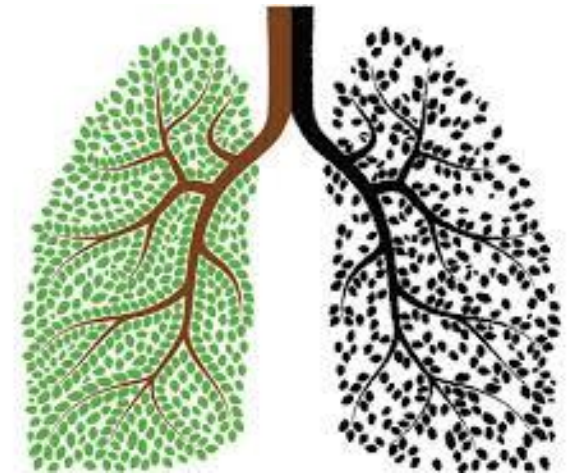
Ashtanga: Most advanced type of yoga.

- Very physically challenging
- Requires strength and endurance
- You execute about 70 poses in a 90 minute session



Breathing Techniques

- You just saw many asanas, which include simple to complex poses. There are over 800,000 variations of asanas in ancient yoga literature; however, only about 84 are used in everyday practices.
- Each of these poses are coordinated with the flow of breathing and are held anywhere from 5 to 20 breaths.
- Breathing exercises vary from person to person, some include:
 - Sustained breath holds
 - Slow, deep abdominal breaths with extended exhalation
 - Rapid abdominal breathing
 - Alternate nostril breathing
- The most popular breathing technique used is to inhale for one second, hold exhale for two seconds.



Benefits of Yoga

- ✓ The benefits of yoga provide lasting transformation and instant gratification.
- ✓ Massages all body organs
- ✓ Increases lubrication of ligaments, tendons, and joints
- ✓ Increases flexibility
- ✓ Increases muscle strength and tone
- ✓ Cleanses the body
- ✓ Improves respiration, energy, and vitality
- ✓ Protects from injury
- ✓ Decreases anxiety, depression, and stress
- ✓ Improves posture
- ✓ Decreases blood pressure and cholesterol
- ✓ Improves intelligence
- ✓ Improves sleep
- ✓ Improves self-esteem



If Practicing Yoga at Home...

- Make sure that you practice in a spacious, bright place away from all distractions.
- Make sure that you do not practice on a bare floor but on a mat or carpet.
- Make sure that you wear clothes that are comfortable and loose.
- Make sure that you do not practice yoga after you have eaten.
- For maximum results, practice yoga everyday for at least 20 minutes.



Precautions

- Injuries may occur from doing yoga in a harmful way. For example, when:
 - * - straining to do poses and breathing techniques
 - * - breathing in stale air while doing poses and breathing techniques
 - * - doing yoga right after eating
 - * - competing with someone
 - * - doing yoga fast in a heated environment
- Yoga discourages anything harmful, unnatural, or competitive. So if you don't feel comfortable, don't do it!



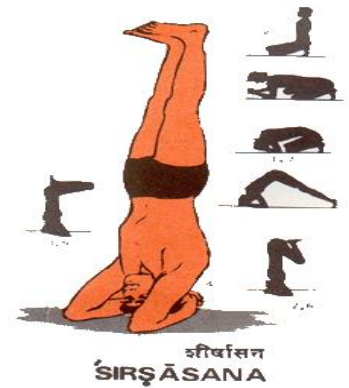
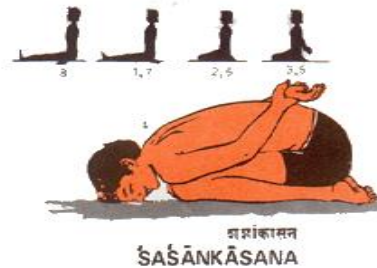
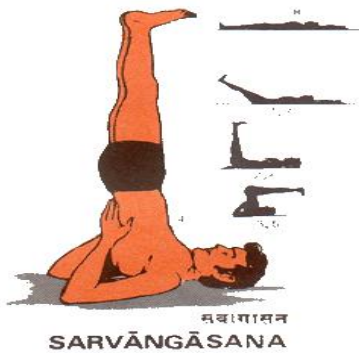
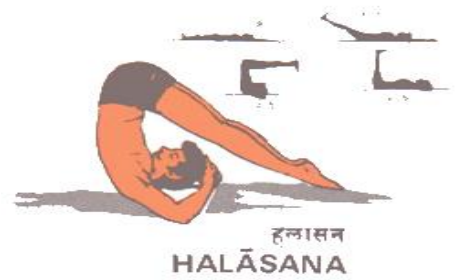
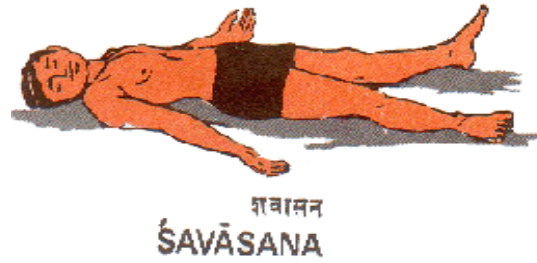
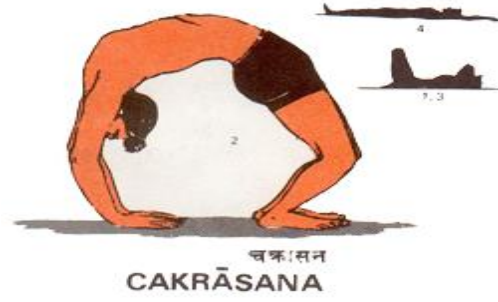
Surya Namaskaras



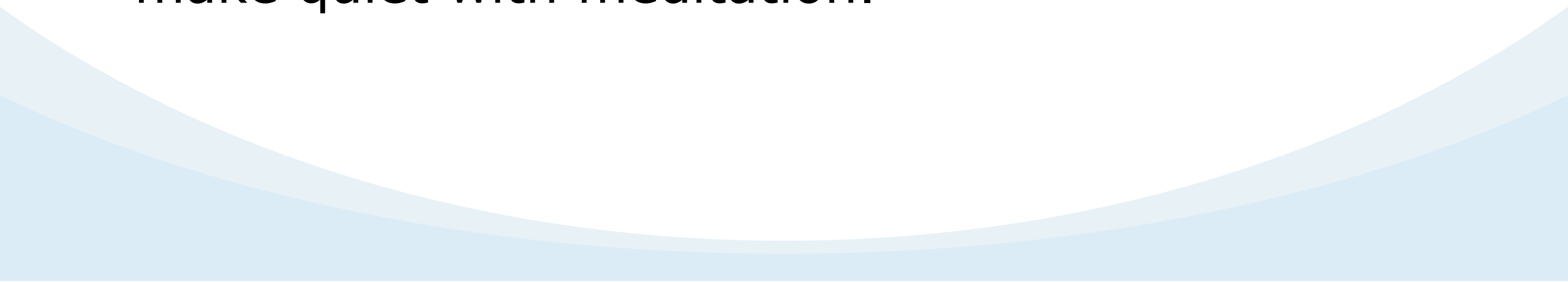
Asanas (Postures)

- Any steady posture which gives comfort to the body is known as asana (Sthira sukham Asanam).
- Asanas generally named after the birds, animals and other objects depending up on the similarity of the postures.
- It is said that 84,00,000 of Asanas commensurate with all the species on the earth including in the sea.
- One should select and practice Asanas according to one's capacity.

Asanas (Postures)



Meditation is part of Yoga

- Meditation is a technique in which the meditator seeks not only to reach a deep state of relaxation, but to quiet the mind.
 - The mind is a chattering monkey that one tries to make quiet with meditation.
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Meditation techniques

- Focused
- Mantra
- Walking



Focused Meditation

- is a technique in which you direct your awareness onto something.
 - a picture or statue of a deity
 - a universal principle such as compassion or forgiveness
 - or the syllable OM, the famous Hindu mantra.



Mantra meditation

- In Sanskrit, the “man” in mantra means “to think,” and “tra” suggests instrumentality.
- Mantra literally means an instrument of thought.
- You repeat a word, phrase or sound in order to transcend the constant distractions of the mind.


Results

- Significant signal increases were observed in the dorsolateral prefrontal and parietal cortices, hippocampus/parahippocampus, temporal lobe, pregenual anterior cingulate cortex, striatum, and pre- and post-central gyri during meditation.
- This indicates that the practice of meditation activates neural structures involved in attention and control of the autonomic nervous system.

Relaxation Response

- Sit comfortably with your eyes closed.
- Pay attention to your breathing, and repeat a word or phrase or prayer silently to yourself as you exhale.
- When you notice your mind wandering (It will) just notice it and passively bring your attention back to your breathing.
 - A form of meditation.

Fight or Flight

- Yoga and meditation decrease this sympathetic tone and reduce feelings of stress and anxiety
 - Many modern health problems are worsened by stress and anxiety
 - Yoga works to decrease sympathetic tone
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Yoga and Meditation to stay healthy

- Exercise and relaxation can reduce feelings of stress and keep the body and mind healthy

**THANK
YOU**

