

**Dayananda Sagar Institute of Technology
(Polytechnic)**



JUNE 21st

International



Yoga Day

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DAYANANDA SAGAR INSTITUTIONS OF TECHNOLOGY (POLYTECHNIC)

TOPIC:- YOGA

**Presentation by:- Department of CIVIL ENG
(2nd Semester)**



INTRODUCTION

- Yoga is a system of physical and mental exercises designed thousands of years ago to balance and unite the mind, body and spirit
- "yoga" comes from the Sanskrit word yuga, meaning "union"
- There are many different types of yoga and yoga practices
- The most common type in the U.S. is hatha, a Sanskrit word that means sun (ha) and moon (tha)

Some other major types:

1. Vinyasa: flows from one pose to another; focuses on coordinating breath and movement in a fluid series of poses
2. Bikram: "hot" yoga; focuses on strength, endurance, flexibility, and weight loss

3. Ashtanga: a very athletic yoga; American version is "power" yoga; progressive and continuous series of postures

Focus on Standing Poses



Supta Buddha Konasana



Dandasana



Swastikasana



Adho Mukha Swastikasana



Adho Mukha Virasana



Adho Mukha Svanasana



Uttanasana



Utkatasana



Trikonasana



Virabhadrasana 2



Parsvakonasana 1



Ardha Chandrasana



Virabhadrasana



Parsvattanasana



Parivrtta Trikonasana



Parivrtta Parsvakonasana



Prasarita



Gomukasana



Garudasana



Pincha



Adho Mukka



Salambha



Adho Mukka



Uttanasna



Salambha Sarvangasana



Eka Pada Sarvangasana



Halaasana



Karnapidasana



Setubandha Sarvangasana



Viparita Karani



Savasana





CHAKRASANA

A strong 'Back-Bending' yoga asana is the best way to define Chakrasana. The word is derived from the Sanskrit language - 'Chakra' meaning wheel and 'Asana' meaning posture or seat. On

performing this asana, the body takes the shape of the wheel. Hence this posture is commonly referred to as the Wheel Pose.

Benefits and uses:-

- 1) Helps in expanding lungs to get more oxygen intake which is beneficial, especially for people with asthma.
- 2) Helps in the reduction of stress and tension in the body.
- 3) Plays a part in sharpening eyesight.
- 4) Strengthens and increases the elasticity of the spine.
- 5) Improves blood circulation in your body and purifies the blood.



GOMUKHASANA

The name of **Gomukhasana** is derived from Sanskrit where "Go" means "Cow" and "Mukha" means "Face". The final position of the gomukhasana or cow faced yoga pose resembles the face of a cow and hence the name.

BENEFITS OF GOMUKHASANA:-

1. Gomukhasana makes the spine flexible.
2. Gomukhasana or cow faced yoga pose is very beneficial in

- easing problems related to Sciatica, back problems and rheumatism.
3. This yoga pose relaxes the whole body. If it is practiced for 7-8 minutes every day it helps in getting rid of tension, anxiety and tiredness.
 4. Gomukhasana or cow-faced yoga pose is also beneficial in relieving stiffness from shoulders and neck and make them flexible.
 5. Diabetes can also be controlled by regular practice of Gomukhasana or cow faced yoga pose.
 6. This yoga pose stretches chest, hips, ankles, thighs, shoulders, deltoids and triceps.

URDHRYA SARVANGASAN



Shoulder stand, or more fully **Salamba Sarvangasana** is an inverted asana in modern yoga as exercise; similar poses were used in medieval hatha yoga.

Many named variations exist, including with legs in lotus position and Supta Konasana with legs wide apart, toes on the ground.

Sarvāṅgāsana has been nicknamed "queen" or "mother" of all the asanas

BENEFITS OF URDHRYA SARVANGASAN:-

1. **Improved Digestion.** The change in gravity helps the bowels move freely which aids digestion significantly.
2. **Less Strain on the Heart.** Since you are lying in an inverted position, the heart doesn't have to work as hard to pump blood to various parts of the body.
3. **Stronger Immune System.** The lymphatic system is responsible for immune system response among other functions. The lymph is similar to blood in that it depends on gravity for movement. So, by staying inverted, the lymphatic system gets stimulated and boosts your immune system response.
4. **Relieves Common Cold.** Since you create a firm chinlock when practicing Sarvangasana and the head stays firm in this inverted position, the blood supply to the head gets regulated and this helps relieve nasal congestions and headaches.
5. **Increased Self-Confidence.** Although I can't say my self-confidence has gone up just from practicing Sarvangasana alone, practicing it every day is supposed to help you feel alive and confident.

PADMASANA



Padmasana, which translates to “lotus pose” in Sanskrit, requires yogis to have open hips. This position can be classified as a cross-legged yoga pose which allows us to deepen our meditation by calming our mind and helping alleviate a ton of physical ailments. This position involves a lot of grounding and energy and is symbolic of the lotus, which is rooted in the mud and then proceeds to bloom into a beautiful flower. In the same vein, when you first begin to practise yoga, you too are rooted in the mud and have several worries but once you progress, you are capable of blooming like the lotus flower.

BENEFITS OF PADMASANA:-

1. **Increase in Energy Levels:-** In a study conducted on 50 men between the age of 20-23, sitting in a lotus position for 30 minutes increased the energy levels in the acupuncture meridians, which is similar to prana shakti in Ayurveda.
2. **Helps During Childbirth:-** Another padmasana advantage is that it helps at the time of childbirth. Padmasana stretches our hip region and helps strengthen the pelvic muscles. Therefore, it helps reduce labour pain during delivery.
3. **Reduces Menstrual Cramps:-** Since padmasana makes our pelvic region strong by stretching our muscles, it also helps reduce muscle cramps.
4. **Boosts Concentration:-** While practising padmasana, we close our eyes and focus on our breathing. It increases our concentration.
5. **Helps to Create a Balance Between Mind, Body, and Spirit:-** Padmasana is one of the best poses for calming our mind and body. Deep breathing during the lotus pose relaxes our body and awakens various energy points.

VRIKSHASANA



VRIKSHASANA is a Sanskrit term that combines the words Vriksha and Asana. Vriksha is the Sanskrit word for tree, while Asana is the Sanskrit word for posture. As a result, this is known as Tree Pose in English.

Vrikshasana is one of the standing basic yoga postures. Furthermore, in Hinduism, this pose was used as a method of austerity, or Tapasya, by Sages. A man executing a stance similar to Vrikshasana is seen in an old rock temple at Mamallapuram dating from the seventh

century CE. As a result, it is clear that this is an old yoga posture.

BENEFITS OF VRIKSHASANA:-

- It strengthens the legs and opens the hips
- It improves your neuromuscular coordination
- It helps with balance and endurance
- It improves alertness and concentration
- It may help those who suffer from sciatica (nerve pain in the leg)

HALASANA



Along with improving digestion to increasing flexibility, this yoga pose offers myriad benefits. The name of this yoga is derived from the word 'Hal' or plow as it looks similar to plowing in the field. This posture activates all of the muscles of the body. This might be difficult and painful at the start but as you practice, it will be done be ease. Let us take you through the numerous benefits of this asana but first, know the step-by-step process of doing **Halasana**.

BENEFITS OF HALASAN:-

- **Improves Digestive System:-**The plow pose is an effective remedy for various stomach disorders. Junk food and improper eating lifestyle lead to digestive system upsets that cause constipation, indigestion, and many more issues. The Halasana strengthens the colon and stimulates the digestive system through gentle massage. It results in proper digestion and absorption of the food ingested.
- **Relieves Back Pain:-**The Halasana helps relieve the issue of backaches by giving a proper posture massage. It helps to release the stress from back muscles and improves the strength of the spinal cord, thereby reducing the pain. This asana is also helpful in enhancing the flexibility of back muscles.
- **Relieves Stress:-**The Halasana is a proven remedy to help relieve anxiety and stress-related problems. When performed with breathing exercises, the plow pose helps provide relaxation to the mind. This asana relieves the stress-induced mental barriers, thereby promoting the overall well-being of an individual.
- **Improves Blood Circulation:-**As mentioned, the plow pose involves reverse circulating the blood, i.e., it diverts the blood flow from the lower extremities to the upper extremities of the body. This asana helps blood to reach the tips of all glands and nerves, thereby promoting blood circulation.
- **Strengthens Immune System:-**The plow pose helps to circulate the blood to every tip of the nerve endings. It improves the immune system by strengthening the system and flexibility of each of the muscles.

● **CREDIT:-**

All these postures are performed by one of our civil student

Yoga is not exercise, It's Practice

As human beings, we often see material things, we ask proof for everything. But best aspects of life are which can't be seen from our eyes.

To name some Mother's Love, Kid's happiness, Student's happiness after seeing results, soul, truth, honesty, integrity, balance of mind. All these features have to be experienced but not seen.

Lord Buddha told truth, lived by truth, and taught truth. He did the hardest part with ease, grace and peace because he found the balance between mind, body and soul.

The balance between mind and body is achieved by yoga. And the balance between mind and soul is achieved by Kundalini yoga.

Body is a machine, God the master creator has engineered it very beautifully. How we use it, depends on us. Yoga helps us to fine tune that machine called body and helps to increase its qualities.

Yoga should be practised for one's own self. Yoga is the time when a person simultaneously tries to activate mind, exercise body and enhance self-awareness.

We often divide a book into different chapters. Similarly the body can be divided into different chakras, also known as energy centres. They are the Crown chakra, Third eye chakra, Throat chakra, Heart chakra, Solar Plexus chakra, sacral chakra, Root chakra. Each chakra gives us immense knowledge of who we are and what we can achieve.

Crown chakra gives knowledge closer to nature. Third eye chakra gives the quality of perception. Throat chakra gives the correct validation of expression. Heart chakra gives care and affection. Solar Plexus represents the power. Sacral chakra represents the identity. Root chakra represents the survival, that is what we stand for and what we are.

Yoga is the practise to be done to grow taller inside. Yoga is practise for physical and mental well - being.

As Nicola Tesla once said, if we know the relation between numbers and frequency, we could understand the creation of Universe. In the similar way if we know the relation between mind and body we can improve ourselves. Thus we can use Yoga as a tool to improve ourselves.

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IMPORTANCE OF YOGA , ITS ADVANTAGES AND DISADVANTAGES
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YOGA - THE KEY TO FLEXIBILITY

IMPORTANCE OF YOGA :-

Yoga plays an important role in human life. People of all ages, sick people, as well as perform yoga to enjoy a fit and healthy life. But, sick people must take an expert consultation before performing exercises. People who perform yoga must follow a routine for exercise, rest and diet.

ADVANTAGES OF YOGA :-

Yogasana is the physical practice and postures of yoga. The scientific research into yoga's benefits is still somewhat preliminary, but much of the evidence so far supports what practitioners seem to have known for millennia: Yoga is incredibly beneficial to our overall well-being. It helps in keeping our mental and physical health intact. It helps us to connect to nature. Furthermore, our body becomes more flexible after consistent yoga practice and you also develop a great sense of self-discipline and self-awareness. In short, it improves our well being and gives us better ~~more~~ mental clarity.

DISADVANTAGES OF YOGA :-

Around this time, stories of yoga-induced injuries began to appear in the media. The Times reported that health professionals found that the penetrating heat of Bikram yoga, for example, could raise the risk of overstretching, muscle damage and torn cartilage.

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