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21GNM101L: Physical and Mental Health using Yoga

Unit 1 Practical

Session 2 / CLO2

Warm Up

a. Loosening of ankle joints - 1: Stand straight. Raise the heels and balance on the toes while raising the arms up; Lower the heels and arms down (repeat 10 times)
b. Loosening of ankle joints - 2: Raise the heels and balance on the toes while opening the arms to sides; lower the heels and bring the arms in front of the chest (repeat 10 times)
c. Loosening of knee joints - 1: Bend the knee and press the thigh against the abdomen. Lower the leg and repeat the knee bending on the complementary side (repeat 5 times)
d. Loosening of knee joints - 2: Hold the lower arms in the front, with the palms turned downward. Raise the knees up alternatively and tap the knees with the palms (repeat 10 times)
e. Loosening of hip joint: Balance in the left leg and rotate the right knee in clockwise and anticlockwise direction. Repeat the same on the complementary side (repeat 5 times)
f. Wrist rotation: Extend the arms forward. Make a fist and rotate the hands in clockwise and anticlockwise direction (repeat 5 times)
g. Shoulder rotation: Place the hands on the shoulders and rotate the elbows in clockwise and anticlockwise direction (repeat 5 times)
h. Squatting: Hold the foot with the hands and squat down and come up 5 times
i. Backward and forward bend: Raise the arms up and arch the back. Bend forward and touch the foot with the hands (repeat 5 times)
j. Torso twist - 1: With feet apart, dynamically twist the torso to the right and left by folding one hand to the chest and the other extended back (repeat 5 times)
k. Torso twist - 2: With feet apart, dynamically twist the torso and touch the right foot with the left hand. The other hand is extended upward. Repeat the same on the complementary side (perform 5 times)
l. Forward and backward neck movement: Perform 3 rounds

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m. Right and left neck bending: Perform 3 rounds

n. Right and left neck twisting: Perform 3 rounds

Virabhadrasana-I (Warrior Pose)



Procedure: Stand in Samasthiti. Angle the left foot 45 degrees. Take a wide step forward with the right foot. Bend the right knee. Inhale, take both arms up and make namaskara mudra with the hands. Arch the back. Reverse the movements to come back to the starting pose. Repeat the above steps with the left foot forward. Practise 2-3 rounds each leg.

Benefits: It strengthens and tones the arms, legs and lower back. It improves the balance of the body and helps increase stamina. It is beneficial for those with sedentary or deskbound jobs. It is beneficial in the case of frozen shoulders. It releases stress in the shoulders very effectively in a short period.

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Contraindications: Persons with knee issues should avoid this asana.

Ardha Katichakrasana (lateral ark pose)



Procedure: Stand straight with feet hips-width apart. The right hand should be raised vertically, and you should breathe in during this step. The right hand should be stretched as much as possible, following which the body is to be bent towards the left, while exhaling. Once the final

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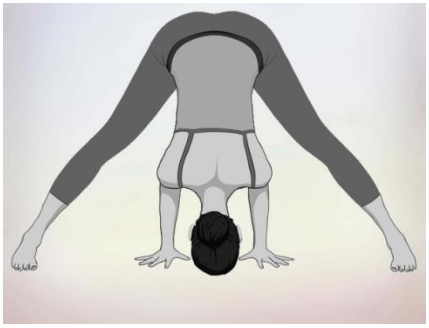
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posture is reached, maintain regular breathing. The posture should be maintained for a few seconds. The same action should be repeated for the other side.

Benefits: It tones and strengthens the spine, back muscles, hips and abdomen.

Contraindications: Persons with spine and abdominal issues should avoid this asana.

Prasarita Padahastasana (wide stance forward bend pose)



Procedure: Stand erect with the feet 3-4 ft apart. Inhale, stretch the arms overhead. Exhale, bend forward from the hip joints, keeping the spine straight. Place the hands on the floor, under the shoulders. Inhale, stretch the arms to the front and lift up slowly. Exhale, bring the arms to the sides.

Benefits: It strengthens the legs, feet, abdomen and joints. It lengthens the spine and stretches the hamstrings.

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Contraindications: Persons with low back pain should avoid this asana.

Pawanmuktasana (leg lock pose)



Procedure: Lie in shavasana. Bend both knees and bring the thighs to the chest. Interlock the fingers and clasp the hands on the shin bones just below the knees. Inhale deeply. Exhaling, raise the head and shoulders and try to place the chin in the space between the two knees. Hold the raised position for a few seconds. Slowly lower the head, shoulders and legs while inhaling. Practise this 3 times.

Benefits: It strengthens the lower back muscles and loosens the spinal vertebrae. It massages the abdomen and the digestive organs and is therefore very effective in removing wind and

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constipation. By massaging the pelvic muscles and reproductive organs, it is also useful for impotence, sterility and menstrual problems.

Contraindications: Not to be performed by persons suffering from high blood pressure or serious back conditions such as sciatica and slipped disc.

Bhujangasana (cobra pose)



Procedure: Lie down on the stomach; rest the forehead on the ground. Keep the legs close together. Place both hands in such a way that palms are touching ground under the shoulders; elbows should be parallel and close to the torso. Taking a deep breath in, slowly lift the head, chest and abdomen. Keep the navel on the floor. Tilt the head back and look up. Maintain the pose for comfortable duration. Breathe out, and gently bring the abdomen, chest, and head back to the floor and relax. Repeat 3 times.

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Benefits: It tones the abdomen, strengthens the entire back and shoulders, improves flexibility of the upper and middle back, expands the chest, improves blood circulation, reduces fatigue and stress, and useful for people with respiratory disorders such as asthma.

Contraindications: Not advised for people suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism.

Padmasana (lotus pose)



Procedure: Sit with the legs straight in front of the body. Slowly bend the right leg and place the foot on top of the opposite thigh. The sole should face upward and the heel should be close to the

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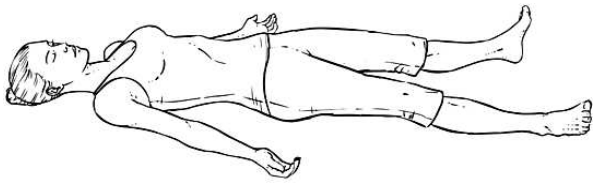
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pubic bone. Bend the other leg and place the foot on top of the opposite thigh. The head and spine should be held upright and the shoulders relaxed. Place the hands on the knees in chin or jnana mudra. Close the eyes and relax the whole body.

Benefits: As the body is steadied in this asana, the mind becomes calm. This posture applies pressure to the lower spine, which has a relaxing effect on the nervous system. The breath becomes slow, muscular tension is decreased and blood pressure is reduced. The normally large blood flow to the legs is redirected to the abdominal region. This activity also stimulates the digestive process.

Contraindications: Those who suffer from sciatica or weak or injured knees should not perform this asana.

Shavasana (corpse pose)



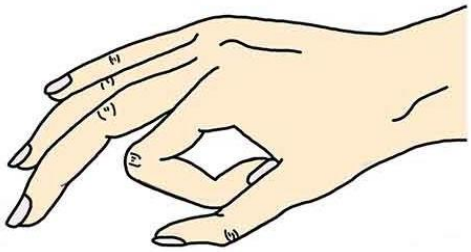
Procedure: Lie flat on the back with the arms about a little away from the body, palms facing upward. Move the feet slightly apart to a comfortable position and close the eyes. The head and spine should be in a straight line. Make sure the head does not fall to one side or the other. Relax the whole body and stop all physical movement. Become aware of the natural breath and allow it to become rhythmic and relaxed. After some time, again become aware of the body and surroundings, and gently and smoothly release the posture.

Benefits: This asana relaxes the whole psycho-physiological system. It should ideally be practised before sleep; before, during and after asana practice, particularly after dynamic exercises such as surya namaskara; and when the practitioner feels physically and mentally tired. It develops body awareness. When the body is completely relaxed, awareness of the mind increases.

Jnana Mudra (psychic gesture of knowledge)

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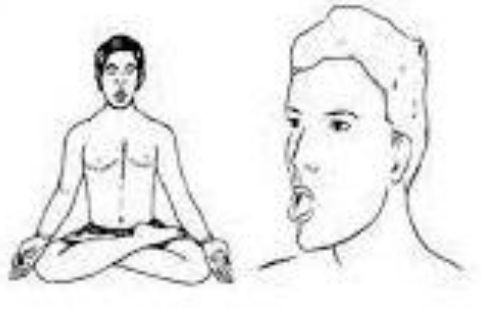


Procedure: Assume a comfortable meditation posture. Fold the index fingers so that they touch the tip of the thumbs. Straighten the other three fingers of each hand so that they are relaxed and slightly apart. Place the hands on the knees with the palms facing down. Relax the hands and arms.

Benefits: Jnana mudra is a simple but important psycho-neural finger lock which makes meditation asanas more powerful. The palms and fingers of the hands have many nerve root endings which constantly emit energy. When the index finger touches the thumb, a circuit is produced which allows the energy that would normally dissipate into the environment to travel back through the body and up to the brain. It promotes concentration, calms the mind, boosts memory and improves sleep.

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Sheetali Pranayama (cooling breath)



Procedure: Sit in any comfortable meditation posture. Close the eyes and relax the whole body. Extend the tongue outside the mouth as far as possible without strain. Roll the sides of the tongue up so that it forms a tube. Practise a long, smooth and controlled inhalation through the rolled tongue. At the end of inhalation, draw the tongue in, close the mouth and exhale through the nose. This is one round. Practise 10 rounds.

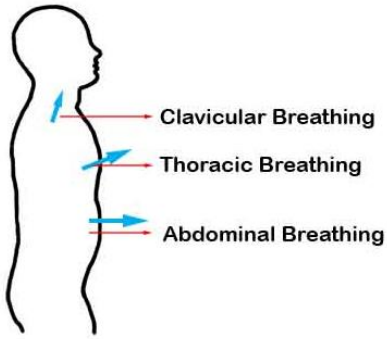
Benefits: This practice cools the body. It reduces mental and emotional excitation. It induces muscular relaxation, mental tranquility and may be used as a tranquillizer before sleep. It gives control over hunger and thirst.

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Contraindications: People suffering from low blood pressure or respiratory disorders such as asthma, bronchitis and excessive mucous, should not practise this pranayama.

Yogic Breathing



Procedure: Sit in a meditation posture and relax the whole body. Inhale slowly and deeply, allowing the abdomen to expand fully. Feel the air reaching into the bottom of the lungs. At the end of abdominal expansion, start to expand the chest outward and upward. When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck. The shoulders and collar bone should also move up slightly. This completes one inhalation. Now start to exhale. First, relax the lower neck and upper chest, then allow the chest to contract downward and then inward. Without straining, try to empty the lungs as much as possible by drawing or pulling the abdominal wall as near as possible to the spine. This completes one round of yogic breathing. Perform 5 to 10 rounds.

Benefits: Yogic breathing is composed of abdominal breathing, thoracic breathing, and clavicular breathing. During the abdominal breathing stage, the lower lobes of the lungs are being utilized. Thoracic breathing utilizes the middle lobes of the lungs and clavicular breathing utilizes the entire lungs. This practice improves lymphatic drainage from basal parts of the lungs, exerts a positive effect on the cardiac functions and coronary supply, and improves oxygenation of the blood and circulation.

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