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Assignment 2 : Unit 2

Questions.

1. Define yoga

Answer.

Yoga is a holistic practice that originated in ancient India, designed to harmonize the body, mind, and spirit through physical postures (asana), breathing techniques (pranayama), meditation, and ethical principles. It promotes physical health, mental clarity, emotional balance, and spiritual well-being.

The term "yoga" is derived from the Sanskrit word "**yuj**," which means "to unite" or "to join," symbolizing the integration of the individual's consciousness with universal consciousness. Yoga encompasses a variety of traditions and styles, ranging from physical disciplines like Hatha Yoga to more meditative and spiritual paths like Raja Yoga and Bhakti Yoga. It is widely practiced today as a means of achieving improved flexibility, stress relief, and overall health.

2. How many types of yoga exist that can be practiced

Answer.

There are numerous types of yoga, each emphasizing different aspects of physical, mental, and spiritual well-being. Below are some of the most common types of yoga that can be practiced:

1. Hatha Yoga

- Focuses on physical postures (asanas) and breathing techniques (pranayama).
- A slower-paced style suitable for beginners.

2. Vinyasa Yoga

- Involves flowing sequences of postures coordinated with breath.
- Often referred to as "flow yoga."

3. Ashtanga Yoga

- A structured and vigorous practice with a set sequence of poses.
- Includes six series, progressing in difficulty.

4. Iyengar Yoga

- Emphasizes precise alignment and uses props (blocks, straps) for support.

- Suitable for individuals recovering from injuries.

5. Bikram Yoga

- A set sequence of 26 poses performed in a heated room (approximately 105°F/40°C).
- Focuses on detoxification and flexibility.

6. Kundalini Yoga

- Combines physical poses, breathwork, chanting (mantras), and meditation.
- Aims to awaken spiritual energy (kundalini) at the base of the spine.

7. Yin Yoga

- A slow-paced style focusing on deep stretching and holding poses for extended periods.
- Targets connective tissues and improves flexibility.

8. Restorative Yoga

- Focuses on relaxation and stress relief using props for support.
- Poses are held for longer durations to promote rest and recovery.

9. Power Yoga

- A dynamic and physically demanding style derived from Ashtanga Yoga.
- Designed to build strength and stamina.

10. Jivamukti Yoga

- Integrates physical poses, spiritual teachings, music, and meditation.
- Focuses on compassion, environmental consciousness, and ethical living.

11. Anusara Yoga

- Focuses on alignment and a heart-centered philosophy.
- Encourages self-expression through poses.

12. Sivananda Yoga

- A classical form that includes asanas, pranayama, meditation, and dietary principles.
- Based on the teachings of Swami Sivananda.

13. Prenatal Yoga

- Adapted for pregnancy, focusing on gentle poses, breathing, and relaxation.
- Helps prepare for childbirth.

14. Aerial (or Anti-Gravity) Yoga

- Uses a hammock or sling to support poses, improving flexibility and strength.
- Combines yoga with acrobatics.

15. AcroYoga

- Combines yoga with acrobatics and partner work.
- Focuses on trust and collaboration.

16. Bhakti Yoga

- Focuses on devotion and spiritual connection through chanting, prayer, and rituals.

17. Raja Yoga

- Known as the "royal path," focusing on meditation and mental discipline.
- Based on the teachings of the Yoga Sutras of Patanjali.

18. Karma Yoga

- The yoga of selfless action and service without attachment to the results.
- Encourages altruism and humility.

19. Tantra Yoga

- Explores energy work, rituals, and mindfulness to connect with oneself and the universe.
- Not solely focused on physical intimacy, as is sometimes misunderstood.

20. Kripalu Yoga

- A gentle practice emphasizing self-discovery and compassion.
- Encourages listening to your body and moving at your own pace.

21. Integral Yoga

- Combines various branches of yoga for holistic development of body, mind, and spirit.
- Includes physical postures, breathwork, and meditation.

3. Find out few asana' s which are beneficial for professionals in long term

Answer.

For professionals, especially those with sedentary jobs or high-stress environments, certain yoga asanas can be highly beneficial in the long term. These poses help alleviate physical strain, improve posture, reduce stress, and enhance overall well-being. Here are some key asanas to consider:

1. Tadasana (Mountain Pose)

Benefits:

- Improves posture and balance.
- Helps in relieving back pain caused by prolonged sitting.

How to do:

- Stand straight with feet together, arms at your sides.
 - Stretch your arms upward and lift your heels off the ground.
 - Hold for 10–15 seconds while focusing on your breath.
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2. Bhujangasana (Cobra Pose)

Benefits:

- Strengthens the spine and relieves lower back pain.
- Opens the chest, counteracting the effects of slouching.

How to do:

- Lie on your stomach, place palms under your shoulders, and lift your chest while keeping your lower body grounded.
 - Hold for 20–30 seconds.
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3. Adho Mukha Svanasana (Downward-Facing Dog)

Benefits:

- Stretches the hamstrings, shoulders, and calves.
- Relieves stiffness in the back and neck.

How to do:

- Start on all fours, lift your hips upward to form an inverted "V" shape, and press your heels down.
 - Hold for 30 seconds.
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4. Trikonasana (Triangle Pose)

Benefits:

- Improves flexibility in the hips and spine.
- Reduces stiffness in the shoulders and neck.

How to do:

- Stand with feet apart, stretch one arm toward the ceiling while the other touches your ankle or the ground.
 - Repeat on both sides.
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5. Ardha Matsyendrasana (Half Lord of the Fishes Pose)

Benefits:

- Improves spinal flexibility and relieves tension.
- Aids in digestion, which can be affected by prolonged sitting.

How to do:

- Sit with one leg folded and the other crossed over, then twist your torso toward the crossed leg.
 - Hold for 20–30 seconds on each side.
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6. Uttanasana (Standing Forward Bend)**Benefits:**

- Stretches the hamstrings and relieves lower back tension.
- Enhances blood circulation to the brain, reducing stress.

How to do:

- Stand straight and fold forward from the hips, allowing your hands to touch the floor or your shins.
 - Hold for 20 seconds.
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7. Viparita Karani (Legs-Up-The-Wall Pose)**Benefits:**

- Reduces swelling in the legs and feet caused by prolonged sitting.
- Calms the mind and relieves stress.

How to do:

- Lie on your back and elevate your legs against a wall.
 - Hold for 5–10 minutes.
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8. Balasana (Child's Pose)**Benefits:**

- Relaxes the back and neck.
- Relieves stress and promotes relaxation.

How to do:

- Kneel, then lower your hips to your heels and stretch your arms forward on the ground.
 - Hold for 1–2 minutes.
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9. Setu Bandhasana (Bridge Pose)

Benefits:

- Strengthens the lower back, glutes, and thighs.
- Opens the chest and improves lung capacity.

How to do:

- Lie on your back, bend your knees, and lift your hips while keeping your feet flat on the ground.
 - Hold for 20–30 seconds.
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10. Shavasana (Corpse Pose)

Benefits:

- Reduces stress and promotes relaxation.
- Helps in mental clarity and focus.

How to do:

- Lie on your back with arms relaxed at your sides, palms facing up.
- Focus on deep, rhythmic breathing for 5–10 minutes.