

VISVESVARAYA TECHNOLOGICAL UNIVERSITY
BELAGAVI -590018



Yoga Report

“Hero (Virasana)”

Submitted by

Miss. Kavita Chavan

2KA21CS021

21YO83

8th Semester



DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

**SMT. KAMALA AND SRI VENKAPPA M. AGADI COLLEGE OF
ENGINEERING AND TECHNOLOGY**

LAKSHMESHWAR 582116

2024-2025

**SMT. KAMALA AND SRI VENKAPPA M. AGADI COLLEGE OF
ENGINEERING AND TECHNOLOGY LAKSHMESHAIR-582116**

(Affiliated to VTU Belagavi)



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Mentor

Mr. Shrikanth Malligawad

HOD

Dr. Arun Kumbi

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Dr. Subhas Meti

Principal

Dr. Parashuram Baraki

INTRODUCTION :

Yoga is a practice that originated in ancient India and has become popular worldwide for its physical, mental, and spiritual benefits. The word "yoga" comes from the Sanskrit word "yuj " which means "to unite" or "to join." It refers to the union of body, mind, and spirit, helping individuals achieve balance, health, and a sense of inner peace.



Key Aspects of Yoga

1. **Physical Practice (Asanas)**: The physical postures or poses in yoga, known as asanas, are designed to improve strength, flexibility, and balance. Some popular yoga poses include Downward Dog, Warrior, and Tree Pose. Asanas also help in stimulating the body's energy channels, enhancing circulation, and supporting overall well-being.
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5. **Spirituality (Samadhi)**: Yoga also has a spiritual dimension, where the ultimate goal is Samadhi, a state of deep meditation and union with the divine or higher consciousness. While not all yoga practitioners aim for spiritual enlightenment, many do experience a sense of connection, peace, and greater awareness through their practice.

Benefits of Yoga

- **Physical Benefits**: Improved flexibility, strength, posture, and balance. It can also help manage pain, such as back pain, and reduce the risk of injury.
- **Mental Benefits**: Reduced stress and anxiety, improved concentration, and a calmer mind. Yoga has been shown to help regulate mood and promote mental clarity.
- **Emotional Benefits**: Enhanced emotional resilience, self-awareness, and inner peace.
- **Spiritual Benefits**: A deeper connection to oneself, a sense of purpose, and, for some, spiritual growth.

Variations of Virasana

Virasana is considered a meditative pose and is largely practiced by many Rishis (Saints) and there are many variations to this pose. The different variations in this pose are explained below.

- Seated on the floor on your knees and shins, place the feet with soles pointing behind you with all the toes touching the floor. This is the simple Virasana Pose.
- The second variation to this is, bring the feet close to each other and place them one upon the other with the soles pointing backwards. Placing your sit bones on the the heels of the feet brings the hip higher. This will bring more pressure to the ankles, so must be done cautiously.

- Placing the hands on the thighs one can practice Uddiyana Bandha or the Abdominal lock pushing the hands downwards on the knees and raising the chest and the upper abdomen upwards. This practice should be done with proper guidance and with mastery of this form of Pranayama.
- Virasana can also be done by raising the arms above your shoulders and head stretching upwards with fingers interlocked. This upwards stretch should help in tightening the chest and upper abdominal muscles.
- Placing the palms on the soles of the feet while seated in a simple Virasana, raise the body upwards with inhalation and as you exhale stretch forward bringing the forehead to the floor in front of you. This works on the lower abdominal muscles toning it and keeps the hips strong and brings tightness to the buttocks.

Hero Pose (Virasana)

Benefits of Hero Pose

- Stretches the thighs, knees, and ankles
- Strengthens the arches
- Improves digestion and relieves gas
- Helps relieve the symptoms of menopause
- Reduces swelling of the legs during pregnancy (through second trimester)
- Therapeutic for high blood pressure and asthma

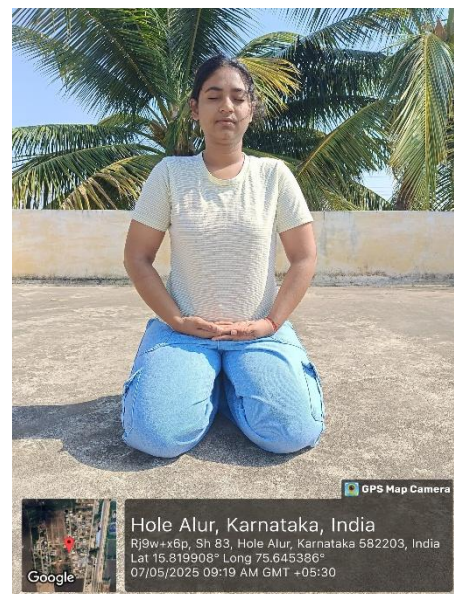
Instructions to do Hero Pose:

- Kneel on the floor (use a folded blanket or bolster to wedge between your calves and thighs if necessary), with your thighs perpendicular to the floor, and touch your inner knees together. Slide your feet apart, slightly wider than your hips, with the tops of the feet flat on the floor. Angle your big toes slightly in toward each other and press the top of each foot evenly on the floor.
- Exhale and sit back halfway, with your torso leaning slightly forward. Wedge your thumbs into the backs of your knees and draw the skin and flesh of the calf muscles toward the heels. Then sit down between your feet.

- If your buttocks don't comfortably rest on the floor, raise them on a block or thick book placed between the feet. Make sure both sitting bones are evenly supported. Allow a thumb's-width space between the inner heels and the outer hips. Turn your thighs inward and press the heads of the thigh bones into the floor with the bases of your palms. Then lay your hands in your lap, one on the other, palms up, or on your thighs, palms down.
- Firm your shoulder blades against the back ribs and lift the top of your sternum like a proud warrior. Widen the collarbones and release the shoulder blades away from the ears. Lengthen the tailbone into the floor to anchor the back torso.
- At first stay in this pose from 30 seconds to 1 minute. Gradually extend your stay up to 5 minutes. To come out, press your hands against the floor and lift your buttocks up, slightly higher than the heels. Cross your ankles underneath your buttocks, sit back over the feet and onto the floor, then stretch your legs out in front of you. It may feel good to bounce your knees up and down a few times on the floor.

Deepen the Pose

Cup your hands around the knees, straighten the arms fully, and pull on the knees. Firm your shoulder blades against your back, lift the top sternum, and release your chin down onto the chest without straining the back of your neck. Hold for 10 to 20 seconds. Then let go of the knees and raise your head back to neutral without losing the lift of the sternum.



Conclusion

We love a pose that looks easy but gives us a physical and mental challenge. On the surface, Hero Pose looks like a simple matter of coming to sit on your knees. But the position requires a specific, careful alignment of your knees and feet. You may have to adjust the pose depending on the anatomy of your calves, ankles, and quadriceps. Maintaining the pose also requires you to sit with yourself and cultivate an inner and outer stillness.

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Yoga Report

“Virabhadrasana 2 (Warrior 2)”

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Certified that the Yoga Report entitled “**SUKHASANA (Easy Pose)**” is a work carried out by **Miss. Kavita Chavan** bearing USN **2KA21CS021**. In the partial fulfillment prescribed by the **VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI** for VIII semester Computer Science and Engineering during the year 2024-2025. This Yoga report has been approved as it satisfies the academic requirements in respect to the Yoga work prescribed for the Bachelor of Engineering Degree.

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Benefits of Yoga

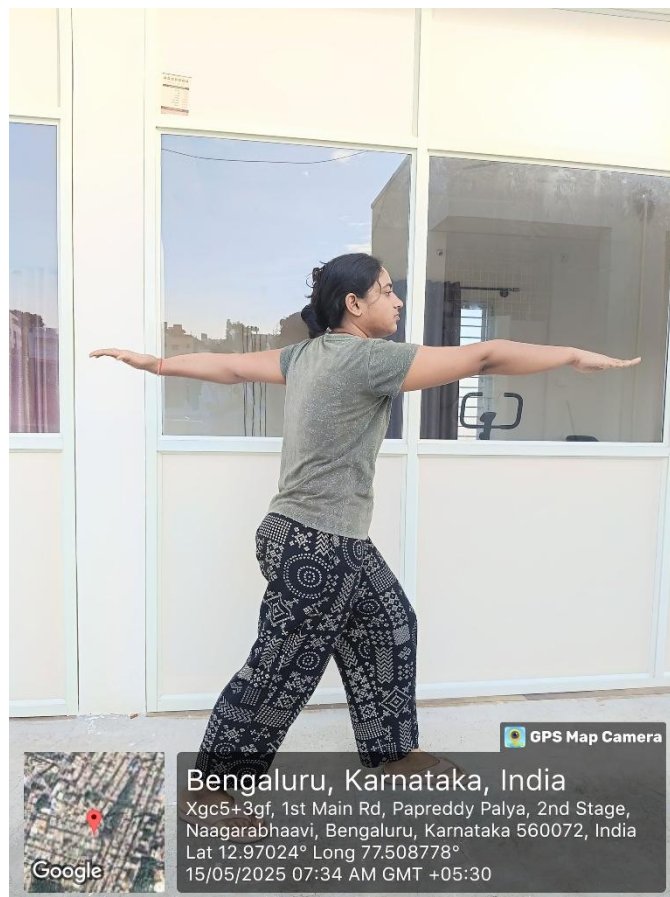
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Virabhadrasana 2 (Warrior 2)

- Warrior II Pose, or Virabhadrasana II, is a strong standing yoga pose where you spread your legs wide and stretch your arms out to the sides. Named after the warrior Virabhadra (Shiva), this pose represents strength, focus, and courage. It helps build muscle and flexibility while improving balance and body awareness.
- In Warrior II, you position your feet, bend one knee, and extend your arms to create a stable and powerful stance. This pose works several muscles and helps you stay focused and centered. Whether you're new to yoga or have been practicing for a while, Warrior II is a great pose for building strength and confidence.
- The three Virabhadrasana poses are named after Virabhadra, the great warrior believed to have emerged from one of the dreadlocks of Lord Shiva.

Virabhadrasana 2 Benefits

- **Enhances stability:** Virabhadrasana II focuses on muscle alignment, which is crucial for core stability. Practicing this pose improves core strength and body control, making it an effective practice for injury prevention. It helps practitioners develop greater awareness of balance and stability throughout the body.
- **Improves respiration:** During Warrior II, deep breathing is essential for holding the pose effectively. This practice strengthens the respiratory organs, expands the chest and lungs, and helps prevent respiratory disorders.
- **Helpful during pregnancy:** Warrior II pose involves stretching muscles for an extended duration, increasing endurance and flexibility, and enhancing overall strength. Therefore, it can be beneficial and practiced during pregnancy
- **Boosts stamina:** The Warrior II pose helps the practitioner build and boost stamina. By holding the pose correctly, endurance improves, leading to increased energy and vitality.



Conclusion

Achieving courage, balance, stamina, and strength is a goal for every individual. Remarkably, these qualities are already within us; it just takes awareness to bring them to the forefront.

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Yoga Report

“Bhujangasana (Prone back bending)”

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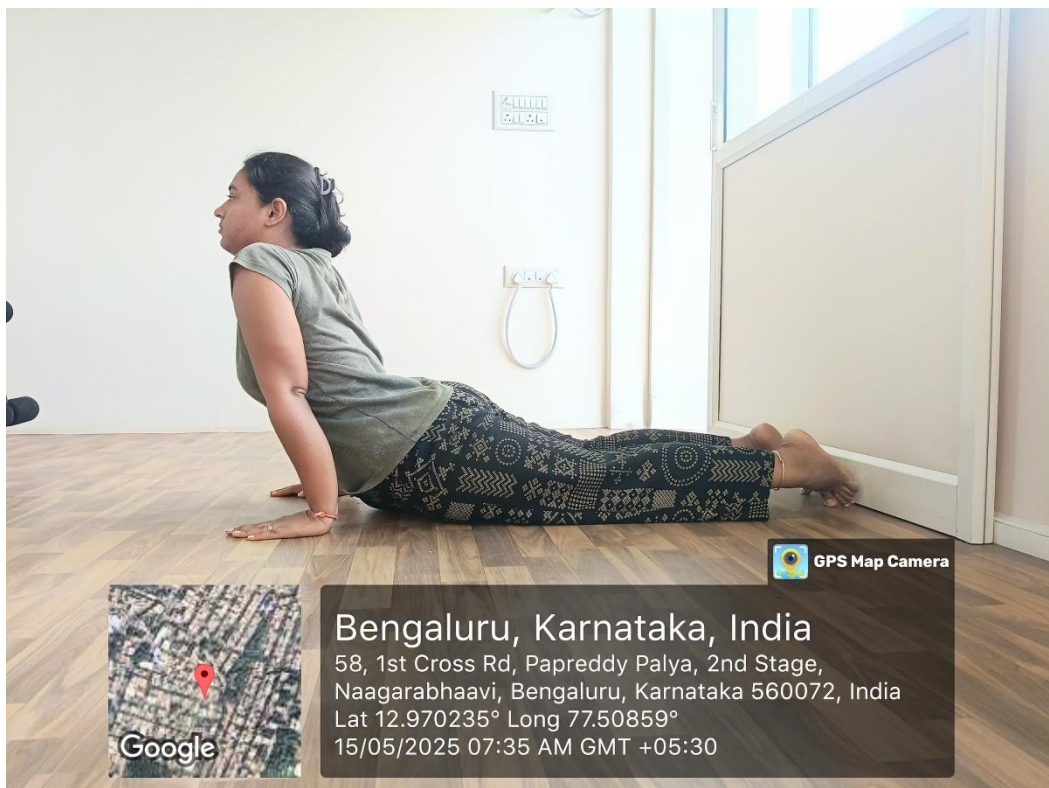
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Bhujangasana

- Bhujangasana is a back-bending pose that grants the practitioner movability of the lower back and spine. Moreover, It promotes flexibility in the entire torso region that helps in the broadening of the thoracic volume and ultimately promotes respiratory capacities.
- Apart from that, it also helps in strengthening of wrist, forearms, shoulder, lower back, and the muscles attached to the spinal column. Due to the beginner level category of this pose, Bhujangasana is one of the easiest backbends which can be performed by almost all of the age group. So, one can promote their mind and body balance with a regular practice of Bhujanagasna in their daily life.

Bhujangasana Benefits

- **Improve flexibility** : Practicing Bhujangasana results in stretching of the chest, shoulder, back, calves, and thigh muscles. This promotes the muscular range of movements by invigorating the bundles of muscle fibers. Hence, improves practitioner's flexibility.
- **Massages Abdominal organs** : The upliftment of the torso makes the abdominal region suffer pressure. This gives a massaging effect on the organs residing in the abdominal cavity, which improves blood circulation. This further ensures their better functioning along with detoxification.
- **Helps in diabetes** : Holding for a longer period of time in this asana makes the muscles draw glucose for energy, which reduces instant glucose from the blood.
- **Stimulates chakra** : Appropriate technique along with effective breathing in bhujangasana might result in the stimulation of the Anahata (Heart) chakra. This further aids the proper functioning of the organs of respiration and circulation.



Conclusion

Bhujangasana is an easy to practice backbend pose, which improves flexibility along with muscular strengthening. Apart from that, it massages abdominal organs and also helps in overcoming diabetes, sciatic nerve pain, etc..