

Annexure-1

Yoga

Name of the
organization:UDEMY

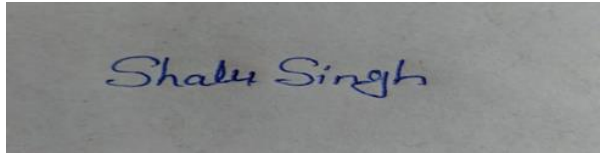
Submitted in the partial
fulfilment of the requirements for
the award of degree of B. Tech

At LOVELY PROFESSIONAL
UNIVERSITY PHAGWARA,PUNAJB



from 18-05-2021 to 21-06-2021

Shalu Singh



Certificate of Completion

*This is to certify that **Shalu Singh**
successfully completed 33 total hours of **Yoga At
Home - Flexibility, Fitness, Strength & Weight Loss**
online course on June 22, 2021*

Tristan Cox
Tristan Cox, Instructor



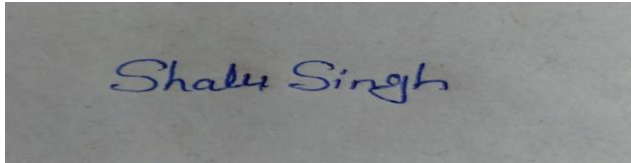
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Version 3

#BeAble

Annexure-2

STUDENT DECLARATION to whom so ever it may concern I Shalu Singh;registration number 12020810,hereby declare that the work done by me on “YOGA”from may 2021 to June 2021 is a record of original work for the partial fulfilment of the requirement for the award of the degree,B. Tech(Computer Science and Engineering).

Name of the student(registration number)Signature of the student: Shalu Singh
(12020810)



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Introduction of Yoga:

What is Yoga?

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvāna, kaivalya or moksha.


"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The Fundamentals of Yoga:

- Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we utilise the body; Jnāna Yoga where we utilise the mind; Bhakti Yoga where we utilise the emotion and Kriya Yoga where we utilise the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories.
- Every individual is a unique combination of these four factors. Only a guru (teacher) can advocate the appropriate combination of the four fundamental paths as is necessary for each seeker. "All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru."

Yogic practices for health and wellness:


- The widely practiced Yoga sadhanas are: Yama, Niyama, Āsana, Prānāyāma, Pratyāhara, Dhāraṇa, Dhyāna, Samādhi, Bandhas and Mudras, Shatkarmas, Yuktāhāra, Mantra-japa, Yukta-karma etc. Yamas are restraints and Niyamas are observances. These are considered to be pre-requisites for further Yogic practices. Āsanas, capable of bringing about stability of body and mind, "kuryat-tadasanam-sthairyam", involve adopting various psycho-physical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time.
- Prānāyāma consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "flow of in-breath and out-breath" (svāsa-prasvāsa) through nostrils, mouth and other body openings, its internal and external pathways and destinations. Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (svāsa) leading to the awareness of the body space getting filled (puraka), the space(s) remaining in a filled state (kumbhaka) and it getting emptied (rechaka) during regulated, controlled and monitored exhalation(prasvāsa).
- Pratyāhara indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. Dhāraṇa indicates broad based field of attention (inside the body and mind) which is usually understood as concentration.


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- Dhyāna (meditation) is contemplation (focussed attention inside the body and mind) and Samādhi (integration).
 - Bandhas and Mudras are practices associated with Prānāyāma. They are viewed as the higher yogic practices that mainly adopt certain physical gestures along with control over respiration. This further facilitates control over mind and paves way for higher Yogic attainment. However, practice of dhyāna, which moves one towards self-realisation and leads one to transcendence, is considered the essence of Yoga Sādhana.
 - Śaṭkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. Yuktāhāra advocates appropriate food and food habits for healthy living.

History of Yoga:

- Yoga, most people believe, is just asanas and pranayamas that are meant to keep a person in good health. But there's more to this ancient art and science that seeks to harmonize body, mind, and spirit. The word 'Yoga' is derived from the Sanskrit word 'yuj', meaning 'to join' or 'to unite'. It is meant to help the individual overcome suffering and help him/her evolve spiritually to the 'state of liberation'.
- One of the oldest sciences in the world, Yoga originated in India. According to mythology, Lord Shiva was the first one to impart the knowledge of yoga. Yoga, dating back to 2700 BC, is an offering of the Indus valley civilization that seeks to promote both the material and spiritual well-being of humanity. Basic human values are at the heart of Yoga.


- The earliest mention of 'yoga' is in the Rig Veda. The Atharva veda mentions 'breath control', but it is not possible to pin down exact dates because the Vedas were passed down orally. But much before this—2700BC—several seals depicting Yoga asanas were found in the Indus-Saraswati civilization. The main sources that provide information about Yoga and associated literature are available in the Vedas, Upanishads, Smritis, teachings of Buddha, Panini, the epics, the Puranas, etc.
- 500 BC to 800 AD is considered the classical period and also the richest period in the growth of Yoga. The commentary by Vyasa on Yoga Sutras was written during this period, and two great religious teachers—Mahavira and Buddha—made their appearance during this time. The eight-fold path by Buddha can be considered as the precursor of Yoga Sadhana

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- More elaborate explanations can be found in the Bhagwad Gita which presents, in greater detail, the concept of Gyan Yoga, Bhakti yoga, and Karma yoga. They are timeless and are relevant even today.
 - Patanjali's Yoga Sutras, besides focusing on various aspects of yoga, is identified with the eight-fold path of yoga. During this period, the focus was on the mind; Yoga seeks to bring both body and mind under control to experience equanimity.
 - The Post-classical period stretches from 800 A.D. – 1700 A.D. During this period, Adi Shankaracharya, Ramanujacharya were the more prominent contributors, and the teachings of Suradasa, Mirabai, Tulsidas also gained prominence. Matsyendranath, Gorkshanatha, Suri, Gheranda, Shrinivasa Bhatt were responsible for spreading Hatha yoga during this period.

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- Later, in the mid-nineteenth century, Swami Vivekananda took Yoga to the West. Raja Yoga was developed by Ramana Maharshi, Ramakrishna Paramahansa, K Pattabhi Jois, Paramahansa Yogananda. Shri Yogendraji made a vital contribution to the field of yoga by demystifying it and making it available to the householder; this way yoga became accessible to millions, many of whom had believed till then that yoga was only for mystics and recluses.
 - Briefly, this has been the long journey that Yoga has taken into the 21st century. Yes, it has changed and grown over the years, but its essence remains the same, which is becoming self-realized.

Yoga in Ancient Period and in Modern Period:

- Classical period(184 BC to 148 BC):During the classical period, Patanjali compiled 195 sutras (aphorisms) of yoga into a more concise form. Patanjali's view on yoga is known as Raja Yoga. It has the classical eight limbs: Yama (social conduct), Niyama (personal conduct), Asana (physical postures), Pranayama (breathing regulation), Prathyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation) and Samadhi (transcendence). Though Patanjali added physical postures and breathing regulation to yoga, they were used only as practices secondary to Dhyana and Samadhi. Patanjali's sutras do not name any asanas or pranayama.
- Post classical period (800 AD to 1700 AD):During this age, followers of Patanjaliyoga gave yoga a new outlook by giving greater importance to the asanas, kriyas and pranayama, for cleansing of the body and mind. The purification of body and mind helped practitioners reach higher levels of practice, like Samadhi. This form of yoga is called hatha yoga.

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- Modern period (From 1863 AD onwards): Yoga was introduced to the rest of the world by Swami Vivekananda when he mentioned it in his historic speech at the Parliament of Religions in Chicago. Many yogis like Maharishi Mahesh Yogi, Paramahansa Yogananda, Ramana Maharishi, etc., influenced the western world profoundly through their spiritual accomplishments and gradually yoga was accepted throughout the world as a secular spiritual practice rather than a ritual-based religious doctrine.
 - In recent times, T.Krishnamacharya trained three disciples, BKS Iyengar, Pattabhi Jois and TVK Desikachar. These yoga masters popularized yoga globally.
 - The form of yoga we practice today, may be different from the original form of yoga, but is based on the same classical concepts propounded by Patanjali. The only difference seems to be that today, we work on our bodies before we begin working on our minds.

Introduction of types of Yoga:

- The tradition of yoga practice is thousands of years old, so no one can technically copyright any yogic posture. However, the methods and techniques of practicing are as numerous as the personalities of those who practice yoga. Here we've put together the 13 most popular yoga types for you to help you decide which ones may be best for you:

- Hatha Yoga
- Iyengar Yoga
- Kundalini Yoga
- Ashtanga Yoga
- Vinyasa Yoga
- Bikram Yoga
- Yin Yoga
- Restorative Yoga
- Prenatal Yoga
- Anusara Yoga
- Jivanmukti Yoga
- Aerial Yoga
- Acro Yoga

Hathya Yoga:

- The term Hatha Yoga originally refers to every kind of physical yoga posture, and the term is thousands of years old. Today in the United States, however, many people seek to develop their own personal styles of practicing these postures and copyright these styles.
- When you hear a class described as Hatha Yoga style today, it often refers to practicing yoga postures slowly with careful awareness of the movements. There are no fixed sequences or specific breathing patterns typically associated with a modern Hatha Yoga class. Some teachers will focus on breathing, and some will focus only on working the muscles in the postures.

Iyengar Yoga:

- Sri K. Pattabhi Jois and B.K.S. Iyengar were both yoga students of the same yoga teacher: Krishnamacharya in Mysore, India. However, they both created different styles of practicing yoga based on their personalities and individual experiences. Sri K. Pattabhi Jois developed schools of Ashtanga Yoga, described further below.
- B.K.S. Iyengar went on to develop a yoga style that could help everyone, especially people with illnesses and injuries because he learned how to recover from many health problems of his own through yoga. B.K.S. Iyengar began teaching yoga in 1936, and he founded his first Ramamani Iyengar Memorial Yoga Institute in Pune, India in 1975. Now Iyengar institutes have come up all over the world. The Iyengar style has become famous for its creative use of yoga props to help students of every level achieve some variation of virtually every yoga posture.

Kundalini Yoga:

- Yogi Bhajan established Kundalini Yoga in the United States, founding the Kundalini Research Institute in 1971. His full name is Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji, and he came from a tradition of Sikh Masters in India. His organization certifies teachers and has opened schools of yoga internationally as well.

Ashtanga Yoga:

- The literal term Ashtanga Yoga means the eight limbs of yoga elaborated in Patanjali's "Yoga Sutras," written thousands of years ago. Therefore, almost every yoga teacher in every yoga school has some connection to this tradition. In the United States, however, those who mention Ashtanga Yoga are often referring to the school created by Sri K. Pattabhi Jois, who studied under Iyengar's teacher in Mysore. The first school of Sri K. Pattabhi Jois was the Ashtanga Yoga Research Institute, or "AYRI," founded in Mysore, India around 1948. His schools have spread out internationally as well.

Vinyada Yoga:

- Vinyasa Yoga describes many variations of "yoga-flow" sequences inspired by the series of postures taught in Ashtanga Yoga by Shri K. Pattabhi Jois as well as the personalized Viniyoga approach of Krishnamacharya's son T.K.V. Desikachar. The main focus of Vinyasa Yoga is linking breathing to each movement while practicing the postures.

Bikram Yoga:

- Bikram Choudhury created this "hot yoga" style, basically recreating the environment of his hometown in Calcutta, India. He later founded Bikram's Yoga College of India. While to the Western world it seems like doing yoga inside of a sauna, classroom temperatures of up to 100 degrees and 40 percent humidity or more are everyday living conditions in most of India.

Addvantages of Yoga and Meditation:

- Increased Flexibility, Balance, and Strength
- Improved Circulation and Heart Health
- Lower Stress Levels
- Mental Clarity
- Weight Loss
- Improved Symptoms
- Longer Life
- Increased Levels of Positivity
- Improved Sleep Quality
- Improved Coping with Mental Illness
- Enhancing you to be a better person

Disadvantages of Yoga:

- 1. Injury Risks
- 2. Age Considerations
- 3. Health-related Threats
- 4. Dehydration
- 5. Loss of Confidence or Enthusiasm
- 6. Building Passive Strength
- 7. Social Pressure

Conclusion: While Yoga is among the top most popular ways of staying in shape and striving for living a healthier physical and mental life, it poses some risks both for the body and the mind. Most susceptible to the potential disadvantages of Yoga are the beginners who are not well educated about the various specifics of the yoga styles, poses, and all related peculiarities, which come with time and experience of facing and overcoming challenges of all sorts.

Rules to follow
to ensure your
positive and
enjoyable yoga
experience
are:

- always warm your body before practice,
- never push yourself beyond your physical limitations,
- try as hard as possible to be present on the mat,
- move your body with control and awareness,
- and only compare to yourself.

Reference:



WIKIPEDIA
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