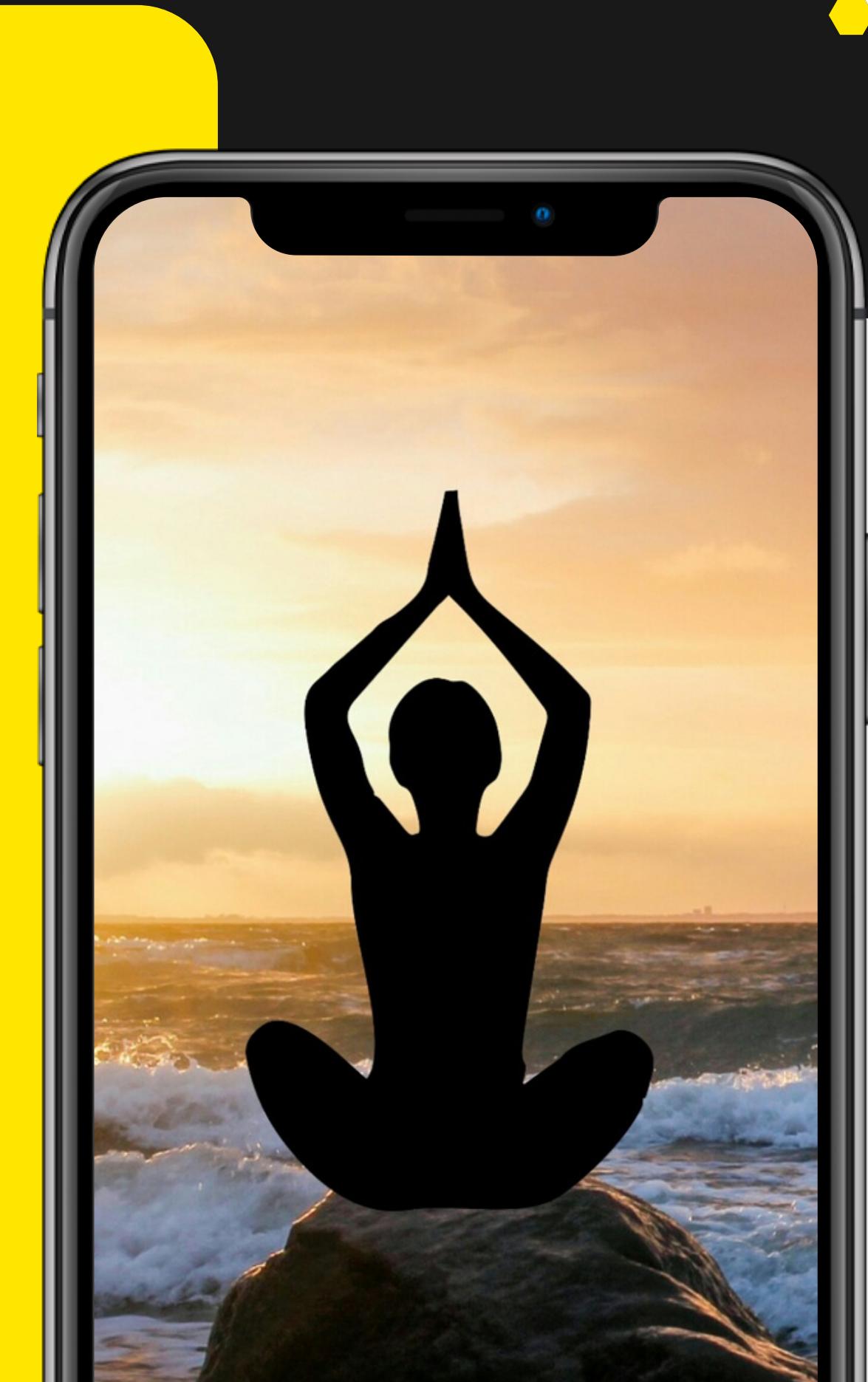


GITAM UNIVERSITY

Stress Management by Yoga



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YOGA

In Sanskrit, yoga means "union", is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India.

KEY BENEFITS:

- reduce stress.
- relieve anxiety.
- help manage depression.
- decrease lower back pain.
- improve quality of life in those with chronic conditions or acute illnesses.
- stimulate brain function.
- help prevent heart disease.



DIFFERENT SECTORS OF YOGA

Eight Limbs of Yoga



1 yamas

5 social ethics

ahimsa - kindness
satya - truthfulness
asteya - nonstealing
brahmacharya - moderation
aparigraha - generosity

8 samadhi

pure bliss

Constant complete harmony of the Self with universe

7 dhyana

de-concentration

Dropping all the efforts and letting go

6 dharana

concentration

Focus and attention

5 pratyahara

turning inward

Providing alternate 'inner point of attraction' (like breath, chakra) to the senses to go inward

2 niyamas

5 personal practices

saucha - purity
santosha - contentment
tapas - austerity
swadyaya - self-study
iswara-pranidhana - surrender

3 asana

postures

Easy comfortable positions of the body, connecting the mind and spirit to experience stillness and infinity

4 pranayama

mindful breathing

Honoring the breath to uncover the light within



YAMAS

- The Yamas represent a series of "right living" or ethical rules within Hinduism and Yoga.
- It means "control".
- They are a form of moral rules, or goals.
- The Yamas are the "don't do these" list of self-restraints, typically representing commitments that affect one's relations with others and self.



Types of Yamas

YAMA 1: NON-HARMING (AHIMSA) →

the highest ranking among them is the practice of non-harming or non-violence.



YAMA 2: TRUTHFULNESS (SATYA) →

seeing and reporting things as they are rather than the way we would like them to be.

YAMA 3: NON-STEALING (ASTEYA) →

Not stealing with tangible objects, but intangibles, such as information and emotional favors

YAMA 4: MODERATING THE SENSES (BRAHMACHARYA) →

- mind is freed from domination by the senses, sensual pleasures are replaced by inner joy.
- walking in God-consciousness

YAMA 5: NON-POSSESSIVENESS (APARIGRAHA) →

All the things of the world are yours to use, but not to own



NIYAMAS

The complementary Niyamas represent the "do these" list of observances, and together Yamas and Niyamas are personal obligations to live well.



Types of Niyamas

The five niyamas are:

- "**Saucha**" – "purity"
- "**Santosha**" – "contentment"
- "**Tapas**" – "self-discipline"
- "**Svadhyaya**" – "self-study"
- "**Ishvara pranidhana**" – "surrender to a higher source"



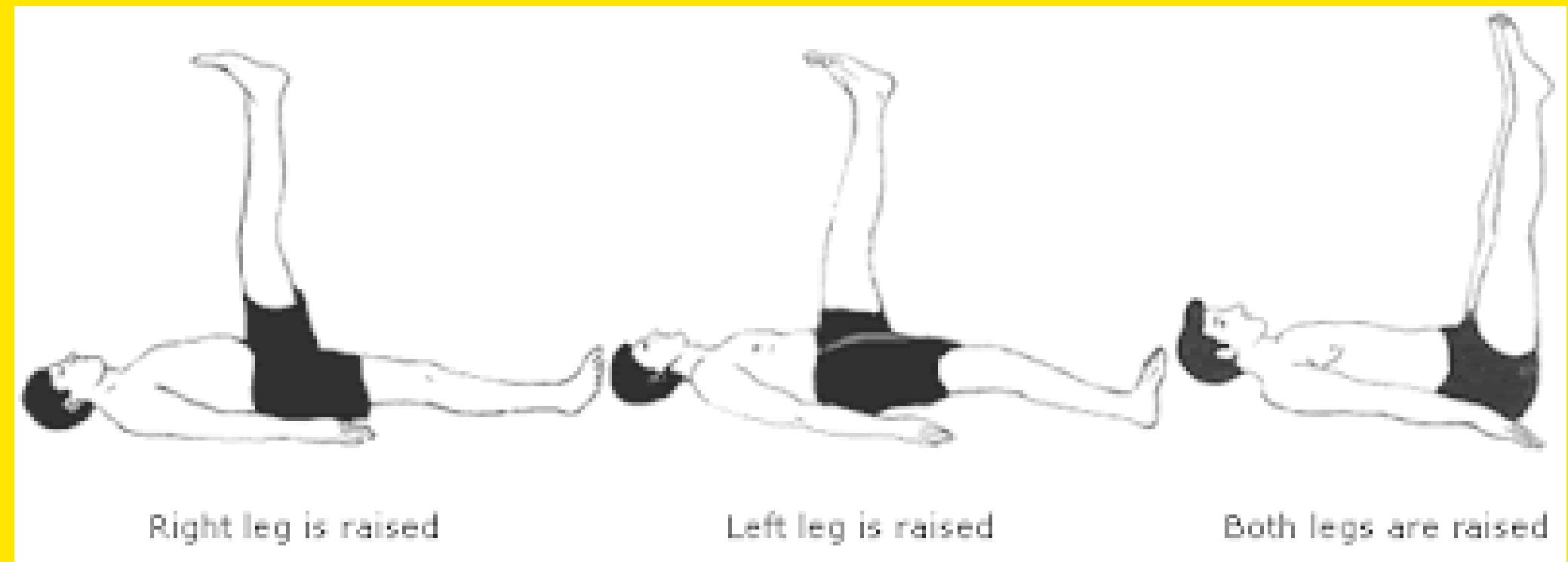
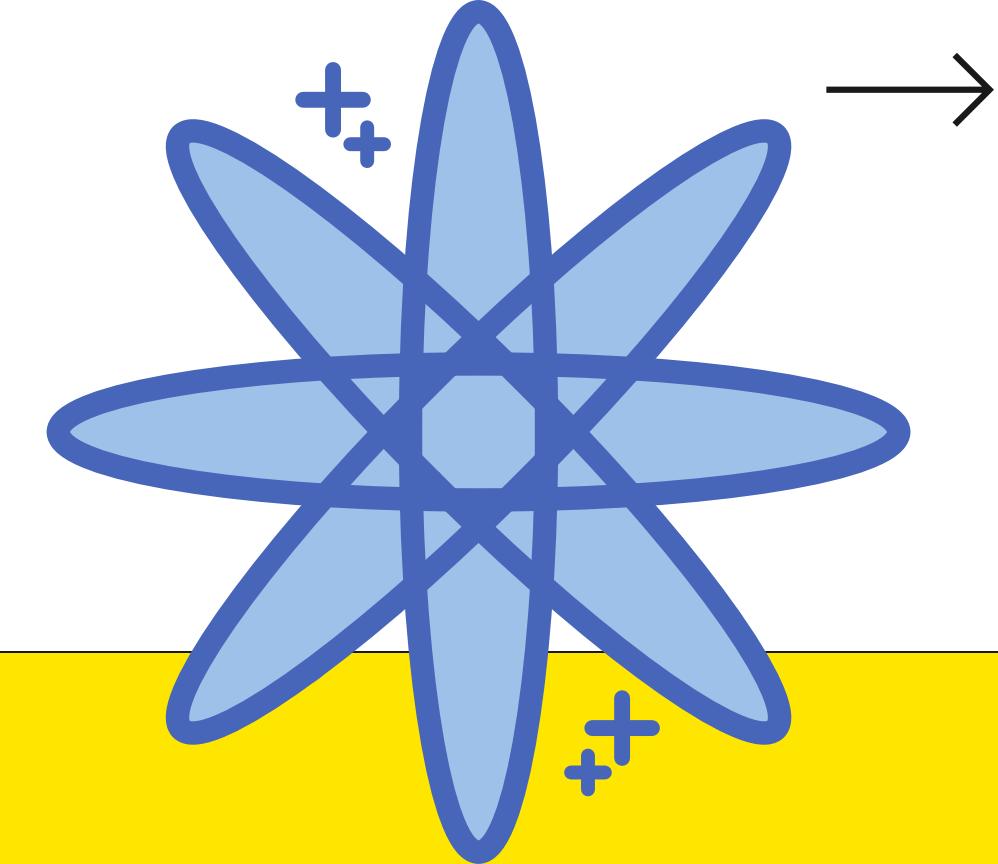
ASANAS

A few I do on a regular basis & a few tried to do !



1) Ardha halasana (half plough asana)

- It helps strengthen the thigh and calf muscles.
- It can help you lose weight and reduce belly fat.
- It stimulates abdominal organs
- This yoga asana relieves constipation.
- It improves circulation..



ASANAS

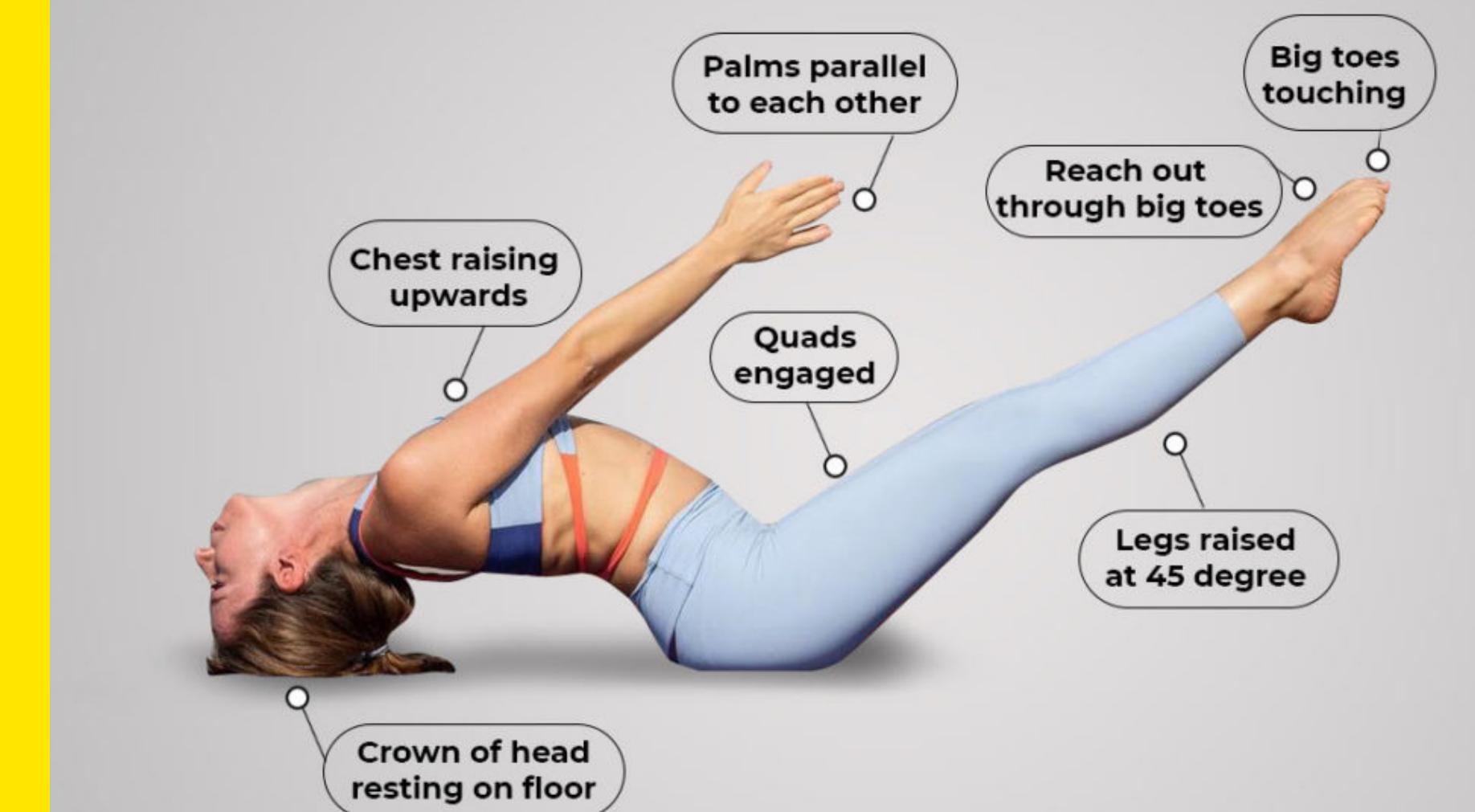
A few I do on a regular basis & a few tried to do !



2) Uttana Padasana

- Strengthens legs and hip muscles.
- Stretches the arms and shoulders.
- Improves spine flexibility.
- Tones the abdomen.
- Stimulates reproductive organs.
- Maintains metabolism.

Uttana Padasana (Raised Leg Pose)



ASANAS

A few I do on a regular basis & a few tried to do !



3) Bhujangasana (Cobra Pose)

- Strengthens the spine.
- Stretches chest and lungs, shoulders, and abdomen.
- Tones the buttocks.
- Stimulates abdominal organs.
- Helps relieve stress and fatigue.
- Opens the heart and lungs.
- Soothes sciatica.
- Therapeutic for asthma.



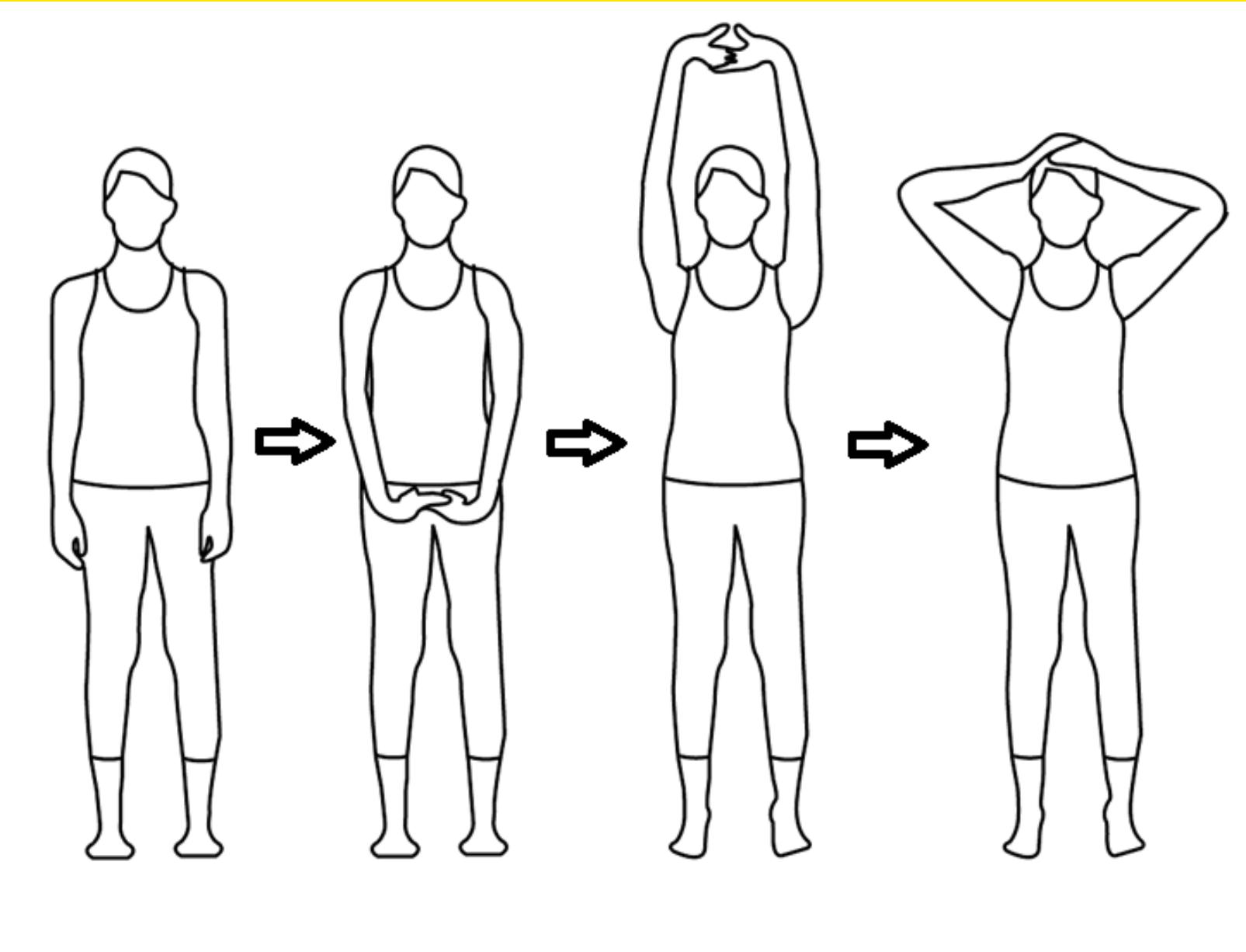
ASANAS

A few I do on a regular basis & a few tried to do !



4) Tadasana

- It improves posture, opens up the chest, and lengthens the spine
- Gently strengthens the thighs, buttock and leg muscles
- It is also beneficial in increasing awareness and concentration
- Reduces flat feet and relieves sciatica
- Releases tension from the face



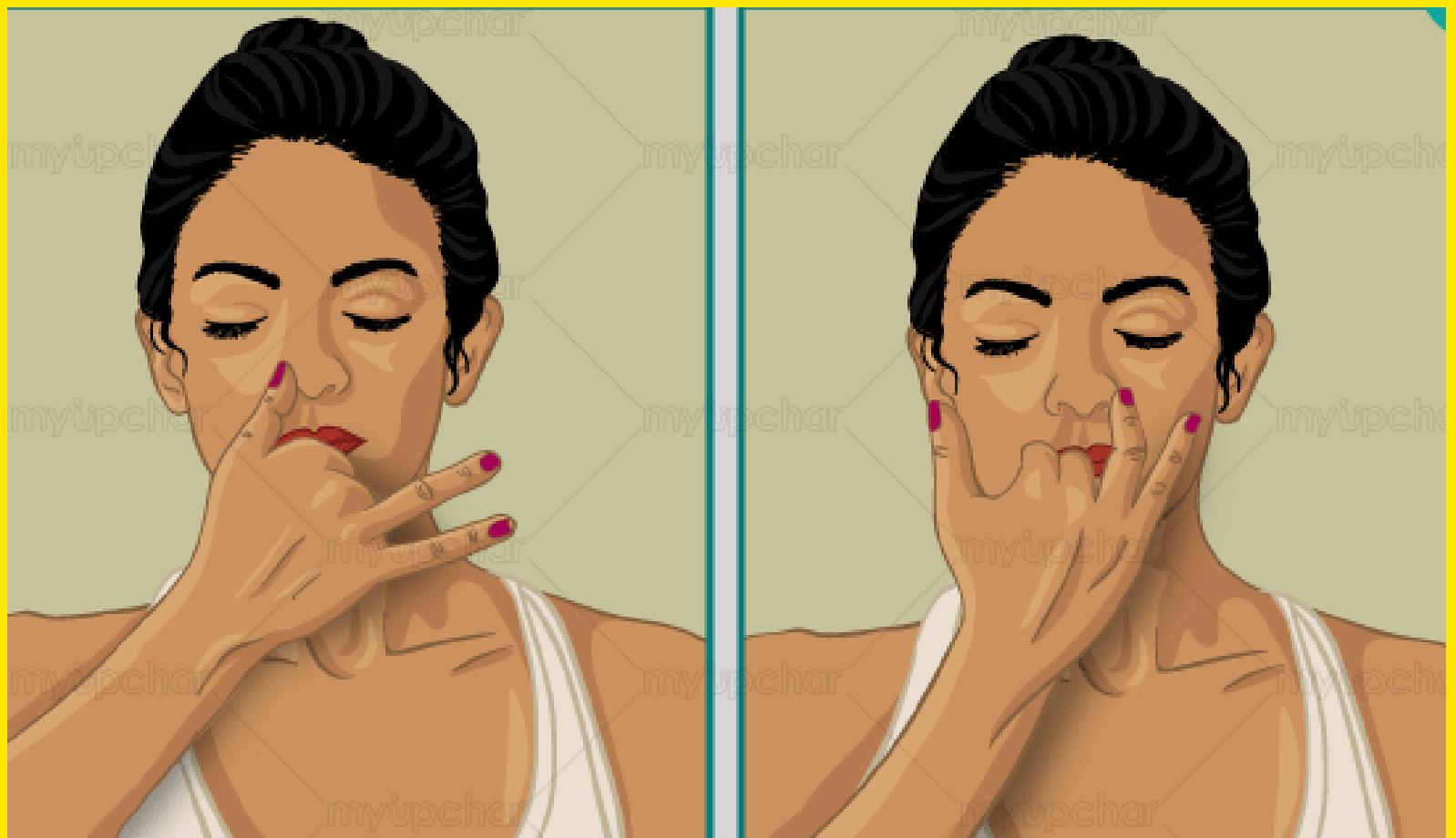
PRANAYAM

A few I do on a regular basis & a few tried to do !



1) Anulom vilom pranayama

- Helps in keeping mental disorders at bay.
- Improves concentration, spiritual power, and memory strength.
- Strengthens the lungs and keeps it from diseases.
- Boosts jatharagni (digestive fire) and improves digestion.
- Calms the mind and relieves mental and physical stress.



PRANAYAM

A few I do on a regular basis & a few tried to do !



2) Kapalbhati

- Increases the metabolic rate and aids in weight loss.
- Enhances the capacity of the lungs and makes them stronger.
- Stimulates the abdominal organs and thus is extremely useful to those with diabetes.
- Improves blood circulation and adds radiance to the face.
- Improves digestive tract functioning, absorption, and assimilation of nutrients.
- Energizes the nervous system and rejuvenates brain cells.
- Calms and uplifts the mind.

KAPALBHATI HOW TO DO



PLAYING GUITAR

Started playing at 7.
learnt from youtube guided by my
brother.
Gave many stage performances

WHY?

Music is peace for me. I have music for
every emotion and mood.
Music helps me to get over stress and
connect to my inner self.



Instagram pages

- This covid era has made everyone realize, that time wasn't an issue, passion and hard work were.
- I started a motivational page just for fun and struggled for months, trying to reach the first 500 followers. but one day, I met my mentor Niklas, he had successfully grown and ran 20+ 200K pages, and then had earned over 1M\$ in 3 months with those pages.
- And by god's grace, I took up his mentorship and learned the art to grow pages and monetize them.

SMMA



- And since then I have been running 35+ pages and sold 120+ pages.
- At present, I have a clientele network of 250K+ due to this business and a reach of 10M+ headcount.
- Now I run a social media marketing agency, in which we manage client's pages, create content for them, create sales funnels, market their products, and run advertisements for them.
- We provide training for DM Closing.
- We also provide DM closing and early engagement boosts for pages based on the client's products and demands.

ONE OF MY FIRST PAGES



BAD NEWS IS TIME FLIES.
GOOD NEWS IS,
YOU'RE THE PILOT !



NEVER EXPLAIN YOURSELF !

YOUR REAL FRIEND'S DON'T NEED IT.
YOUR ENEMIES WON'T BELIEVE IT.

Millionaires_Core



PEOPLE TALK BEHIND YOUR BACK !
That's why they are
BEHIND YOU.



NO BEES. NO HONEY !



5 YEARS OF

WORKING ENDLESS HOURS

SAVING YOUR MONEY

INVESTING 15-20% OF INCOME.

LIVING ON LESS

DEVOTING YOURSELF TO WORK

WORKING ON YOUR SIDE HUSTLE.

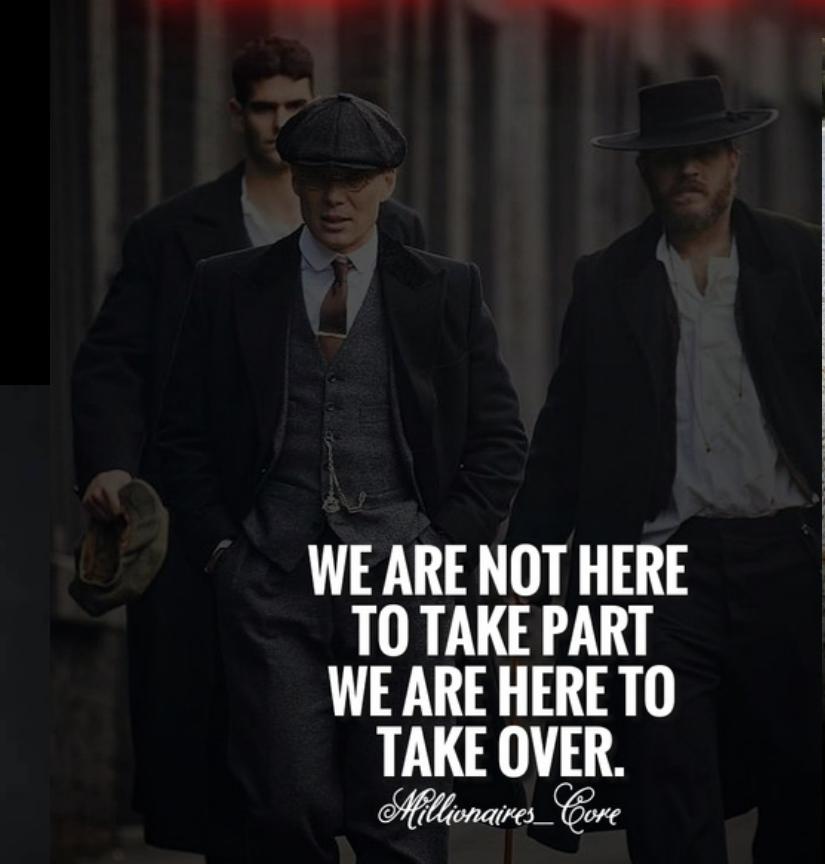
GETTING THE RIGHT MENTOR

WILL MAKE YOU SET FOR LIFE.

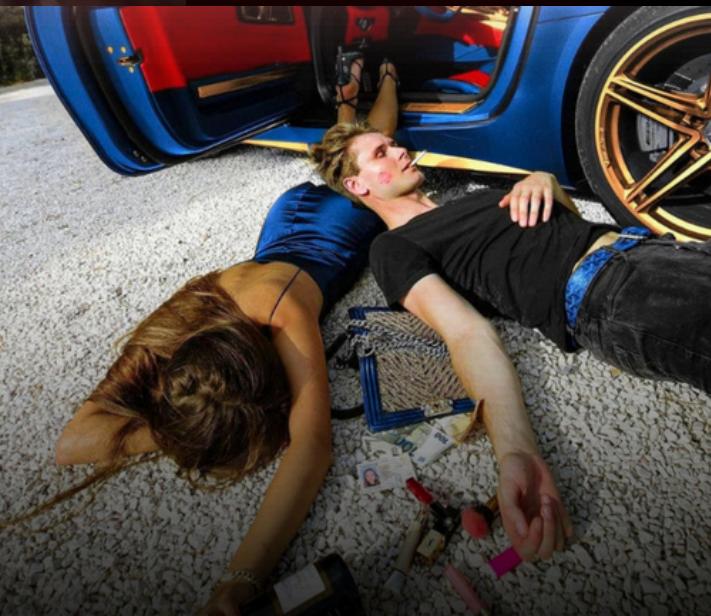


EVERYBODY LOVES YOU UNTIL YOU BECOME COMPETITION

THEY AREN'T PAGES, THEY ARE MEMORIES

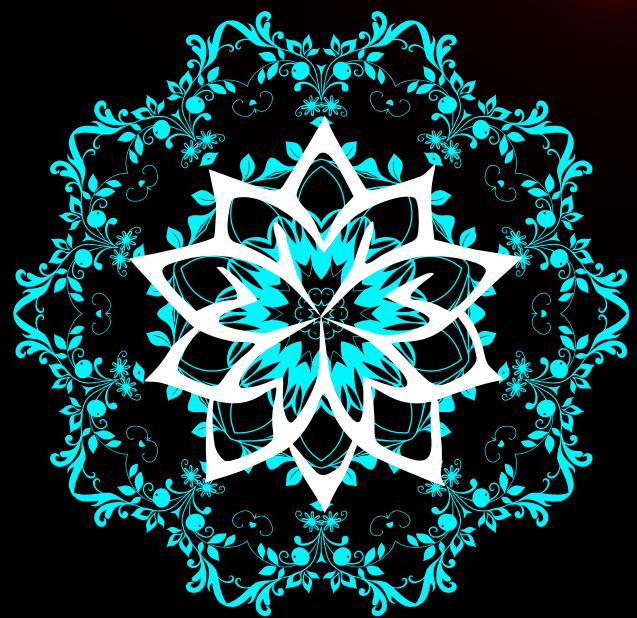


WE ARE NOT HERE TO TAKE PART
WE ARE HERE TO TAKE OVER.
Millionaires_Core



DON'T BEND TOO MUCH !
PEOPLE WILL F8CK YOU
RUN AWAY.

Thank you



Spread love
and joy

FROM ABY