

Important information in daily life



Part-1

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There will be a series of booklets which may cover important information related to health, education, information about Govt projects/schemes & other information which are important & very useful in the daily life. Keep all the booklets with you to have these complete details.

Regards

Author

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Mudras :

Mudras are excellent hand postures; which can be done by elderly people; who finds difficulty in doing normal yoga exercises ; especially who have not tried yoga posture earlier. Though 'Mudras' is for all.

To do Mudras; you just need to use your fingers & thumb & their various combinations.

There is a continuous flow of energy in all the body parts. When there is some obstruction in flow this energy in the body; body complains in some form & it lead to some disease; sooner or later.

Mudra helps in flow of this energy in the body ;by generating the energy waves movement & even helps in curing many health problems such as diabetes , blood pressure, heart problems, recurring cough & cold , gastric problem, Parkinson (a severe incurable air related disease) etc.

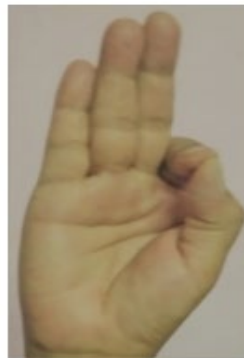
We will discuss some of the basic mudras ; which will energise you ; help you to keep in good health & maintain the immunity also.

Note : For the best effect of Mudras in the body; Keep a gap of minimum 1 hour between Mudras & normal yogasana postures. Best effect will be when you do Mudras & other yogasana on alternate days. Even when doing on a single day ; keep gap between mudras & yogasans .

Gyan Mudra :



Gyan Mudra



Gyan Mudra

Gyan Mudra increases focus & enhance memory. Though for all ; especially it is excellent for students.

Gyan Mudra Method:

To do Gyan Mudra ; join the tips of thumb and index finger of both the hands & keep on your knees; while sitting in cross leg position or padmasana.



Prithvi Mudra

Prithvi Mudra :

Prithvi Mudra balances the earth content in the body.

Prithvi Mudra is helpful to relax your body, helps in to get rid of fatigue in the body/ body parts. Prithvi Mudra is helpful to people/patients who became weak after certain disease/ medication & thus helps in reshaping the body back to normal. It is also helpful for normal healthy person ; for the reason mentioned above.

Method :

To do Prithvi Mudra sit straight, join the tip of your thumb with the tip of ring finger. Keep this Mudra posture on your knees ; while you are sitting & keeping your back straight. When you keep your back straight; there is proper flow of energy waves in the body; which is the basic principle of all the Mudras. Hold the position for minimum 3-5 minutes.

Note : After doing all mudras you can sit in Vajrasan position ; breath normally & relax.



*Wow! This is the
coolest one!*

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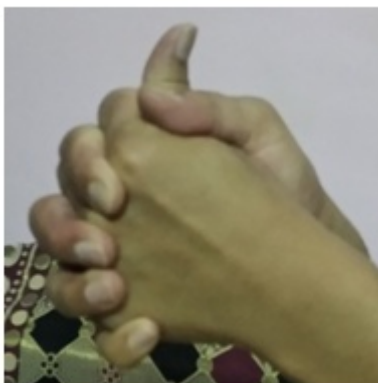
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Ling Mudra :



Ling Mudra

Ling Mudra is another important Mudra which helps to people having the problem of recurring cough & cold & thus helps in all kind of flu's. It removes the extra accumulated cough in chest & adjoining areas & thus relieve from the cough & flu. While doing Ling Mudra; it generates heat in the chest area; which actually perform the healing effect. Before doing this mudra; you must drink a glass of water; which helps in getting rid of developed cough.

Method :

To do this Mudra cross the fingers of both the hands & thumbs as shown in the picture; put it in front of your chest ; & raise the lower folded thumb. Stay in this position for few minutes.

Repeat the mudra by exchanging the thumbs. i.e. Keep lower thumb up & upper one down; keeping the fingers crossed in front of the chest.

Doing Yoga Asana:

Important Note:

1. Yoga must be done in empty stomach.
2. Best time of doing Yoga is in early morning.
3. If done during the day ; it must be done minimum 3 hours after intake of food .
4. All the Asanas must be done slowly, without any jerk. Else it may not give any benefit.
5. Exhale/ Inhale/ hold breath/ breath normally ; wherever necessary; as per Asana procedure.
6. There is a particular method of doing every Asana. Yoga must be done as per standard method ; & there is nearly no margin of modification/ alteration in the Yogasanas ; as yoga effects directly your organs ; body & soul.

Surya Namaskaar

Surya Namaskar is a very few Asana which covers the whole body. There is no need to mention; that to build overall immunity ; we need to keep all the body parts ; healthy ; thus to keep ourselves; immune to all types of diseases.

Surya Namaskaar



Pose 1

Pose 2

Pose 3



Pose 4

Pose 5

Surya Namaskaar



Pose 6



Pose 7

Pose 8



Pose 9

Pose 10

Pose 11

Various posture of Surya namaskaar are given as under.

1. In first posture stand up in erect position. Fold your hands.

2. Second posture; inhale & hold your breath & simultaneously take your hands behind;

& maintain the posture for sometime.

3. Bend in forward position; exhaling simultaneously & try to touch your feet.



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4. In this position; touch the ground & take your right foot behind as shown in the picture. Keep both hands; & one feet; touching the ground with right foot toes as shown in the picture. Inhale normally.
5. In next posture; take next foot also behind; & touch the ground with toes; Hold the position for few seconds. Breath normally.
6. In next position touch the knees , toes & elbows to the ground & maintain the posture as shown. Breath normally.
7. In next posture; Lift your body ; Touching the ground with palm & toes & rest of the body up as shown in the picture.
8. In this posture; inhale; hold your breath & simultaneously fold your left leg & keep it beside your palms (hands) ; touching the ground. Stay in the posture for few second.
9. Bring your right foot also parallel to your palms & left foot & stay in sitting position.

10. Exhale slowly & slowly stand up.
11. Fold your hands & stay for few seconds.

Yog Nidra :

Yog Nidra is best relaxation technique in Yoga. It relaxes You mentally as well as Physically. After the tiresome hectic day YogNidra gives rest to your body & energize you.

Yog Nidra



Method of Yog Nidra Pose-1

To do Yog Nidra lay down in Shavasana pose (Normal laying pose).

Close your eyes & focus on your left eye & feel as you are feeling relaxed. After 1 minute move to your right eye. Again focus & wait. After 1 minute move down to the upper part of your nose. After 1 minute move down to upper jaw of gums. Next lower jaw. After that move down to throat. Again wait for 1-2 minutes. Move down to right shoulder; then left shoulder. Back to the centre . Then down to the left chest area. There you will cover heart, left lungs. Stay there for 2-3 minutes. Move to you right. Then lower part of your chest , stomach, thighs , knees, legs, down till toes & back till thigh area. Then move to next thigh, leg, knee, down to toes & back to your eyes.

In short cover & focus on every body part/ organ for 1-2 minutes.

After doing Yog Nidra ; Do any Mudra ; which I have covered later on. e.g. You can do 'Gyan Mudra'. To do it; just hold the tips of thumb & index fingers for 2-3 minutes.

Yog Nidra Pose 2:

Yog Nidra



To do this pose ; gain lay down in Shavasana pose. Afterward focus on your tired portion of your body. E.g. legs or back, Shoulder; where you are feeling most stress or tiredness. Focus there for 4-5 minutes. After that; when you feel relaxed. Sit down in cross leg or Padmasana pose & do any of the Mudra Given Below for 2-3 minutes... Doing Mudra after this pose is must.

Shavasana Pose :

Shavasana pose is one of the simplest looking pose. But doing it right way like any other Yogasan will give you the best of its benefit. Shavasana relaxes your body when you are tired. Doing it for 5-10 minutes will relax & energize your body.

Shav asana



Method :

To do Shavasana lay down on the floor/ mat. Close your eyes & loose your body. Just don't think anything. Loosen your body & leave all kind of control on it; like a corpse. Feel that you are giving rest to your body parts & feeling relaxed.

Note: More details of these useful & important information including tips during Corona time are given in my **book in Amazon**. Its path is in my site & blog:

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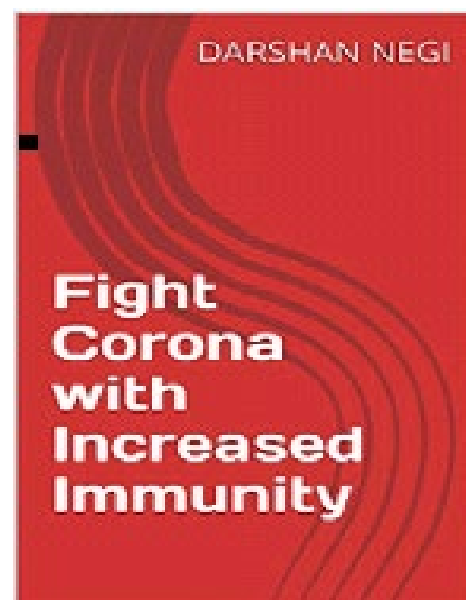


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