

SER No	CONTENT
(a)	<p style="text-align: center;"><u>LESSON PLAN</u></p> <p style="text-align: center;"><u>LESSON PLAN : H 7</u></p> <p style="text-align: center;"><u>INTRODUCTION TO YOGA AND EXERCISES</u></p> <p>Period - Two Type - Lec/Demo/Prac Code - H 7 Year - III (SD/SW)</p> <p><u>Training Aids</u> 1. Computer Slides, Charts, Pointer, Black Board and Chalk.</p> <p><u>Time Plan</u> 2. (a) Introduction - 05 Min (b) Historical Perspective and Purpose of Yoga - 10 Min (c) Potential Benefits of Yoga for Adults - 10 Min (d) Potential Problems - 10 Min (e) Asanas - 40 Min (f) Conclusion - 05 Min</p> <p><u>INTRODUCTION</u> 3. Yoga is a commonly known activity for physical, mental, and spiritual disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophy. One of the most detailed and thorough expositions on the subject are the Yoga Sutras of Patanjali. Various traditions of yoga are found in Hinduism, Buddhism, Jainism and Sikhism.</p> <p><u>AIM</u> 4. To teach the NCC cadets the practice of Yoga exercises.</p> <p><u>PREVIEW</u> 5. The class will be conducted in the following parts:- (a) Part I - Historical Perspective and Purpose of Yoga. (b) Part II - Potential Benefits of Yoga for Adults. (c) Part III - Potential Problems. (b) Part IV - Asanas.</p> <p style="text-align: center;"><u>PART I : HISTORICAL PERSPECTIVE AND</u></p> <p style="text-align: center;"><u>PURPOSE OF YOGA</u></p> <p>6. Pre–philosophical speculations and diverse ascetic practices of first millennium BC were systematized into a formal philosophy in early centuries AD by the Yoga Sutras of Patanjali. By the</p>

turn of the first millennium, Hatha Yoga emerged as a prominent tradition of yoga distinct from the Patanjali's Yoga Sutras. While the Yoga Sutras focus on discipline of the mind, Hatha yoga concentrates on health and purity of the body.

7. Hindu monks, beginning with Swami Vivekananda, brought yoga to the West in the late 19th century. In the 1980s, yoga became popular as a physical system of health exercises across the Western world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma and heart patients..

Definition

8. The Sanskrit word yoga which is "yoke", "to join", "to unite", or "to attach" from the root yuj, already had a much more figurative sense, where the yoking or harnessing of oxen or horses takes on broader meanings such as "employment, use, application, performance" , "to put something to some use". In Hindu philosophy, the word yoga is used to refer to one of the six orthodox (āstika) schools of Hindu philosophy.

PURPOSE

9. Generally put, yoga is a disciplined method utilized for attaining a goal. In this sense, the purpose of yoga depends on the philosophical or theological system with which it is conjugated. In Shaiva theology, yoga is used to unite Kundalini with Shiva. Mahabharata defines the purpose of yoga as the experience of Brahman or Ātman pervading all things. In contemporary times, the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple. Yoga is also used as a complete exercise program and physical therapy routine.

(b) PART II : POTENTIAL BENEFITS OF YOGA FOR ADULTS

10. Yoga as Exercise or Alternative Medicine.

(a) Many yoga practitioners have reported musculoskeletal and mental health improvements, as well as reduced symptoms of asthma in asthmatics. Regular yoga practice increases brain GABA levels and has been shown to improve mood and anxiety more than some other metabolically matched exercises, such as walking.

(b) The three main focuses of Hatha yoga (exercise, breathing, and meditation) make it beneficial to those suffering from heart disease. Overall, studies of the effects of yoga on heart disease suggest that yoga may reduce high blood pressure, improve symptoms of heart failure, enhance cardiac rehabilitation, and lower cardiovascular risk factors.

(c) For chronic low back pain, specialist Yoga for Healthy Lower Backs has been found 30% more beneficial.

(d) There has been an emergence of studies investigating yoga as a complementary intervention for cancer patients. Yoga is used for treatment of cancer patients to decrease depression, insomnia, pain, and fatigue and increase anxiety control.

(e) **Mindfulness Based Stress Reduction (MBSR)**. This program includes yoga as a mind-body technique to reduce stress. A study found that after seven weeks the group treated with yoga reported significantly less mood disturbance and reduced stress compared to the control group. Another study found that MBSR had showed positive effects on sleep anxiety, quality of life, and spiritual growth.

(f) Yoga has also been studied as a treatment for schizophrenia. Yoga is found to improve cognitive functions and reduce stress in schizophrenia, a condition associated with cognitive deficits and stress-related relapse.

(g) The practice of yoga in Hindu tradition also has psychological benefits, allowing one to develop control over one's mind and body. Rather than adapting the sick or mentally ill mind (which is also the primary focus of modern psychology), traditional Hindu psychology focuses on enhancing the normal and healthy mind through the practice of meditative techniques such as yoga.

(h) Implementation of the Kundalini Yoga Lifestyle has shown to help substance abuse addicts increase their quality of life according to psychological questionnaires like the Behavior and Symptom Identification Scale and the Quality of Recovery Index.

(c) **PART III : POTENTIAL PROBLEMS**

11. Certain health problems associated with yoga have been brought to the attention of the general public. Yoga has been criticised for being potentially dangerous and being a cause for a range of serious medical conditions including thoracic outlet syndrome, degenerative arthritis of the cervical spine, spinal injuries, retinal tears, damage to the common fibular nerve, knee injuries, and headaches are common ailments which may result from yoga practice.

12. Some yoga practitioners do not recommend certain yoga exercises for women during menstruation, for pregnant women, or for nursing mothers. However, mediation and breathing exercises are encouraged.

13. The main reasons that experts cite for causing negative effects from yoga, beginners' competitiveness and instructors' lack of qualification are foremost. As the demand for yoga classes grows, many people get trained and certified to become yoga instructors. However, not every newly certified instructor can evaluate the condition of every new trainee in their class and recommend refraining from doing certain poses to avoid injuries. In turn, a beginning yoga student can overestimate the abilities of their body and strive to do advanced poses before their body is flexible enough to perform them.

CHILDREN AND YOGA

14. Research in the countries which have advanced medical research and development facilities do not recommend , Yoga exercises for children under 16 because their bodies' nervous and glandular systems are still growing, and the effect of Yoga exercises on these systems may interfere with

natural growth. However, meditation and simple breathing exercises (without breath-holding) are safe and can help children to manage stress, impulsiveness, and emotional situations.

(d)

PART IV : ASANAS

15. There are innumerable asanas. Some of the asanas useful for curing ailments and maintain good health are as follows:-

(a) **Padmasana.** Sit on the asan. Spread the legs forward, place your left foot on the join of your right thigh, and right foot on the joint of left thigh in such a way that both heels touch each other below your navel in the middle of abdomen. Place your hands on your knees. Keep the head and spinal column erect. Keep your eyes close or open. Stay in the final position for 1-2 minutes in the initial stage. Later increase the time gradually. This asan is useful for Jaap, Dhyana and Samadhi. This asan also helps in curing diseases like asthma, hysteria and insomnia.

(b) **Baddha Padmasana.** Sit in Padmasana. Try to project the feet as far as possible. Take the hand behind your back. Catch the right toes with your right hand and left toe with your left hand. Keep the back bone straight and fix your eyes on the tip of the nose. This asana improves nervous system and the abdomen. It also cures drowsiness, sleepiness, laziness and night discharge.

(c) **Siddhasana.** The main function of this asana is to awaken the power of Kundalini. Sit on the carpet. Place the heel of left foot under the testis on the prostate gland in such a way, that the sole of your foot should be placed at root of genitals. Place the hand on the knees so that palm face upward. This asana helps the mind to be firm, attentive and alert.

(d) **Gyan Mudra.** Sit in Padmasana or siddhasana. Put your Hands on your knees with palm facing upwards. Bend your index finger and place them at the root of your thumbs. Spread the remaining three fingers forward, all joined together. This asana is most suitable for pranayam and dhyana.

(e) **Trikonasana.** Stand erect keeping the distance between the feet 60 – 75 cm. Raise your right hand towards the sky and look towards its palm. Then bend the trunk to the left side and try to touch left toe with the left hand without bending your legs. Repeat this process with your left hand up and right hand down. This asana is useful to the eyes, spinal cord, neck and mental power. Timings 3 – 6 sec. 4 – 6 times.

(f) **Ardha Chandrasana.** Stand erect. Raise your both hands and join them above your head. Bend towards left from the waist. After some time bring the body back in straight position. Repeat this by bending the body towards right. This asana improves the functioning of heart, liver, intestine, stomach, lungs and make the body flexible. Timing 4 - 6 sec, 4 - 5 times. .

(g) **Suryanamaskara.** Suryanamaskara is a combined sequence of 12 positions. By this sequence of 12 positions, the whole body is well exercised. While practicing Suryanamaskara recite the different names of Sun god at each position.

Stage 1:- Stand in attention. Fold your hands in the centre of your chest. Now recite the first of the

twelve mantras.

Stage 2:- Stretch your hands up and take the body backwards from the waist as far as possible. The hands must remain straight and touch your ears.

Stage 3:- Now bend down without bending the knees. Try to put the palms on the ground and touch the nose with knees without bending knees.

Stage 4:- Take left leg back. Bend your right knee, the knee will remain between the two arms, with the hands sticking to the ground, Now bend the neck backward as far as possible. Look forward and hold the breath.

State 5:- Take right leg back. Put both the toes and the knees together and pull your body up in such a way that it looks like inverted 'V'. Look backward through your legs keeping the head, the waist and the arms in a straight line.

State 6:- Bend down your body in such a way that your forehead, chest and knees should touch the ground except your hips which should be slightly raised from the ground.

State 7:- Stretch the arms, Inhale, put the chest forward and move back your neck as much as you can. Look up and hold the breath.

State 8:- Maintain same position as in Stage 5.

Stage 9:- Maintain same position as in Stage 4.

Stage 10:- Maintain same position as in Stage 3.

Stage 11:- Maintain same position as in stage 2.

Stage 12:- Maintain same position as in Stage 1 and then take your hand down. Make the rest posture.

(h) **Shavasana.** The main aim of this asana is releasing the mind from the body. By this asana we can achieve relaxation in the shortest possible time. This asana provides relief in disease like blood pressure, weakness of nerves and other ailments. Lie on your back and let your body be relaxed completely. Your feet should be 30-45 cm apart, arms in sides with palm upwards, eyes gently closed with attention on breathing. Keep body in a straight position. For proper blood circulation in

the body, the legs, hand and neck should have no curves or bend. Take a long and deep breath then concentrate on each and every part of your body, putting it in a relaxed state Timing 5-10 minutes.

(j) **Gomukhasana.** Sit on the seat comfortably. Place your left foot heel under your left hip. Now take the right leg over the left buttock in such a manner that the heel of your right foot is placed near your left hip. Take right arm behind back from above and left arm from below, so that fingers of the both hands are interlocked behind the back. Stay in this position for some time. Then repeat this with opposite side. Timings 20-30 seconds, 4-6 times.

(k) **Vijrasana.** Bend the legs and sit on knees. Place the heels at the sides of the anus in such a way that thighs rest on the legs and the buttock rest on the heels. Stretch the arms and place the hands on the knees. Keep the knees close by. Sit erect. This asana can be done immediately after eating food. This helps digestion and eliminates gas troubles. Timing 1-3 minutes.

(l) **Dhanurasana.** Lie down on the chest, legs should be folded at the knees and the feet should be grasped with both the hands near the ankles. The thighs and the chest should be raised, making the body appear like a bow. This asana provides good exercise to the abdominal muscles, lower back and thighs, Timing 10-30 seconds, 4-5 times.

(m) **Bhujangasana.** Lie down on the chest. The hands should be below the shoulders with the fingers pointing forward. The legs are kept straight with the feet touching each other and the soles facing up. Raise the head, giving a backward bend to the spine. Try to keep the spine bent backward as much as possible without raising the navel. This asana is good for the spine, the chest, the neck and the head. Timing 20-30 sec. 4-6 times.

(n) **Chakrasana.** Lie down on the back. Bend the legs at the knees. Heels are close to the hips and sole touching the ground. Bend the arms at the elbows and place them on the ground on either side of the head. Place them in such a way that palms should rest on the ground and the direction of the fingers should be towards your feet. First raise your hips and waist, keeping the legs straight. Raise the back as far as possible. This asana helps in making the spine supple. Timing ½ -1 min, 1-2 times.

(o) **Sarvangasana.** Lie down flat On the back. Raise legs from the hips, push the trunk up until legs are in vertical position. The chin should press against the chest. The hands are giving support to lower ribs. Hold this position upto 2-10 minutes. Come back as slowly as possible. Do not give any jerks to the body. This asana improves circulatory, respiratory and alimentary systems of the body. Timings: ½ -1 minute.

(p) **Halasana.** Lie down flat on the back. Place the arms by sides along the hips, palm facing the ground. The legs are raised up in a single motion and put down behind the head keeping knees unbent. The chin should touch the chest. In this exercise, the legs will remain straight and breathing should be normal. Hold this position for 30-50 seconds. This asana stimulates blood circulation and makes the spine flexible and elastic.

CONCLUSION

16. Yoga is a time tested, well researched, form of exercise having deep religious and medical overtones. The deep and positive effects of yoga on the body and mind of a practitioner can be felt better by doing it under a trained teacher. Once a person initiates himself into the medico-spiritual world of yoga, it is difficult for him to detach himself from it.