

Yoga Certification Board (YCB) - Level 1 - Yoga Protocol Instructor (YPI)

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Overview

Overview

Yoga Protocol Instructor (YPI)

- Credit points for certificate : 12 credits
- Total Marks : 200 (Theory: 60 + Practical: 140)

Theory

Unit	Name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

Practical

Unit	Name	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

Theory

Introduction to Yoga and Yogic Practices

Syllabus

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Guiding principles to be followed by Yoga practitioners.
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
- 1.10 Introduction to Pranayama and Dhyana and their health benefits.

Background Terms

Understanding Key Concepts

- Brahman: Absolute reality, infinite, uncaused, eternal, source of being, intelligence, and bliss (Sat, Chit, Ananda).
- माया: Creative and illusory power of Brahman, cosmic illusion, Brahmaṇ as the unaffected upholder of creation.
- आत्मन्: Absolute reality in the individual, one with Brahman, unchanging, refers to the Absolute within.
- उपाधि: Limiting adjunct, false identification creating an illusion of limitation, body and mind.
- अविद्या: Primordial ignorance, wrong identification with Upadhis.
- जीव: Apparent individual soul, self identifying with Upadhi, suffers due to perceived limitations, reborn until realizing true nature (Atman).
- ईश्वरः: Brahman with Maya, personal God, endowed with omniscience, omnipresence, and unlimited power, creator, preserver, destroyer.

• पुरुषः: Absolute consciousness, as described in Sankhya Yoga.

• प्रकृतिः: Material cause of creation, three Gunas in balance, potential creation, Maya.

Summary: माया manifests as अविद्या , leading to identification with उपाधि. जीव suffers due to this false identification until realizing आत्मन्.

1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions

Etymology of Yoga

- Derived from the Sanskrit word योग (Yoga).
- Rooted in the Sanskrit root युज् (Yuj) meaning “to join” or “to unite”.
- Represents the union of individual consciousness with universal consciousness.
- Union of Body, Mind and Spirit.
- Ancient practice with origins in the Vedic texts and Upanishads.
- Evolved through various philosophies and traditions over centuries.

Definitions of Yoga

- Patanjali Yoga Sutras: योगश्चित्तवृत्तिनिरोधः || १:२ || To block the patterns of consciousness is Yoga.
- Yoga Vasishtha: मनः प्रशमनोपायः: योग इत्यभिधीयते | Yoga is called a skilful trick to calm down the mind.
- Bhagavad Gita Verse 2:48: योगाशः कुरु कर्माणि सङ्गं त्यक्ता धनञ्जय | सिद्धासिद्धौः समो भूत्वा समत्वं योग उच्यते || २:४८ || O Dananjaya, perform action being steadfast in Yoga, abandoning attachment and remaining equanimous in success and failure. Yoga is the equanimity of mind.
- Bhagavad Gita Verse 2:50:
बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते | तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् || २:५० || Endowed with wisdom of equanimity, cast off in this life both good and bad deeds. Thus, dedicate yourself to Yoga. Skill in Action is Yoga.
- कठोपनिषद् २/५/४:
तां योगामिती मन्यते स्थिरामिन्द्रिय धारण
The state unperturbed when the senses are imprisoned in the mind, of this they say, it is Yoga.

Definitions of Yoga

Yoga : A Journey to Stillness of mind

Yoga is a concept rich with diverse meanings, encompassing various interpretations and perspectives

- **Definition by Patanjali :** योगः चित्तवृत्तिनिरोधः (Yoga Chitta Vritti Nirodha)
Which means Yoga is the cessation of the fluctuations of the mind.
- **Definition in Bhagavad Gita :** योगः कर्मसु कौशलम् (Yoga Karmasu Kaushalam)
Which means Yoga is excellence at work.
- **Definition according to Yoga -Visishta :** मनः प्रशमनोपायः योग इत्यभिधीयते (Manah Prashamanopayah Yoga Ityabhidhiyate)
which means Yoga is a skillful trick to calm down the mind

(Ref: Parama Yoga)

Meaning and concepts of Yoga

Four Ashrams of Vedic Life

Based on कर्म and धर्म, Vedic life was divided into four ashrams:

- The First Ashrama - "ब्रह्मचर्य" or the Student Stage
- The Second Ashrama - "गृहस्थ" or the Householder Stage
- The Third Ashrama - "वानप्रस्थ" or the Hermit Stage
- The Fourth Ashrama - "संन्यास" or the Wandering Ascetic Stage

Purusharthas

पुरुषार्थ literally means "aims of man" or "what men live for". It is the prescription for the right way of living, recognizing various inherent urges and satisfying them for a meaningful life.

- धर्मः Righteousness
- अर्थः Wealth or material means
- कामः Satisfaction of sensual desires
- मोक्षः Freedom or spiritual liberation

The Gurus and Gurukul System

- "To light the candle one needs another burning candle; in the same way, those who are unenlightened need the help of an illumined Guru." - Swami Sivananda
- The word Guru: गु meaning "Darkness" and रु meaning "to destroy".
- A Guru is a spiritually enlightened being that dispels the darkness of ignorance and lifts the veil of माया (illusion), rendering the disciple free from the cycle of death and birth.
- The Gurukul System in India: गुरुकुल translates to "the home (family) of the preceptor."
- The Guru lives with his family and disciples. Students come to be part of the Guru's family, learning Vedas, Sanskrit, fine arts, administration, and other skills and etiquettes.

Objectives of Yoga

- To cultivate Discipline and Self-Control.
- To improve Mental Focus and Concentration.
- To enhance Emotional Stability and Resilience.
- To promote Physical Fitness and Posture.
- To achieve Holistic Well-Being and Harmonious Living.
- लक्ष्य : स्व चे आकलन. आत्मा ते परमात्मा प्रवास
- उद्देश : सर्वांगीण विकास, सामंजस्य स्थापना. मन बुद्धी व चरित्र यांना शुद्ध बनवणे

Misconceptions about Yoga

- Yoga is only about physical postures (Asanas).
- Yoga is a religion.
- Yoga requires flexibility.
- Yoga is just about relaxation.
- Yoga is a practice for only young people.
- धर्म : फक्त हिंदूसाठी नाही. वैश्विक.
- व्यायाम: फक्त शारीरिक नाही तर मानसिक आणि आध्यतिमिक .
- चमत्कार/प्रदर्शन/सिद्धी प्राप्ती
- तरुणांसाठीच नाही तर सर्वांसाठी

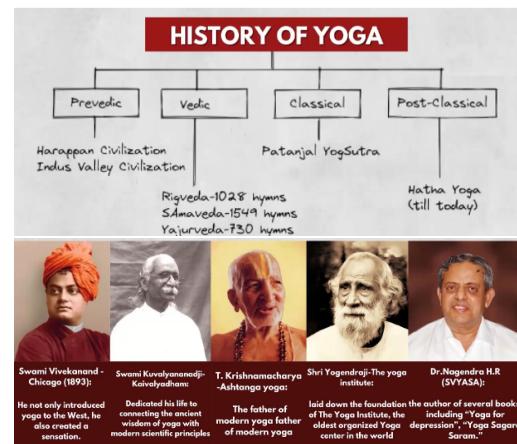
Origin of Yoga

- Originated in ancient India around 5000 BCE.
- Rooted in Vedic traditions and texts.
- First mentions in the Rigveda and Yajurveda.
- Early practices centered around meditation and ritual.
- Integral to early Indian philosophical systems like Samkhya and Vedanta.
- Yogic Lore:
In the Yogic lore, Lord Shiva is considered to be the first yogi or आदियोगी (Adiyogi), and the first Guru or आदि गुरु (Adi Guru).
- उत्पत्ती: हजारो वर्षांपूर्वी, भारतात. शिव हे आदी योगी आणि गुरु. सप्तर्षीद्वारा सर्वत्र प्रसार.
- प्राचीन पुरातत्व अवशेषांवरून सिद्ध होते कि सिंधू हडप्पा संस्कृतीत योग होता, मुद्रा मुर्त्या होत्या.
- साहित्य: "हिरण्यगर्भ योगस्य वक्ता मान्यःपुरातनः", वेद, उपनिषद, दर्शन, बौद्ध, जैन परंपरा
- पतंजली योगसूत्र

Historical Development of Yoga

- Pre-Classical Period: Upanishads and early Yoga texts (2000-500 BCE).
- Classical Period: Yoga Sutras of Patanjali and Bhagavad Gita (500 BCE - 500 CE).
- Medieval Period: Development of Hatha Yoga and tantric traditions (500-1500 CE).
- Modern Period: Revival and global dissemination in the 19th and 20th centuries.
- Major figures: Swami Vivekananda, Sri T. Krishnamacharya, B.K.S. Iyengar.
- वैदिकः १५०० इ पूर्व - ५०० इ पूर्व : सूर्यनमस्कार प्राणायाम, वेद, पाणिनी
- श्रेष्ठ अवधी: ५०० इ पूर्व - ८००: पतंजली योगसूत्र, व्यास भगवद्गीता, महावीर पंचमहाव्रत, बुद्ध अष्टांगिक मार्ग
- पश्चात: ८०० - १७००: आदी शकराचार्य, रामानुजाचार्य, माधवाचार्य, भक्तियोगी (कबीर, तुलसी), हटयोगी (नाथ संप्रदाय)
- आधुनिक: १७०० नंतर: रमण महर्षी, विवेकानंद, परमहंस योगानंद, टी कृष्णमाचार्य, सत्यानंद सरस्वती

History of Yoga



(Ref: Param Yoga)

Key Texts and Influences

- Vedas - Early ritualistic and philosophical foundations.
- Upanishads - Conceptual framework of Yoga.
- Yoga Sutras of Patanjali - Systematization of Yoga philosophy.
- Bhagavad Gita - Integration of Yoga with life and duty.
- Hatha Yoga Pradipika - Practical techniques and practices.
- भारतीय दर्शन :
- आस्तिक (वेद मानानारे): न्याय (गौतम), वैशेषिक (कणाद), सांख्य (कपिल), मीमांसा (जैमिनी), योग(पतंजली), वेदांत (बादरायण)
- नास्तिक : जैन (महावीर), बौद्ध, चार्वाक (बृहस्पती)

1.2 Yoga : Its origin, history and development

Evolution of Yoga Practices

- Early practices focused on meditation and asceticism.
- Development of physical postures (Asanas) in the medieval period.
- Integration of breath control (Pranayama) and energy channels (Nadis).
- Emergence of different styles: Hatha, Kundalini, Raja, and Karma Yoga.
- Contemporary practices: Vinyasa, Ashtanga, and Power Yoga.
- सूक्ष्म व्यायामः हलके, योगाभ्यासाच्या आधी. स्वामी धीरेंद्र ब्रह्मचारी (गुरुः कार्तिकेय महाराज) . शरीर लवचिक व तयार होते.
- स्थूल व्यायामः सर्व शरीराचा, गतीचा, शक्तीचा संचार .

1.3 Guiding principles to be followed by Yoga practitioners

The Five Points of Yoga by Swami Vishnudevananda

• Proper Exercise - Asana

आसन (Asana) develops the body, broadens mental faculties, and spiritual capacities. Unlike violent physical exercises, yoga postures focus on maintaining the spine's flexibility and strength.

• Proper Breathing - Pranayama

प्रणाणायाम (Pranayama) involves controlling प्राण (Prana) to achieve control over the mind. Proper breathing increases lung capacity and vitality.

• Proper Relaxation - Savasana

सवासन (Savasana) is the corpse pose, a state of physical, mental, and spiritual relaxation that recharges and balances the body and mind.

• Proper Diet - Vegetarian

A Yogic diet consists of pure, simple, natural foods that promote health. Vegetarian meals aid digestion and provide balanced nutrition.

• Positive Thinking and Meditation - Vedanta and Dhyana

ध्यान (Dhyana) is the practice of meditation that focuses the mind internally on the self, leading to lasting happiness and peace.

1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha)

Triguna (Three Gunas)

- Sattva - Quality of purity, clarity, and harmony.
- Rajas - Quality of activity, movement, and restlessness.
- Tamas - Quality of inertia, darkness, and ignorance.
- Balance of Gunas affects mental and emotional states.
- Goal: Cultivate Sattva for spiritual growth and peace.

Antahkarana-chatustaya (Four Aspects of the Inner Instrument)

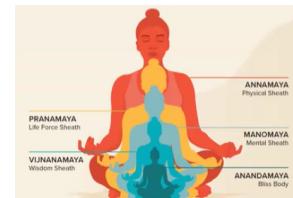
- Manas (Mind) - Handles thoughts and sensory perceptions.
- Buddhi (Intellect) - Functions as the decision-making faculty.
- Ahamkara (Ego) - Sense of individuality and self-identity.
- Chitta (Memory) - Stores past experiences and impressions.
- Harmonizing these aspects aids in mental clarity and self-awareness.

Tri-Sharira (Three Bodies)

- Sthula Sharira (Gross Body) - Physical body made of elements.
- Sukshma Sharira (Subtle Body) - Includes mind, intellect, and ego.
- Karana Sharira (Causal Body) - The essence of individuality and karma.
- Understanding these bodies aids in holistic self-realization.
- Goal: Achieve harmony among all three bodies for spiritual growth.

Panchakosha (Five Sheaths)

- Annamaya Kosha (Food Sheath) - Physical body nourished by food.
 - Pranamaya Kosha (Vital Air Sheath) - Energy body responsible for life force.
 - Manomaya Kosha (Mental Sheath) - Mind and emotional body.
 - Vijnanamaya Kosha (Wisdom Sheath) - Intellect and discernment.
 - Anandamaya Kosha (Bliss Sheath) - True self, source of bliss and consciousness.
- Goal: Transcend the sheaths to realize the true self.



(Ref: Param Yoga)

Pancha Maha Bhuta : Five Elements

- Akasha (Space/Ether)
- Vayu (Air)
- Agni (Fire)
- Jala (Water)
- Prithvi (Earth)

Elemental Sequence :

- From आकाश (Akasha) comes वायु (Vayu)
- From वायु (Vayu) comes अग्नि (Agni)
- From अग्नि (Agni) comes जल (Jala)
- From जल (Jala) comes पृथ्वी (Prithvi)

Pancha Maha Bhuta : Five Elements

Physical Properties and Functions :

Element	Space/Ether/Air	Fire	Water	Earth
Attributes	Light, Minute, Quick, Clear, Soft	Light, Dry, Rough, Mobile, Cold, Minute, Clear	Dry, Hot, Sharp, Light, Rough, Minute, Clear	Heavy, Moist, Fluid, Slimy, Cold, Thick, Soft
Role in the Body	Body cavities	Movement, pulsation, conduction	Whole body metabolism	All adhesions, joints

Tanmatras and Sense Organs

Tanmatras : Seeding of Elements

Element	Sanskrit Word	English Translation
Space/Ether	शब्द (Shabda)	Sound
Air	स्पर्श (Sparsha)	Touch
Fire	रूप (Rupa)	Shape/Visual/Light
Water	रस (Rasa)	Taste
Earth	गन्ध (Gandha)	Smell

Pancha Jnanedriya : Five Sense Organs

Element	Sense Organ
Space/Ether	Ears
Air	Skin
Fire	Eyes
Water	Tongue
Earth	Nose

Pancha Karmendriya : Five Action Organs

Element	Action Organ	Function
Space/Ether	Tongue	Speech
Air	Hand	Receiving and Holding
Fire	Feet	Movement
Water	Genitals	Reproduction
Earth	Anus	Discharging the waste

Sapta Dhatu : Seven Tissues

- Rasa - Plasma
- Rakta - Blood
- Mamsa - Muscle
- Meda - Adipose
- Asthi - Bone
- Majja - Bone Marrow
- Shukra - Reproductive Tissues

Function :

धृति (Dhatu) sustains and maintains the body, with each Dhatu providing nourishment to the next.

Tri Doshas : Three Constitutions

Dosha	Properties
Vata	Dry, Light, Cold, Rough, Minute, Unsteady
Pitta	Unctuous, Hot, Sharp, Light, Bad Smell, Quick in movement, Liquid
Kapha	Unctuous, Cold, Massive, Sluggish, Slippery, Soft, Steady

Dosha Meaning :

दोष (Dosha) means 'that which vitiates' and can be seen as a fault or imbalance in the cosmic rhythm.

Pancha Prana : Five Pranas in the Body

- Prana - From the head down to the navel
- Apana - From the navel down to the Muladhara chakra
- Udana - From the navel to the head
- Samana - In the navel region
- Vyana - Throughout the body

Upapranas :

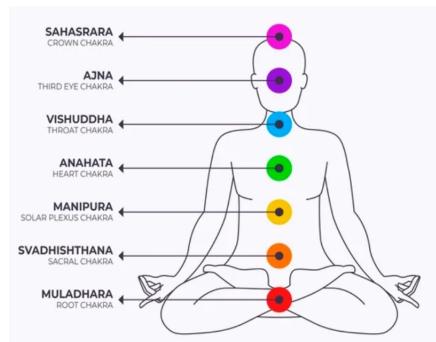
- Naga - Hiccoughs, Burps
- Kurma - Blinking of the eyes
- Krikal - Hunger, Thirst, Sneezing, Coughing
- Devadatta - Yawning, Drowsiness
- Dhananjaya - After death lingering

Pranas



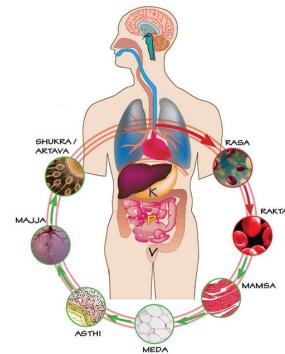
(Ref: Raja Yoga Rishikesh)

Chakras



(Ref: Raja Yoga Rishikesh)

Dhatus



(Ref: Param Yoga)

1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha)

Philosophic Schools in Ancient India

Types of Schools (Darshana):

- Astik Darshana - Schools that follow the Vedas
- Nastik Darshana - Schools that do not follow the authority of the Vedas

Astik Darshanas : Schools Following the Vedas

School Name	Founder
Nyaya	Gautama Rishi
Vaisesika	Kanada Rishi
Sankhya	Kapila Muni
Yoga	Patanjali Maharishi
Purva Mimamsa	Jaimini Rishi
Uttara Mimamsa or Vedanta	Vyasa Maharishi

Nastik Darshanas : Schools Not Following the Vedas

- Charvaka
- Buddhism
- Jaina

Jnana Yoga : Yoga of Wisdom

Definition: Jnana Yoga is the path of self-realization through discerning the real from the unreal. It is a non-dualistic path that encourages the separation of the real from the illusory.

Three Stages of Jnana Yoga Practice :

- Sravana - Listening or absorbing instructions
- Manana - Reflection or contemplation involving reasoning
- Nidhidhyasana - Repeated meditation and implementation of convictions

Sadhana Chatustaya :

- Manas - Mind

- Buddhi - Intellect
- Chitta - Consciousness
- Ahamkara - Ego

FOURFOLD Sadhana of the student in the path of Jnana Yoga consists of Viveka, Vairagya, Shadshampat or sixfold virtues and Mumukshutva or strong yearning for liberation. Sixfold path is Viveka, Vairagya, Sama, Dama, Uparati, Titiksha, Sraddha and Samadhana !

Bhakti Yoga: Yoga of Devotion

Definition: Bhakti Yoga is the path of unconditional love for God, emphasizing devotion and the union of the lover (the yogi) with the beloved (the Divine).

Key Text: नारद भक्ति सूत्र (Narada Bhakti Sutra) - Discusses the nature of Bhakti and its connection to Prema (divine love).

Techniques of Bhakti Yoga:

- श्रवणं (parikshit)
- कीर्तनं (mirabai, narad muni) most important
- स्मरणं (bhakt pralhad)
- पादसेवनम् पादुका (भरत)
- अर्चनम् (एकलव्य)
- दास्य (हनुमान)
- सख्यं (सुदामा)
- आत्म निवेदनम् (बाली राजा)

Types of Bhaktas (Devotees) in Bhagavad Gita:

- Arta - Distressed
- Jidnasu - Inquisitive
- Artharthee - Desirer of wealth

Karma Yoga: Yoga of Action

- Definition: Karma Yoga is the path of union through action. It is practiced by those with an outgoing or action-oriented nature. The key is to act selflessly, without personal gain or reward, and to offer the fruits of your actions to God.
- Core Principles of Karma Yoga (According to Bhagavad Gita):
 1. Work with a sense of duty.
 2. Work without intense attachment to the outcome.
 3. Do not let anxieties about results disturb your mind during the task.
 4. Accept both failure and success with equanimity.
- Objective: To sublimate the ego and achieve selfless devotion in all actions.

Raja Yoga: The Royal Yoga

- Definition: Raja Yoga, meaning "royal" or "kingly" Yoga, is considered the culmination of all paths of Yoga. It represents the ultimate state of Self-realization.
- Significance: According to Swatmarama in the हठयोग प्रदीपिका (Hatha Yoga Pradipika), Hatha Yoga serves as a staircase leading to Raja Yoga. Raja Yoga may not refer to a specific form of Yoga but to the ultimate state of Self-realization.
- Objective: To achieve cessation of mental modifications and restore the Real Self to its pristine purity, as emphasized by Patanjali.
- Focuses on the eight limbs of Yoga (Ashtanga Yoga).
- Aims for mental discipline and spiritual insight.
- Key practices: Ethical guidelines, physical postures, breath control, and meditation.
- Major text: Yoga Sutras of Patanjali.
- Emphasizes systematic approach to achieving higher states of consciousness.
- Yogasutra/Rajayoga focuses on mental, Hathayoga focuses on physical

Patanjali Yoga (Raja Yoga)

- Focuses on the eight limbs of Yoga (Ashtanga Yoga).
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Hatha Yoga

- Focuses on physical practices and techniques.
- Aims to balance the body and mind through postures (Asanas) and breath control (Pranayama).
- Emphasizes purification of the body to prepare for higher practices.
- Major texts: Hatha Yoga Pradipika, Gheranda Samhita.
- Often serves as a preparatory practice for deeper meditative techniques.

Hatha Yoga Pradipika: Chapter 1 - Asana

- Introduction to Hatha Yoga and its importance
- Qualifications of a Hatha Yogi
- Description of the proper place for yoga practice
- Yamas and Niyamas briefly mentioned
- 15 important asanas described in detail
- Benefits and techniques of each asana

Hatha Yoga Pradipika: Chapter 2 - Pranayama

- Importance of Pranayama in Hatha Yoga
- Purification of nadis (energy channels)
- Description of various Pranayama techniques:
 - Surya Bhedana
 - Ujjayi
 - Sitkari
 - Shitali
 - Bhastrika
 - Bhramari
 - Murccha
 - Plavini
- Benefits and cautions for each Pranayama

Hatha Yoga Pradipika: Chapter 3 - Mudra and Bandha

- Introduction to Mudras and Bandhas
- 10 important Mudras described:
 - Maha Mudra
 - Maha Bandha
 - Maha Vedha
 - Khechari
 - Uddiyana Bandha
 - Mula Bandha
 - Jalendhara Bandha
 - Viparita Karani
 - Vajroli
 - Shakti Chalana
- Techniques and benefits of each Mudra and Bandha

Hatha Yoga Pradipika : Chapter 4 - Samadhi

- Introduction to Nada (inner sound) and its importance
- Stages of Nada and their characteristics
- Description of Laya Yoga (absorption through sound)
- Techniques for awakening Kundalini
- Four stages of Yoga:
 - Arambha
 - Ghata
 - Parichaya
 - Nishpatti
- Signs of progress in yoga practice

Hatha Yoga Pradipika : Chapter 5 - Laya Yoga

- Detailed explanation of Laya Yoga
- Importance of dissolving the mind in the Absolute
- Techniques for achieving Laya
- Role of Kundalini in Laya Yoga
- Relationship between Prana and mind
- Signs of successful Laya practice

Hatha Yoga Pradipika : Chapter 6 - Liberation

- Nature of Samadhi and liberation
- Differences between Jivanmukta and Videhamukta
- Characteristics of a liberated being
- Obstacles on the path to liberation
- Final instructions for attaining liberation
- Importance of Guru's grace in achieving liberation

Gheranda Samhita : Overview

- 7 chapters covering the "seven-limbed yoga"
- Systematic approach to purification and yoga practice
- Emphasis on physical purification as a foundation
- Detailed descriptions of various techniques
- Goal: to achieve the "divine body" (divya deha)

Gheranda Samhita : Chapter 1 - Shatkarma

- Six purification techniques (Shatkarma):
 - Dhauti (cleansing)
 - Basti (enema)
 - Neti (nasal cleansing)
 - Trataka (gazing)
 - Nauli (abdominal massaging)
 - Kapalabhati (skull shining breath)
- Benefits and methods for each technique
- Importance of purification before other practices

Gheranda Samhita : Chapter 2 - Asana

- 32 asanas described in detail
- Classification of asanas:
 - Meditative
 - Relaxation
 - Cultural
- Techniques and benefits of each asana
- Emphasis on steady and comfortable posture

Gheranda Samhita : Chapter 3 - Mudra

- 25 Mudras described
- Importance of Mudras in directing prana
- Notable Mudras:
 - Maha Mudra
 - Nabho Mudra
 - Khechari Mudra
 - Viparita Karani Mudra
 - Yoni Mudra
- Techniques and benefits of each Mudra

Gheranda Samhita : Chapter 4 - Pratyahara

- Techniques for sense withdrawal
- 5 types of Pratyahara described:
 - Yoni Mudra
 - Sambhavi Mudra
 - Five Dharanas (concentrations on elements)
 - Sound absorption
 - Withdrawing senses from objects
- Importance of Pratyahara in preparing for meditation

Gheranda Samhita : Chapter 5 - Pranayama

- Importance of proper diet before Pranayama
- 8 types of Pranayama described:
 - Sahita Kumbhaka
 - Surya Bheda
 - Ujjayi
 - Sitali
 - Bhastrika
 - Bhramari
 - Murchha
 - Kevali
- Techniques and benefits of each Pranayama
- Signs of success in Pranayama practice

Gheranda Samhita : Chapter 6 - Dhyana

- 3 types of Dhyana (meditation) described:
 - Sthula (gross)
 - Jyotis (luminous)
 - Sukshma (subtle)
- Techniques for each type of meditation
- Importance of concentration on specific objects or concepts
- Benefits of regular meditation practice

Gheranda Samhita : Chapter 7 - Samadhi

- 6 types of Samadhi described:
 - Dhyana Yoga Samadhi
 - Nada Yoga Samadhi
 - Rasamanda Samadhi
 - Laya Sidhi Samadhi
 - Bhakti Yoga Samadhi
 - Raja Yoga Samadhi
- Techniques for achieving each type of Samadhi
- Signs of progress and success in Samadhi
- Ultimate goal: liberation and realization of the Self

1.6 Introduction to Yoga practices for health and well being

Principles of Yoga Life

योग जीवनाचे पाच सोपान

- व्यायामः आसन
- श्वासः प्राणायाम
- आरामः शावासन
- अन्नः शाकाहारी
- सकारात्मक विचार आणि ध्यान

Health: Meaning and Definition

World Health Organisation (WHO) Definition:

Health is defined as a state of complete physical, mental, social, and spiritual well-being and not merely the absence of disease or infirmity.

Sanskrit Definition:

The Sanskrit word for health is स्वास्थ्य (Swasthya), derived from स्वा (Swa) meaning "Self" and स्थ (Stha) meaning "abiding." Thus, Swasthya can be translated as "Abiding in one's own Self," reflecting the true nature of every being as सत्-चित्-आनन्द (Sat-Chit-Ananda) or being-Consciousness-Bliss.

Health according to Yoga:

- Relaxed Muscles
- Loose joints to conserve energy
- Low metabolic rate
- Efficient utility of energy by the body
- Coordinated functioning of organ systems even under stress

Strength and Balance in Yoga

Strength:

- Yoga poses such as नौकासन (Naukasana), उत्कटासन (Utkatasana), and भुजंगासन (Bhujangasana) develop muscle strength similarly to traditional exercises like push-ups, lunges, or squats.

Balance:

- Balance is crucial for fitness and is often overlooked in traditional gym routines.
- Yoga poses such as वृक्षासन (Vrikshasana or Tree Pose) teach practitioners to stay firm on one leg, enhancing overall balance and fitness for daily activities.

Joint Mobility and Yogic View of Health

Joint Mobility:

- Many Yoga poses require moving joints in ways different from linear activities like walking or running.
- This practice improves the overall range of motion and helps prevent injuries, reducing stiffness and pain.

Yogic View of Health:

- शेताश्वतर उपनिषद् (Shvetasvatara Upanishad): Health in Yoga is characterized by lightness of body, health, a desireless mind, clarity of complexion, a beautiful voice, an agreeable odor, and minimal excretions.
- Patanjali's योग दर्शन (Yoga Darshan): Attributes of a perfect body include beauty, gracefulness, strength, and adamantine hardness. Deep concentration and mastery of सामान वायु (Samana Vayu) lead to radiant effulgence.

Mental and Emotional Well-being

Mental Well-being:

- Conscious process of calming the mind removes weaknesses.
- Builds willpower.
- Steadfastness becomes the core.
- Converts challenges into opportunities.

Emotional Well-being:

- Overcomes emotional conflicts, complexes, and turmoils.
- Sharpens and sensitizes emotions systematically.

Yoga Practices for Physical Health

- Asanas (Postures) - Enhance flexibility, strength, and balance.
- Pranayama (Breath Control) - Improves lung capacity and energy flow.
- Shavasana (Corpse Pose) - Promotes relaxation and recovery.
- Kriyas (Cleansing Techniques) - Detoxify and purify the body.
- Bandhas (Body Locks) - Support internal organ function and stability.

Yoga Practices for Mental Well-Being

- Meditation (Dhyana) - Reduces stress and enhances focus.
- Mindfulness - Increases present-moment awareness and emotional stability.
- Pranayama - Balances the nervous system and calms the mind.
- Mantra Chanting - Provides mental clarity and emotional balance.
- Yoga Nidra - Deep relaxation practice that improves sleep quality.

Yoga Practices for Emotional Balance

- Bhakti Yoga - Cultivates emotional connection and devotion.
- Journaling - Reflect on emotions and mental patterns.
- Gratitude Practice - Enhances positive emotional states.
- Group Yoga Classes - Builds community and support.
- Breath Awareness - Helps in managing emotional responses.

Yoga Practices for Overall Well-Being

- Balanced Routine - Integrate yoga into daily life for consistent benefits.
- Healthy Lifestyle Choices - Complement yoga with proper nutrition and hydration.
- Holistic Approach - Address physical, mental, and spiritual aspects.
- Regular Practice - Ensure regular engagement for sustained well-being.
- Personalized Practice - Adapt practices to individual needs and goals.

1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana

Introduction to Shatkarma

- Shatkarma - Six purification techniques in Yoga.
- Aimed at cleansing the body and mind for enhanced spiritual practice.
- Prepares the practitioner for deeper practices like meditation and advanced postures.
- Integrates physical, mental, and energetic purification.
- Essential for holistic Yoga practice and overall health.

Meaning and Purpose of Shatkarma

- Kriya - Techniques to purify and balance the body.
- Purpose - Remove toxins, enhance vitality, and stabilize the mind.
- Integration - Facilitates deeper Yoga practices and spiritual growth.
- Holistic Cleansing - Addresses physical, mental, and energetic levels.
- Essential for overcoming physical and mental obstructions.

Significance of Shatkarma in Yoga Sadhana

- Health Benefits - Improves digestion, detoxifies, and boosts immunity.
- Mental Clarity - Reduces stress and mental clutter.
- Energetic Balance - Regulates the flow of vital energy (Prana).
- Spiritual Preparation - Prepares the practitioner for higher states of consciousness.
- Preventive Measures - Aids in preventing diseases and imbalances.

Overview of Shatkarma Techniques

- Kapalabhati - Skull Shining Breath for clearing nasal passages and energizing.
- Neti - Nasal cleansing with water or saline solution.
- Vasti - Colonic cleansing to remove toxins from the intestines.
- Dhauti - Cleansing of the digestive tract through various methods.
- Trataka - Concentrated gazing to improve focus and cleanse the eyes.
- Nauli - Abdominal massage to stimulate digestion and balance energy.

1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara

Introduction to Sukshma Vyayama

- Sukshma Vyayama - Subtle exercises for the body and mind.
- Focuses on gentle movements to prepare the body for more intensive practices.
- Enhances joint mobility and flexibility.
- Aids in the smooth functioning of internal organs.
- Ideal for warming up and increasing energy flow.

Purpose and Benefits of Sukshma Vyayama

- Improves Circulation - Enhances blood flow to muscles and joints.
- Increases Flexibility - Promotes flexibility in joints and muscles.
- Prepares Body - Warms up the body before more rigorous exercises.
- Reduces Stiffness - Alleviates joint and muscle stiffness.
- Calms Mind - Prepares the mind for focused practice.

Introduction to Sthula Vyayama

- Sthula Vyayama - Gross or physical exercises for the body.
- Includes more intense physical postures and movements.
- Aims to build strength, endurance, and overall physical fitness.
- Often used in combination with Sukshma Vyayama for comprehensive practice.
- Focuses on major muscle groups and physical conditioning.

Purpose and Benefits of Sthula Vyayama

- Strength Building - Develops muscle strength and endurance.
- Improves Posture - Enhances overall body alignment and posture.
- Boosts Fitness - Increases cardiovascular and physical fitness.
- Enhances Vitality - Promotes general physical health and energy.
- Supports Weight Management - Aids in maintaining a healthy weight.

Introduction to Surya Namaskara

- Surya Namaskara - Sun Salutation, a series of dynamic postures.
- Traditionally performed to honor the Sun and its energy. • Consists of a sequence of 12 postures.
- Integrates movement, breath, and intention.
- Enhances overall physical and mental health.

Purpose and Benefits of Surya Namaskara

- Improves Flexibility - Stretches and tones the muscles.
- Boosts Circulation - Enhances blood flow and energy levels.
- Increases Strength - Builds core strength and endurance.
- Balances Mind - Calms the mind and prepares for meditation.
- Energizes Body - Invigorates and revitalizes overall health.

1.9 Introduction to Yogasana: meaning, principles, and their health benefits

Introduction to Yogasana

- Yogasana - Physical postures or poses in Yoga.
- Derived from the Sanskrit words Yoga (union) and Asana (seat or posture).
- Aims to harmonize body and mind through physical practice.
- Forms the foundation for many Yoga practices and techniques.
- Enhances physical and mental well-being.

Principles of Yogasana

- Alignment - Proper positioning of body parts for effectiveness and safety.
- Breath Awareness - Coordinating breath with movement to enhance practice.
- Balance - Achieving physical and mental equilibrium in poses.
- Stability - Maintaining a steady and comfortable posture.
- Mindfulness - Being present and focused during practice.

Health Benefits of Yogasana

- Improves Flexibility - Enhances range of motion in joints and muscles.
- Builds Strength - Develops muscle strength and endurance.
- Enhances Posture - Promotes proper alignment and balance.
- Boosts Circulation - Improves blood flow and cardiovascular health.
- Reduces Stress - Calms the mind and reduces anxiety levels.
- Improves Digestion - Stimulates digestive organs and enhances metabolism.
- Enhances Mental Clarity - Promotes focus, concentration, and mental well-being.

1.10 Introduction to Pranayama and Dhyana and their health benefits

Introduction to Pranayama

- Pranayama - The practice of breath control in Yoga.
- Derived from Sanskrit words Prana (life force or breath) and Ayama (control or extension).
- Aims to regulate and expand the breath to enhance life energy.
- Integrates breath with physical postures and meditation.
- Fundamental for balancing mind and body.

Health Benefits of Pranayama

- Improves Lung Capacity - Enhances respiratory efficiency and endurance.
- Balances Nervous System - Regulates stress and anxiety levels.
- Enhances Concentration - Increases mental focus and clarity.
- Boosts Immunity - Strengthens the immune system and overall vitality.
- Aids in Detoxification - Promotes the removal of toxins from the body.
- Calms the Mind - Reduces mental agitation and promotes relaxation.
- Regulates Emotions - Helps in managing emotional responses and stability.

Introduction to Dhyana

- Dhyana - Meditation or the practice of focused attention.
- Derived from Sanskrit meaning "profound contemplation" or "meditative absorption." • Aims to achieve a state of mental stillness and clarity.
- Involves sustained concentration and mindfulness.
- Integral for achieving higher states of consciousness and inner peace.

Health Benefits of Dhyana

- Reduces Stress - Lowers cortisol levels and promotes relaxation.
- Enhances Emotional Well-Being - Improves mood and emotional resilience.
- Improves Focus - Increases attention span and cognitive function.
- Balances Blood Pressure - Helps in maintaining healthy blood pressure levels.
- Promotes Inner Peace - Fosters a sense of calm and tranquility.
- Aids in Self-Realization - Encourages deeper self-awareness and understanding.
- Supports Mental Health - Helps in managing anxiety, depression, and other mental health issues.

Introduction to Yoga Texts

Syllabus

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathapradipika.
- 2.4 General Introduction to Prasthanatrayee.
- 2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- 2.6 Significance of Hatha Yoga practices in health and well being.
- 2.7 Concept of mental wellbeing according to Patanjala Yoga.
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.
- 2.9 Concepts of healthy living in Bhagwad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

Introduction to Yoga Texts

- उपनिषद्: वेदांगा भाग. लगभग 108 है, किन्तु मुख्य उपनिषद् 13 हैं। उपनिषदों में मुख्य रूप से 'आत्मविद्या' का प्रतिपादन है, जिसके अन्तर्गत ब्रह्म और आत्मा के स्वरूप, उसकी प्राप्ति के साधन और आवश्यकता की समीक्षा की गयी है। कुल -- १०८ उपनिषद्. प्राचीनतम १. ईश, २. ऐतरेय, ३. छान्दोग्य, ४. प्रश्न, ५. तैत्तिरीय, ६. बृहदारण्यक, ७. माण्डूक्य और ८. मुण्डक प्राचीन १. कठ, २. केन अवान्तरकालीन १. कौषिकि, २. मैत्री (मैत्राणीयी) तथा ३. श्वेताश्वतर
- पतंजली योगसूत्र : समाधी पाद : समाधीचे विविध प्रकार, थेट फलाचे विवरण , साधना पाद : क्लेश आणि तो कमी करण्याचे मार्ग , विभूती पाद : ध्यान, विशेष सिद्धी , कैवल्य पाद : मोक्ष अनुभव ,
- प्रस्थान त्रयी : उपनिषद् . भगवद्गीता : १-६ कर्मयोग, ७-१२ भक्ती योग, १३-१८ ज्ञान योग . ब्रह्मसूत्र

The Vedas and the Upanishads

- Vedas Sections:
The वेद (Vedas) are divided into two sections:

- Karma Kanda (Ritual portion)
- Jnana Kanda (Knowledge portion)

- Upanishads:

The Upanishads are contained in the knowledge portion of the Vedas. They describe the inner vision of reality through self-inquiry and expound upon three subjects :

- The Jiva - (Embodied soul)
- Jagat - (The World)
- Ishwara - (God or the creator of the universe)

The climax of the enquiry is the experience of the essential identity of आत्मन् (Atman) within with ब्रह्मन् (Brahman).

- Vedic Yoga:

The Vedas contain the oldest known yogic teachings called Vedic Yoga. Vedic Yogis (ऋषि) taught how to live in divine harmony and see the ultimate reality through intensive spiritual practice.

2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12)

Muni Patanjali

- Birth shrouded in mystery; various legends exist
- One lore: Born to Atri and Anusuya; incarnation of Adishesha (cosmic serpent)
- Another tradition: Fell from heaven as a small snake into the palms (anjali) of his virgin mother
- Believed to have lived between 400 BCE and 200 CE, exact dates uncertain
- 2nd to 5th century BC
- Incarnation of Adishesha
- Also known as : Naganath, Gonika Putra, Phani Bhrt
- He was a physician, grammarian, and who systematically compiled yoga sutra.
- Raja Bhoj got the sutras written

Yoga Sutras : Samadhi Pada

- First chapter of the Yoga Sutras, 51 sutras
- Focuses on the nature and aim of Yoga
- Introduces key concepts like Citta (mind-stuff) and 5 Vrittis (mental modifications)
- Defines Yoga as "Yogas citta vrtti nirodhah" (cessation of mind fluctuations)
- Abhyas (Practice)
- Vairagya (Detachment)
- Antarayas (obstacles on the path of Yog)
- Sahabhiprasana (accomplishments)
- Chitta Prasadana
- Describes various forms of Samadhi (meditative absorption, samprajnata asamprajnata)

Yoga Sutras : Sadhana Pada

- Second chapter of the Yoga Sutras, 55 sutras
- Outlines the practice (Sadhana) of Yoga
- Introduces Kriya Yoga: Tapas (discipline), Svadhyaya (self-study), Ishvara Pranidhana (surrender to the divine)
- Describes the five Kleshas (afflictions)
- Introduces the eight limbs of Yoga (Ashtanga Yoga)

Yoga Sutras : Vibhuti Pada

- Third chapter of the Yoga Sutras, 55 sutras
- Focuses on the supernormal powers (Vibhutis) that may arise from yoga practice
- Describes various forms of Samyama - controls (combination of concentration, meditation, and Samadhi)
- Warns against attachment to these powers, siddhis
- Emphasizes the importance of discernment and detachment

Yoga Sutras : Kaivalya Pada

- Fourth and final chapter of the Yoga Sutras, 34 sutras
- Describes Kaivalya (liberation), the ultimate goal of Yoga
- Dharmamegha Samadhi
- Pratiprasava, journey of return

Key Verses of Yoga Sutra

- अथ योगानुशासनम् ॥ १ . १ ॥ - Introduction to Yoga and its practice.
- योगिश्वत्तवित्तिनरेधः ॥ १ . २ ॥ - Yoga is controlling mental fluctuations.
- तदा द्रष्टः स्वरूपेऽवस्थानम् ॥ १ . ३ ॥ - Perceiver returns to true self.
- वृत्तारूप्यिमतत्र ॥ १ . ४ ॥ - Mental states conform to thoughts.
- वृत्तयः पञ्चतयः क्लिष्टाऽक्लिष्टाः ॥ १ . ५ ॥ - Five types, painful - non-painful.
- प्रमाणिविपरीयिवकल्पनद्रास्मृतयः ॥ १ . ६ ॥ - Types: perception, error, imagination, sleep, memory.
- प्रत्यक्षानुमानगमा: प्रमाणानि ॥ १ . ७ ॥ - Sources of valid knowledge : direct perception, inference, testimony.
- विपरीयो मिथ्याज्ञानमतदूपप्रतिष्ठम् ॥ १ . ८ ॥ - Incorrect knowledge is based on false information.
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः ॥ १ . ९ ॥ - Imagination is based on words without reality.
- अभावप्रत्ययालम्बना वृत्तिनिरा ॥ १ . १० ॥ - Sleep is absence of objective awareness.
- अनुभूतिविषयासंप्रमोषः स्मृतिः ॥ १ . ११ ॥ - Memory is retention of experienced impressions.
- अभ्यासवैराग्याभ्यां तत्रिरोधः ॥ १ . १२ ॥ - Control of mental states through practice and detachment.

Summary of Patanjali Yoga Sutra

- Yoga Meaning: Derived from 'Yuj' – union and concentration.
- Union Aspect: Integration of body, mind, and spirit.
- Concentration Aspect: Yoga as focused awareness and ultimate goal.
- Definition: "Yogah cittavrtti nirodhah" - Stoppage of mental modifications.
- Vrittis: Mental modifications or thought waves.
- Goal: Liberate from suffering and cycle of rebirth by controlling vrittis.
- Samadhi: Ultimate limb of Ashtanga Yoga, representing deep concentration.
- Mind Functions: Misery arises from false identification at the mental level.

Definition of Yoga and Patanjali's Ashtanga Yoga

- Chitta: The mind or mind stuff, of sanskara (past life experience)
- Vritti: Modifications or fluctuations of the mind.
- Nirodha: Cessation or control of mind modifications.
- Basis: Yoga Darshana is based on this aphorism.
- Ashtanga Yoga: Propounded by Patanjali as the Royal (Kingly) path.
- Supreme Yoga: Incorporates fundamental tenets of other Yoga systems (Jnana, Bhakti, Karma, Hatha, Mantra).

Aim of Patanjali's Ashtanga Yoga and Concept of Chitta

- Aim: Kaivalya (liberation) through mind management.
- Focus: Concentration to end all miseries and suffering.
- Physical Postures: Support stability for prolonged meditation.
- Chitta: The Western term for mind; has four aspects:
 - Manas: मनस् (thinking, doubting, willing).
 - Chitta: चित्त (past experiences, memory).
 - Buddhi: बुद्धि (discrimination, decision-making).
 - Ahamkara: अहंकार (self-identification, separation).

Concept of Chitta and Chitta Bhumis; Chitta Vrittis and Chitta Vrittinirodhopaya

- Antahkarana:
 - चित्त (Chitta): Storehouse of Samskaras
 - बुद्धि (Buddhi): Decision-making faculty
 - अहंकार (Ahamkara): Ego
 - मनस् (Manas): Synthesizing faculty
- Chitta Bhumi: Condition/state of mind in concentration
- Chitta Qualities: सत्त्विक (Sattvic), राजसिक (Rajasic), तामसिक (Tama-sic)
- Chitta Bhumis: Five modes of manifestation
 - क्षिप्त (Kshipta): Scattered, anxious (Rajasic)
 - मूढ (Mudha): Dull, stupid (Tamasic)
 - विक्षिप्त (Vikshipta): Occasionally centered (Rajasic)
 - एकाग्रता (Ekagrata): One-pointed, concentrated (Sattvic)
 - निरुद्ध (Niruddha): Suspended mental activity (Sattvic, obstructed Rajas and Tamas)

Chitta Levels in Yoga

- First 3 levels of चित्त (Chitta) are not considered Yoga:
 - क्षिप्त (Kshipta) 100% rajas
 - मूढ (Mudha) 100% tamas
 - विक्षिप्त (Vikshipta) 75% rajas 25% sattvik
- एकाग्रता (Ekagrata) and निरुद्ध (Niruddha) are considered Yoga. 100 % satvik
- Passing through Ekagrata and Niruddha leads to समाधि (Samadhi).
- Samskaras:
 - प्रारब्धसंस्कार (Praarabdha Samskara): Accumulated impressions from previous births
 - वासनासंस्कार (Vasana Samskara)
- निरोधसंस्कार (Nirodha Samskara) remains in Chitta when others are restrained.

Chitta-Vrittis

- प्रमाणिविपर्ययिकल्पनिद्रास्मृतयः (1.6)
- Five modifications of mind (Vrittis):
 - प्रमाण (Pramana): Knowing correctly
 - विपर्यय (Viparyaya): Incorrect knowledge
 - विकल्प (Vikalpa): Fantasy or imagination
 - निद्रा (Nidra): Deep sleep
 - स्मृति (Smriti): Recollection of memory

Pramana and Viparyaya

- Pramana: Sources of right knowledge
 - प्रत्यक्ष (Pratyaksha): Direct cognition
 - अनुमान (Anumana): Inference
 - आगम (Agama/Shabda): Testimony, revelation by Guru
- Viparyaya: Misconception, incorrect knowledge
- विपर्ययो मिथ्याज्ञानमतदूपप्रतिष्ठम् (1.8)
- False knowledge not based on its own form

Vikalpa, Nidra, and Smriti

- Vikalpa: Unfounded belief
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः (1.9)
- Knowledge through words but empty of an object is fantasy
- Nidra: State of deep sleep
- अभावप्रत्ययालम्बना वृत्तिर्निरा (1.10)
- Vritti of absence of mental contents for support
- Smriti: Memory
- अनुभूतिविषयासंप्रमोषः स्मृतिः (1.11)
- Not letting experienced objects escape from the mind

Vrittis and Chitta-Vritti Nirodhopaya

- Vrittis: Mental responses to stimuli
- Ego identifies with thought waves
- Wrong identification with T causes miseries
- Enlightenment: Control thought waves
- Abhyasa (अभ्यासः): Practice
- Vairagya (वैराग्यः): Non-attachment
- Practice:
 - Disciplines, diet, pranayama (प्राणायाम), asana (आसन), meditation
- Let go of attachments and aversions
- Practice long, uninterrupted, sincere, and firmly rooted

Kleshas and Their Management

- Kleshas: Causes of pain
- अविद्यास्मितारागद्वेषाभिनिवेशः: (2.3)
- 1. Avidya: Ignorance (अविद्या)
- 2. Asmita: Egoism (I-am-ness) (अस्मिता)
- 3. Raga: Attachment (Liking) (राग)
- 4. Dvesha: Aversion (Disliking) (द्वेष)
- 5. Abhinivesha: Fear of death (Clinging to life) (अभिनिवेश)
- अविद्या is the root of other Kleshas
- Degrees of manifestation:
 - Prasupta: Dormant (प्रसुप्तः)
 - Tanu: Weak (तनु)
 - Vichhina: Oscillating (विच्छिन्नः)
 - Udara: Abundant (उदरः)
- Managing Kleshas:
 - Kriya Yoga (Tapa, Swadhyaya, Ishwara Pranidhana) (तपः, स्वाध्याय, ईश्वरप्रणिधानः)
 - Dhyana (Meditation) (ध्यानः)
 - Pratiprasava (Involution) (प्रतिप्रसवः)

Concept of Ishwara and Ishwara Pranidhana

- ईश्वरप्रणिधानाद्वा (1.23)
- Devotion to Ishwara leads to Samadhi
- क्लेशकर्मविपाकाशयैरपरामृष्टः: पुरुषविशेष ईश्वरः: (1.24)
- Ishwara: Special soul, untouched by afflictions
- तत्र निरतिशयं सावर्ज्जीजम् (1.25)
- Ishwara: Seed of limitless omniscience
- स पूर्वोमपि गुरुः: कालेनानवच्छेदात् (1.26)
- Ishwara: Guru of all ancient gurus

Concept of Ishwara and Ishwara Pranidhana (contd.)

- तस्य वाचकः प्रणवः: (1.27)
- AUM denotes Ishwara
- तञ्चपस्तदर्थभावनम् (1.28)
- Recite AUM with understanding
- ततः प्रत्यक्षेतनिधगमोऽप्यन्तरायाभावश्च (1.29)
- Practice turns consciousness inward, removes obstacles
- Ishwara: Not a religious god, Yoga: Not a religion
- Ishwara Pranidhana: Complete surrender to Ishwara
- Optional technique in Kriya Yoga (तपः, स्वाध्याय, ईश्वरप्रणिधान)
- Key to overcoming ego, leading to Samadhi

2.2 Introduction and study of Bhagwad Gita including memorisation of selected Shlokas (Chapter 2 - 47,48,49,50 and 70)

Introduction to Bhagavad Gita

- Bhagavad Gita - A 700-verse Hindu scripture part of the Mahabharata.
- Dialog between Prince Arjuna and Lord Krishna on the battlefield of Kurukshetra.
- Focuses on duty (Dharma), righteousness, and the path to spiritual wisdom.
- Addresses the moral and philosophical dilemmas faced by Arjuna.
- Revered as a key philosophical and spiritual text in Hinduism.

Chapter 2: Selected Shlokas

- Verse 47 (Karma Yoga) -
कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) -
योगस्थः कुरु कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्धासिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 49 (Karma Yoga) -
यस्त्वन्दिद्याणि मनसा नियाम्यारभते नरः । मुञ्जते तस्य योगिनोऽन्यः ॥
- Verse 50 (Karma Yoga) -
ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्धासिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) -
अपण्यत तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

Study of Bhagavad Gita: Key Themes

- Dharma - The concept of duty and righteousness.
- Karma Yoga - Path of selfless action and duty.
- Bhakti Yoga - Path of devotion and love towards God.
- Jnana Yoga - Path of knowledge and wisdom.
- Self-Realization - Understanding the true nature of self and existence.

Memorization of Selected Shlokas

- Verse 47 (Karma Yoga) - कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) - योगस्थः कुरु कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्धासिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
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- Verse 50 (Karma Yoga) - ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्धासिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) - अपण्यत तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

2.3 Introduction and study of Hatha Pradipika

Introduction to Hatha Pradipika

- Hatha Pradipika - A classical text on Hatha Yoga.
- Written by Swami Svatmarama in the 15th century CE.
- Focuses on physical postures (Asanas), breath control (Pranayama), and meditation.
- Aims to prepare the body and mind for higher spiritual practices.
- Provides detailed instructions on various Hatha Yoga techniques.

Key Concepts in Hatha Pradipika

- Asanas - Physical postures for physical stability and health.
- Pranayama - Techniques for controlling the breath and vital energy.
- Mudras - Hand gestures to control energy flow.
- Bandhas - Body locks to channel energy within.
- Shatkarma - Six purification techniques to cleanse the body.

Study of Asanas in Hatha Pradipika

- Describes various Asanas for physical health and spiritual progress.
- Emphasizes proper alignment, stability, and breath control.
- Includes postures like Padmasana (Lotus Pose), Shirshasana (Headstand), and Sarvangasana (Shoulder Stand).
- Focuses on achieving physical strength, flexibility, and concentration.
- Prepares the practitioner for deeper meditative practices.

Study of Pranayama in Hatha Pradipika

- Details various Pranayama techniques for controlling breath and energy.
- Includes practices such as Kapalabhati (Skull Shining Breath) and Nadi Shodhana (Alternate Nostril Breathing).
- Aims to purify the body, calm the mind, and increase vital energy.
- Techniques are used to balance the prana (vital energy) and support meditation.
- Essential for mastering advanced Hatha Yoga practices.

Significance of Hatha Pradipika

- Foundation of Hatha Yoga practices - Essential for practitioners seeking deeper understanding.
- Integrates physical and spiritual practices to enhance overall well-being.
- Offers practical guidance for practitioners of all levels.
- Highlights the importance of discipline, perseverance, and correct practice.
- Continues to influence modern Yoga practices and teachings.

2.4 General Introduction to Prasthanatrayee

Introduction to Prasthanatrayee

- Prasthanatrayee - The three foundational texts of Vedanta philosophy.
- Comprises:
 - Upanishads - Core philosophical texts exploring the nature of reality and self.
 - Bhagavad Gita - A dialogue between Arjuna and Krishna on duty, righteousness, and spirituality.
 - Brahma Sutras - Philosophical aphorisms systematizing Vedantic thought.
- Together, they form the basis of Vedantic study and practice.
- Essential for understanding key concepts in Hindu philosophy.

The Upanishads

- Ancient texts that form the core of Vedic wisdom.
- Focus on spiritual knowledge and philosophical inquiry.
- Discuss the nature of ultimate reality (Brahman) and the individual soul (Atman).
- Key Upanishads include Isha, Kena, Katha, and Mandukya.
- Emphasize meditation, self-realization, and the unity of all existence.

The Bhagavad Gita

- A 700-verse Hindu scripture part of the Mahabharata.
- Dialogue between Prince Arjuna and Lord Krishna.
- Addresses the nature of duty (Dharma), action, and devotion.
- Explores paths of Karma Yoga (action), Bhakti Yoga (devotion), and Jnana Yoga (knowledge).
- Provides guidance on ethical and spiritual living.

The Brahma Sutras

- Philosophical texts attributed to Sage Vyasa.
- Comprises 555 sutras (aphorisms) summarizing the teachings of the Upanishads.
- Systematizes Vedantic thought and addresses key metaphysical questions.
- Divided into four chapters: Sutras on the Nature of Brahman, Sutras on the Universe, Sutras on the Path of Knowledge, and Sutras on the Liberation.
- Focuses on the unity of Brahman and the self, and the nature of liberation.

Significance of Prasthanatrayee

- Provides comprehensive understanding of Vedantic philosophy.
- Forms the basis for various schools of Vedanta and spiritual practices.
- Guides ethical, spiritual, and philosophical aspects of life.
- Essential for deep study of Hindu philosophy and theology.
- Continues to influence spiritual thought and practice today.

2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktaahara)

Concepts of Aahara in Hatha Pradipika

- Aahara - Diet and its role in Yoga practice.
- Emphasizes moderation and the impact of diet on physical and mental health.
- Advocates for simple, pure, and balanced food.
- Recommends avoidance of heavy, spicy, or overly processed foods.
- Stresses the importance of regular and timely meals.
- Highlights the role of diet in supporting physical strength and stamina for Yoga.

Concepts of Aahara in Bhagavad Gita

- Mitahara - Moderate eating; balanced and moderate in quantity.
- Recommends a diet that is:
 - Sattvic - Pure, clean, and nourishing.
 - Rajasic - Overly stimulating, often leading to restlessness.
 - Tamasic - Stale, impure, and harmful.
- Emphasizes the impact of food on the mind and consciousness.
- Advocates for moderation and awareness in eating habits.
- Suggests that the right diet supports spiritual and physical well-being.

Principles of Mitahara in Bhagavad Gita

- Mitahara - Eating in moderation and balance.
- Consumes food that is:
 - Fresh and wholesome.
 - Prepared with love and devotion.
 - Conducive to physical health and mental clarity.
- Avoids excessive or insufficient eating.
- Focuses on maintaining harmony between body and mind through diet.
- Supports overall spiritual and physical health.

Principles of Yukthahara in Bhagavad Gita

- Yukthahara - Proper and disciplined eating.
- Involves:
 - Consuming food at appropriate times.
 - Eating in moderation, neither too much nor too little.
 - Aligning diet with one's physical and spiritual needs.
- Emphasizes mindful eating and awareness of the impact of food.
- Integrates diet with other aspects of Yoga practice for holistic well-being.
- Enhances both physical health and spiritual development.

2.6 Significance of Hatha Yoga practices in health and well being

Significance of Hatha Yoga Practices

- Hatha Yoga - A system focusing on physical postures, breath control, and meditation.
- Aims to balance physical, mental, and spiritual health.
- Includes practices like Asanas (postures), Pranayama (breath control), Mudras (hand gestures), and Bandhas (body locks).
- Enhances physical strength, flexibility, and endurance.
- Supports mental clarity, stress reduction, and emotional stability.

Physical Health Benefits

- Improves flexibility and muscle tone.
- Enhances strength and stamina.
- Aids in weight management and improves posture.
- Boosts circulation and respiratory function.
- Promotes detoxification through sweating and improved digestion.

Mental and Emotional Well-being

- Reduces stress and anxiety through relaxation techniques.
- Enhances focus and concentration.
- Improves mood and emotional resilience.
- Supports mental clarity and cognitive function.
- Encourages mindfulness and self-awareness.

Spiritual Growth

- Facilitates deeper meditation and self-realization.
- Helps in achieving inner peace and balance.
- Promotes a sense of connection to self and higher consciousness.
- Supports spiritual development through disciplined practice.
- Integrates physical health with spiritual practice for holistic growth.

Overall Well-being

- Combines physical, mental, and spiritual practices for comprehensive health.
- Encourages a balanced lifestyle and regular practice.
- Provides tools for managing daily stress and enhancing quality of life.
- Fosters a harmonious relationship between body, mind, and spirit.
- Contributes to long-term health and vitality.

2.7 Concept of mental wellbeing according to Patanjala Yoga

Concept of Mental Well-being in Patanjali Yoga

- Patanjali's Yoga - Focuses on achieving mental clarity and stability.
- Central text: Yoga Sutras of Patanjali.
- Emphasizes the importance of controlling the mind (Chitta) for well-being.
- Aims to cultivate a state of Sattva (mental purity and balance).
- Addresses mental disturbances and provides techniques to overcome them.

Role of Mind Control (Chitta Vritti Nirodha)

- Chitta Vritti Nirodha - Control of the fluctuations of the mind.
- Essential for achieving mental stability and peace.
- Involves restraining mental patterns and disturbances.
- Focuses on reducing Vrittis (mental modifications) that cause suffering.
- Achieved through practice of Yamas (ethical restraints) and Niyamas (personal observances).

Key Practices for Mental Well-being

- Dhyana (Meditation) - Regular practice to cultivate concentration and inner peace.
- Pranayama (Breath Control) - Regulates mental and emotional states through breath.
- Asanas (Postures) - Physical practice to stabilize the mind and body.
- Self-Discipline - Adherence to Yamas and Niyamas for mental clarity.
- Mindfulness - Awareness of thoughts and emotions to maintain balance.

Achieving Mental Clarity (Sattva)

- Sattva - The quality of purity and harmony in the mind.
- Promotes inner peace, clarity, and wisdom.
- Cultivated through regular practice of Yoga and meditation.
- Helps in overcoming mental disturbances and achieving higher states of consciousness.
- Supports overall mental and emotional stability.

Overcoming Mental Disturbances

- Kleshas - Mental afflictions such as ignorance, egoism, attachment, aversion, and fear of death.
- Addressed through disciplined practice and self-awareness.
- Use of Vairagya (detachment) and Abhyasa (practice) to manage mental challenges.
- Achieving Samadhi - A state of perfect mental equilibrium.
- Focus on reducing negative thought patterns and promoting mental resilience.

2.8 Yogic practices of Patanjala Yoga : Bahiranga and Antaranga Yoga

Yogic Practices in Patanjali Yoga

- Patanjali's Yoga - Divided into Bahiranga (external) and Antaranga (internal) practices.
- Aims to achieve holistic development and spiritual realization.
- Bahiranga Yoga focuses on external practices.
- Antaranga Yoga emphasizes internal, meditative practices.
- Both are essential for achieving the ultimate goal of Yoga.

Bahiranga Yoga

- Bahiranga - External practices of Yoga.
- Includes :
 - Yamas (यम) - Ethical restraints (non-violence, truthfulness, non-stealing, etc.).
 - Niyamas (नियम) - Personal observances (cleanliness, contentment, self-discipline, etc.).
 - Asanas (आसन) - Physical postures to prepare the body for meditation.
 - Pranayama (प्राणायाम) - Breath control to regulate vital energy and calm the mind.
- Focuses on ethical and physical preparation for deeper practices.
- Establishes a foundation for internal practices.

Antaranga Yoga

- Antaranga - Internal practices of Yoga.
- Includes :
 - Pratyahara (प्रत्याहार) - Withdrawal of the senses from external objects.
 - Dharana (धारणा) - Concentration on a single point or object.
 - Dhyana (ध्यान) - Meditation; sustained and uninterrupted flow of consciousness.
 - Samadhi (समाधि) - Enlightenment; a state of profound inner peace and realization.
- Focuses on deepening the inner experience and achieving spiritual insight.
- Cultivates mental clarity, inner peace, and ultimate realization of the self.

Integration of Bahiranga and Antaranga Yoga

- Bahiranga and Antaranga practices are interdependent.
- External practices prepare and purify the body and mind for internal practices.
- Internal practices build on the discipline established by external practices.
- Both are necessary for comprehensive development and achieving Yoga's ultimate goals.
- Harmonizing both aspects leads to a balanced and integrated approach to Yoga.

2.9 Concepts of healthy living in Bhagwad Gita

Concepts of Healthy Living in Bhagavad Gita

- Bhagavad Gita - Provides guidance on living a balanced and healthy life.
- Emphasizes the harmony of body, mind, and spirit.
- Encourages living in accordance with धर्म (Dharma) and righteousness.
- Focuses on maintaining balance in daily activities and lifestyle.
- Highlights the importance of self-discipline and moderation.

Principles of Healthy Living

- Moderation in Eating - मिताहार (Mitahara): Eat in moderation; balanced diet and mindful eating.
- Balanced Lifestyle - Maintain a balanced routine; avoid extremes in work and rest.
- Regular Practice - Engage in daily practice of Yoga, meditation, or self-discipline.
- Right Action - Perform actions in line with one's duty and ethical principles.
- Mental Peace - Cultivate a peaceful and steady mind through mindfulness and self-awareness.

Concepts of Diet and Behavior

- Healthy Diet - Food that is :
 - Fresh and wholesome.
 - Prepared with care and respect.
 - Not overly spicy or heavy.
- Behavior and Attitude - Approach life with :
 - संतोष (Santosha) - Contentment.
 - वैराग्य (Vairagya) - Non-attachment.
 - Equanimity in success and failure.
- Self-Control - Exercise self-control over desires and impulses.
- Spiritual Focus - Align daily actions with spiritual growth and self-realization.

Living in Harmony with Nature

- Natural Rhythm - Live in harmony with natural cycles and rhythms.
- Sattvic Living - Adopt a lifestyle that promotes purity and tranquility (सात्त्विक).
- Avoid Excesses - Avoid excessive indulgence and self-denial.
- Holistic Approach - Integrate physical health, mental peace, and spiritual well-being.
- Mindful Living - Practice mindfulness in all aspects of life.

2.10 Importance of subjective experience in daily Yoga practice

Importance of Subjective Experience in Daily Yoga Practice

- Subjective Experience - Personal, internal perception of Yoga practice.
- Focuses on individual feelings, sensations, and inner states.
- Essential for understanding the impact of practice on body and mind.
- Promotes self-awareness and deeper connection to one's practice.
- Enhances the effectiveness and benefits of Yoga practice.

Self-Awareness and Mindfulness

- Self-Awareness - Being conscious of physical and mental states during practice.
- Encourages observation of subtle changes and progress.
- Mindfulness - Paying attention to the present moment.
- Enhances focus and concentration in practice.
- Supports mental clarity and emotional stability.

Personalization of Practice

- Personalization - Adapting Yoga practices to individual needs and conditions.
- Allows for modifications based on subjective experience and feedback.
- Facilitates alignment with personal goals and limitations.
- Enhances comfort and effectiveness of the practice.
- Supports long-term adherence and progress in Yoga practice.

Integration of Mind and Body

- Mind-Body Connection - Awareness of the interplay between mental and physical aspects.
- Helps in achieving balance and harmony.
- Enhances the holistic benefits of Yoga.
- Supports deeper meditative and reflective states.
- Facilitates a more profound understanding of oneself.

Reflective Practice and Growth

- Reflective Practice - Regularly reviewing personal experiences and progress.
- Encourages continuous learning and improvement.
- Aids in identifying areas for growth and development.
- Supports emotional and spiritual evolution.
- Fosters a deeper commitment to Yoga practice.

Yoga for Health Promotion

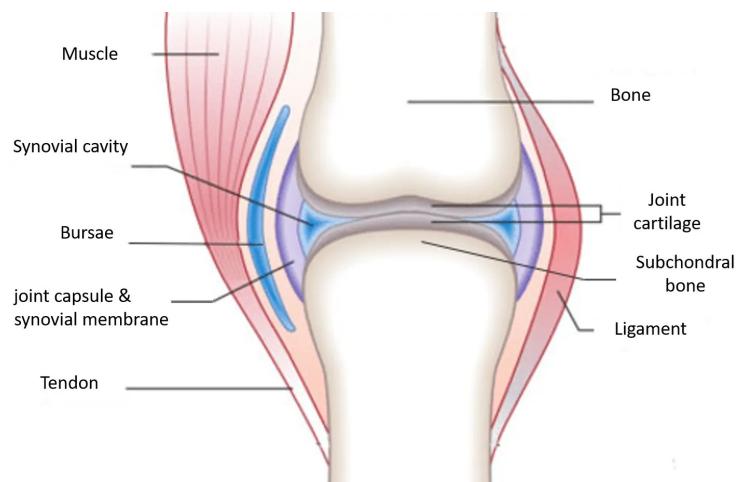
Syllabus

- 3.1 Brief introduction to human body.
- 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
- 3.3 Yogic positive attitudes (Maitri, Karuna, Mudita, Upaksha).
- 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
- 3.5 Dinacharya and Ritucharya with respect to Yogic life style.
- 3.6 Holistic approach of Yoga towards health and diseases.
- 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
- 3.8 Yogic management of stress and its consequences.
- 3.9 Yoga in prevention of metabolic and respiratory disorders.
- 3.10 Yoga for personality development.

3.1 Brief introduction to human body : Anatomy

Components of the Skeletal System

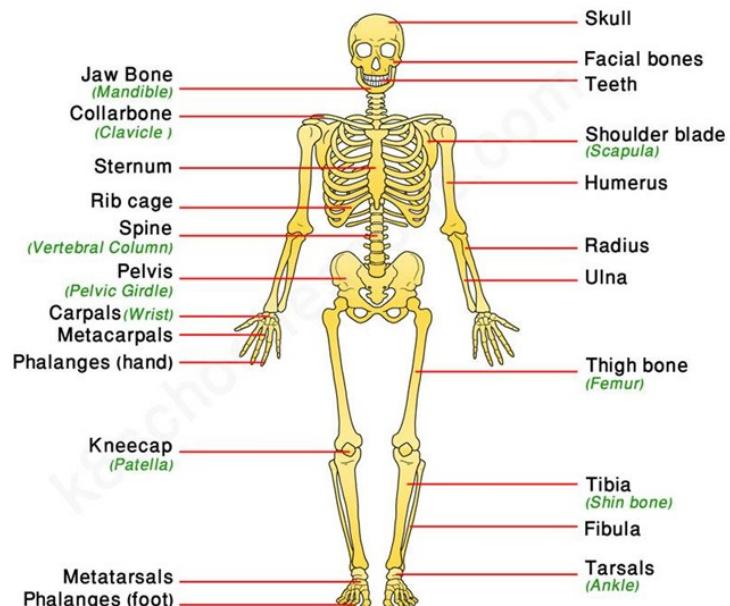
- Bones: 206 in adults, living organs, rich blood supply
- Cartilage: Elastic tissue, cushions joints
- Ligaments: Bind bones at joints
- Tendons: Connect muscles to bones
- Joints: Points of bone contact



(Ref: <https://www.swiss-alp-health.ch/en/what-is-a-joint/>)

Divisions of the Skeletal System

- Axial Skeleton: Skull, vertebral column, rib cage
 - Skull: 23 bones, protects brain, inner ear, eyes
 - Spine: Made of vertebrae, supports trunk, protects spinal cord
 - Rib Cage: 12 pairs of ribs, protects lungs and heart
- Appendicular Skeleton: Shoulder and pelvic girdles, limbs
 - Shoulder Girdle: Shoulder blades, collar bones
 - Upper Limb: Humerus, radius, ulna, carpals, metacarpals, phalanges
 - Pelvis: Flat bones from sacrum, base for legs
 - Lower Limb: Femur, patella, tibia, fibula, tarsals, metatarsals, phalanges



Functions of skeleton system

- Structural Framework
- Support and protection
- Blood formation
- Storehouse of minerals

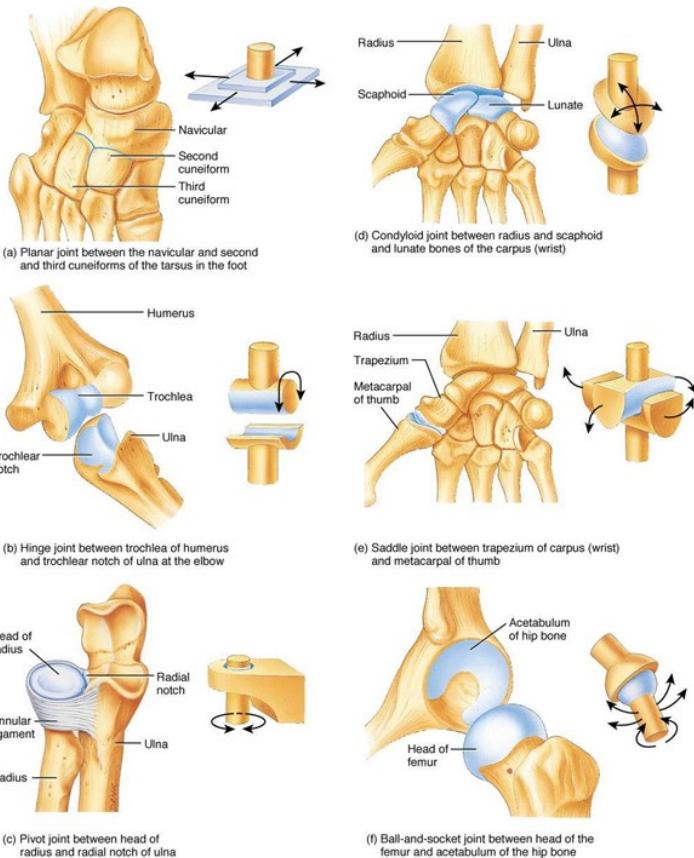
Vertebral Column

- Spine: Strong column of bone from head to lower back
- 33 vertebrae joined by cartilage and ligaments
- Spinal cord runs through central holes in vertebrae
- Vertebrae groups: Cervical (7), Thoracic (12), Lumbar (5)
- Sacral (5 fused into 1), Coccygeal (4 fused into 1)
- Curvatures: Cervical, Thoracic, Lumbar, Pelvic
- Improper posture can exaggerate spinal curves
- Kyphosis: Increased thoracic curve
- Lordosis: Exaggerated lumbar curve
- Scoliosis: Lateral curvature of the spine
- Asanas can help correct posture by balancing and strengthening muscles

Types of Joints

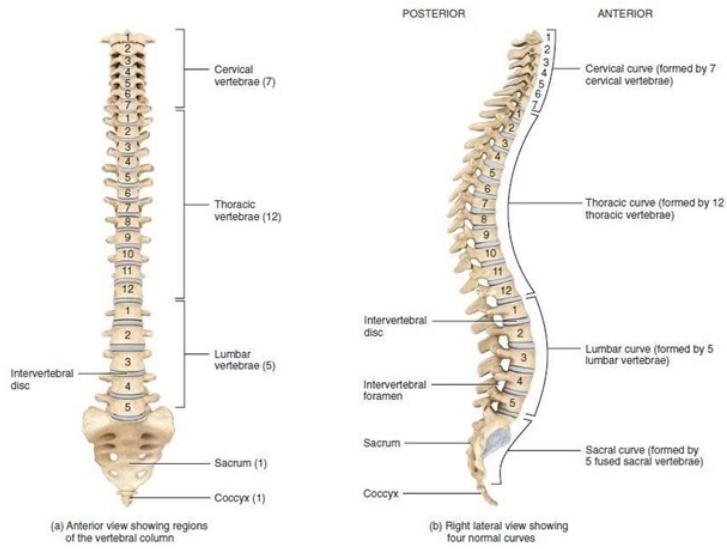


- Joints: Points of contact between two bones
- Fibrous Joints: Allow the least movement; e.g., sutures in skull
- Cartilaginous Joints: Bones connected by cartilage; e.g., ribs to sternum
- Synovial Joints: Highest mobility; coated with cartilage, contain synovial fluid
- Fibrous Joints: Immovable parts of the skeletal system
- Cartilaginous Joints: Strong but flexible, necessary movement (e.g., breathing)
- Synovial Joints: Sealed in fluid-filled joint capsule
- Six kinds of synovial joints for various movements



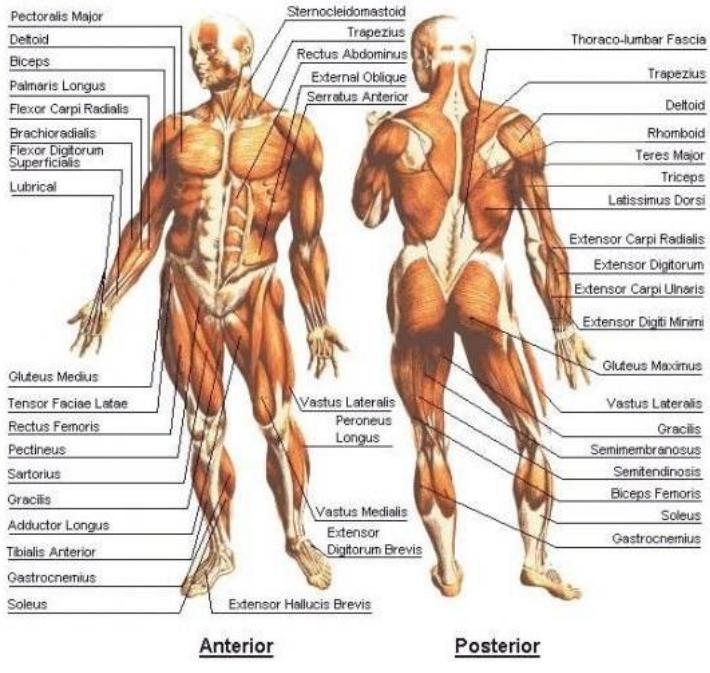
Types of Spinal Movements

- Flexion: Forward bending; maximal in cervical region (e.g., Paschimottanasana, Padahastasana)
- Extension: Back bending (e.g., Bhujangasana, Dhanurasana)
- Rotation: Longitudinal twisting; greatest between atlas and axis (e.g., Ardha Matsyendrasana)
- Sideways Bending: Maximal in cervical and lumbar regions (e.g., Trikonasana)
- Circumduction: Swaying combining all movements (e.g., Chakki Chalavan)
- Elongation: Stretching upwards from base of spine (e.g., Tadasana, Urdhvahasta Dandasana)



Muscular System Overview

- Muscles are contractile tissues.
- They convert chemical energy into mechanical energy.
- Three types of muscles: voluntary, involuntary, cardiac.
- Voluntary muscles: consciously controlled.
- Involuntary muscles: controlled by autonomic nervous system.
- Cardiac muscle: auto rhythmic, contracts without stimulation.
- Voluntary muscles aid in walking, balancing, writing.
- Involuntary muscles help in digestion, blood flow.
- Cardiac muscle is specialized for heart function.



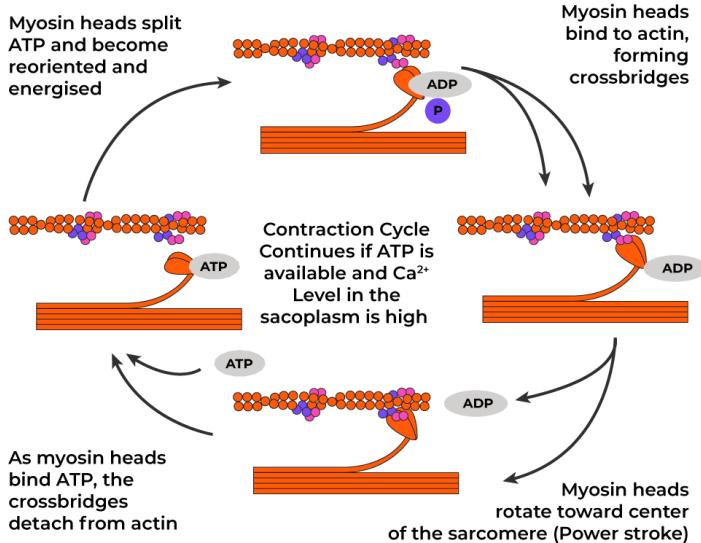
(Ref: <https://www.biologyonline.com/dictionary/muscular-system>)

Functions of Muscular System

- Production of movement. Maintaining posture against gravity.
- Protection of internal organs
- Heat production
- Store for energy (protein and carbohydrates)
- Functioning of internal organs because of involuntary muscles.

Muscle Contraction

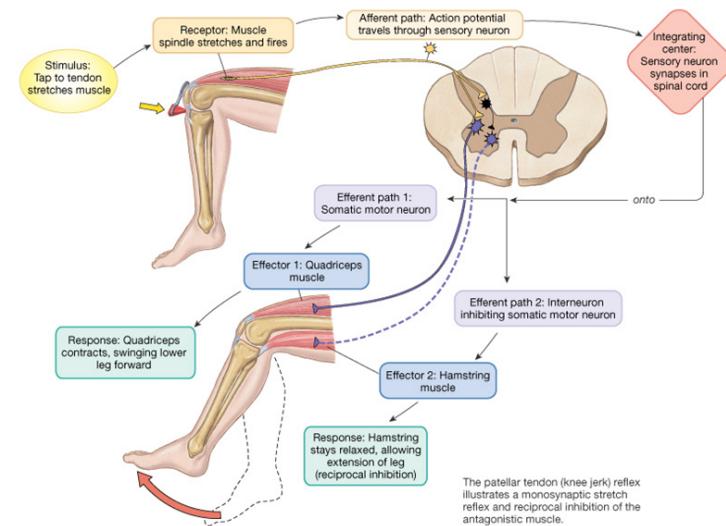
- Muscles consist of fibres wrapped in a sheath.
- Muscle fibres contain actin (thin) and myosin (thick) filaments.
- Filaments overlap to create tension and shorten muscle fibres.
- Relaxed muscles: minimal overlap of filaments.
- Stimulated muscles: filaments slide and overlap, causing contraction.
- Maximal contraction: complete overlap of filaments.
- Muscle strength increases through more fibre engagement or efficiency.
- Isotonic Contraction: muscle changes shape while load remains constant.
- Isometric Contraction: muscle stays same size while load increases.



(Ref: <https://www.geeksforgeeks.org/mechanism-of-muscle-contraction-class-11/>)

Reflex Action & Reciprocal Inhibition

- Motor units: smallest nerve fibre groups in muscles.
- Proprioceptors: sensors that send body position info to the brain.
- Proprioception aids in posture and coordination.
- Stretch reflex: strong contraction when muscle is suddenly lengthened.
- Example: back muscles contract when bending forward quickly.
- Slow movements support deep breathing.
- Reciprocal inhibition: opposing muscles relax when one contracts.
- Example: biceps contract, triceps relax.
- Ensures smooth and coordinated muscle movements.



(Ref: <https://www.corewalking.com/reciprocal-inhibition/>)

Types of Muscle Movements

- Flexion: Decreases joint angle, e.g., bending the elbow.
- Extension: Increases joint angle, e.g., straightening the elbow.
- Abduction: Moves bone away from midline, e.g., lifting arms.
- Adduction: Moves bone towards midline, e.g., bringing legs together.
- Elevation: Movement upward, e.g., shrugging shoulders.
- Depression: Movement downward, e.g., lowering shoulders.
- Pronation: Palms face down.
- Supination: Palms face up.
- Rotation: Movement around an axis, e.g., internal or external rotation.
- Sphincter opening: Reduces or increases size of an opening.

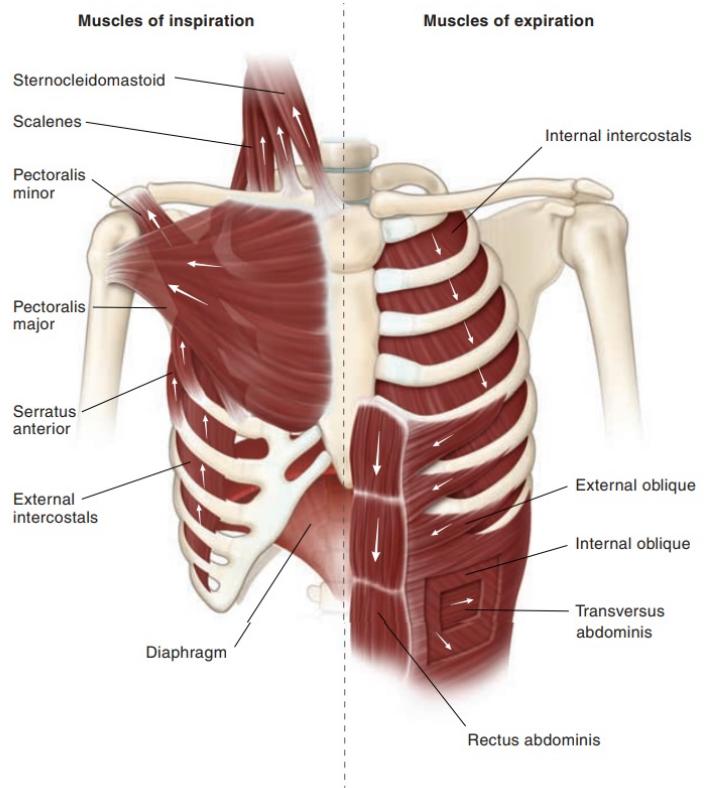
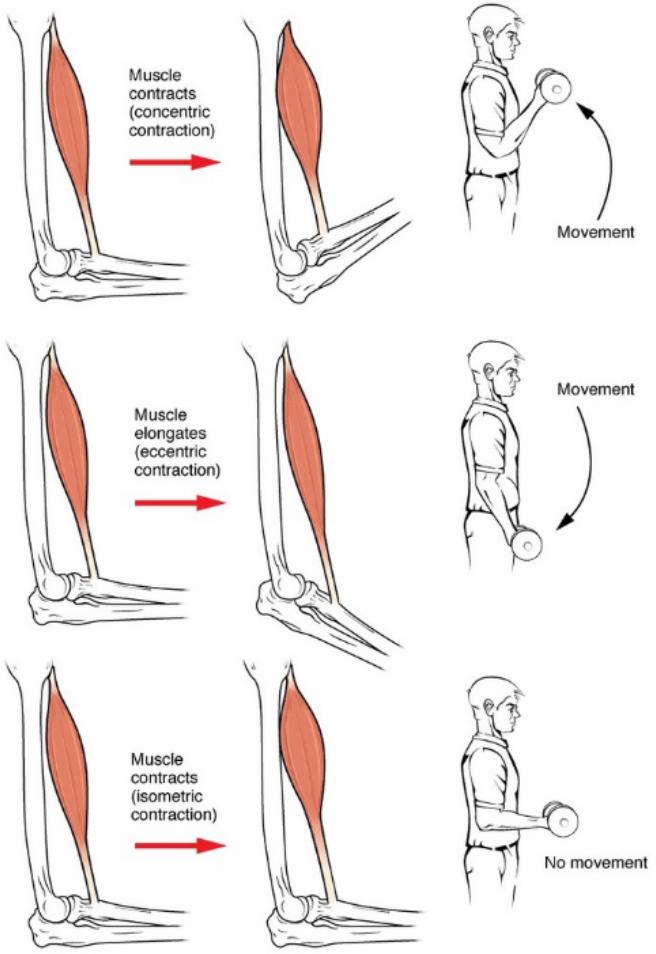


FIGURE . . . Muscles of Respiration

(Ref: https://www.brainkart.com/article/Respiration-Muscles_21121/)

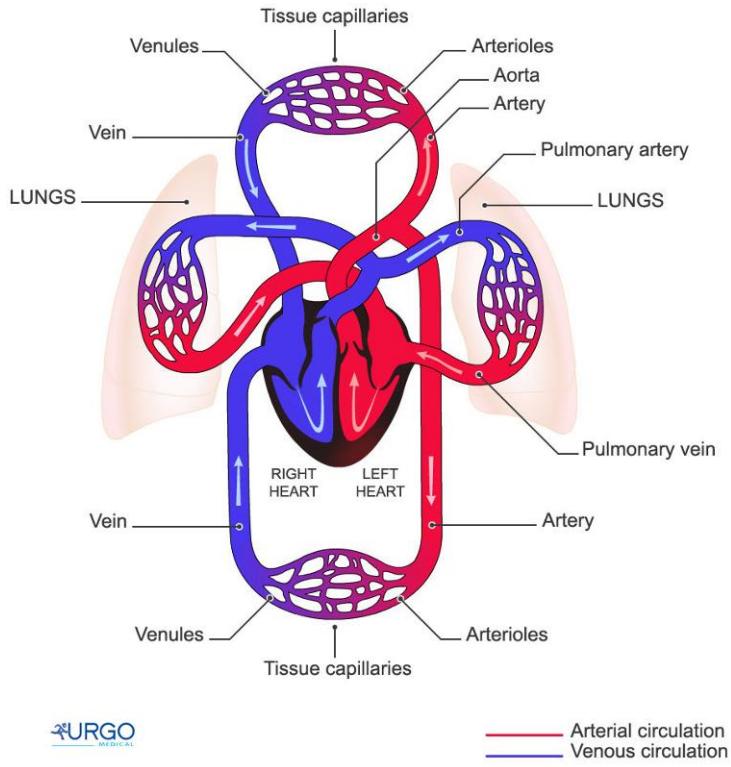
Cardiovascular System

(Ref: https://med.libretexts.org/Bookshelves/Anatomy_and_Physiology/

Muscle Breathing

- Muscles need energy for contraction.
- Energy comes from glucose metabolism using oxygen.
- Aerobic respiration: used in low-intensity, high-volume activities.
- Example: marathon running, dance.
- Anaerobic respiration: used when oxygen is insufficient or activities are very fast.
- Anaerobic respiration produces lactic acid as a byproduct.
- Example: weight training, sprints.
- Post-exertion: oxygen breaks down lactic acid into water and carbon dioxide.
- Oxygen debt: amount of oxygen required to break down lactic acid.

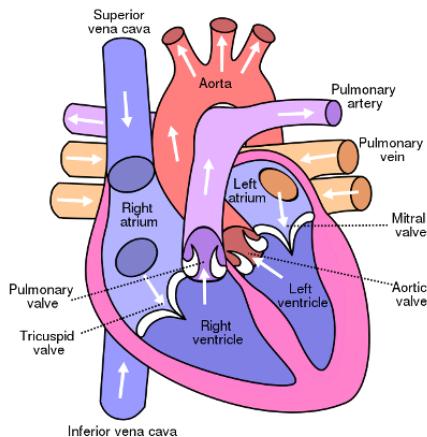
- Cardiovascular system transports nutrients, gases, waste, hormones.
- Blood consists of:
 - Plasma (54% of blood mass)
 - Red blood cells (45%)
 - White blood cells and platelets (1%)
- Red Blood Cells (RBCs): Transport oxygen and carbon dioxide.
- RBCs produced in bone marrow, lifespan 120 days.
- Anaemia: Condition when RBC count falls below 30%.
- White Blood Cells (WBCs): Provide immunity, lifespan 30 hours to 25 days.
- Platelets: Prevent bleeding by sticking to damaged vessels.
- Platelets' average lifespan is 4 days.



Blood Vessels & Heart

- Blood vessels transport blood throughout the body.
- Arteries carry blood away from the heart.
- Arteries branch into arterioles, then into capillaries for nutrient exchange.
- Capillaries converge into venules, which merge into veins.
- Veins carry blood back to the heart.
- Systemic circulation: blood flow to and from the body.
- Pulmonary circulation: blood flow to and from the lungs.
- Heart: muscular organ that pumps blood.
- Heart has 4 chambers: right atrium, left atrium, right ventricle, left ventricle.
- Atria receive blood; ventricles pump it out.
- Valves prevent backflow: tricuspid (right), bicuspid/mitral (left).

Blood Vessels & Heart



(Ref: <https://www.merresearch.org.uk/taking-heart-1/>)

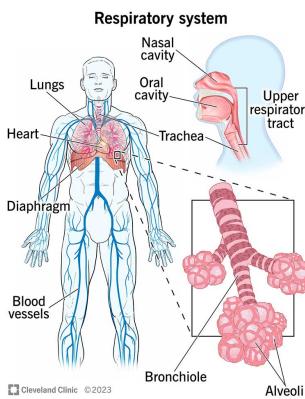
Functions of Muscular System

- Transport, blood circulation.
- Protection, immunity.
- Homeostasis.

Respiratory System

- Respiration: Exchange of oxygen and carbon dioxide.
- At pulmonary level: Oxygen diffuses into capillaries, CO_2 into alveoli.
- At systemic level: Gas exchange occurs in capillaries near cells.
- Respiratory tract: Pathway for air to and from the lungs.
- Nose: Filters, warms, and moistens air; sense organ for smell.
- Pharynx: Passage from mouth and nose; connects to larynx.
- Larynx: Voice box; produces sound.
- Trachea: Windpipe; held open by cartilage rings.
- Bronchi, bronchioles, alveoli: Air passage branches ending in alveoli for gas exchange.
- Lungs: Triangular air sacs; two on the left (2 lobes), three on the right.
- Respiratory mucosa: Secretes mucus, traps irritants, and moves mucus to pharynx.
- Sinuses: Air-filled spaces around nasal cavity; prone to blockage and sinusitis.

Respiratory System

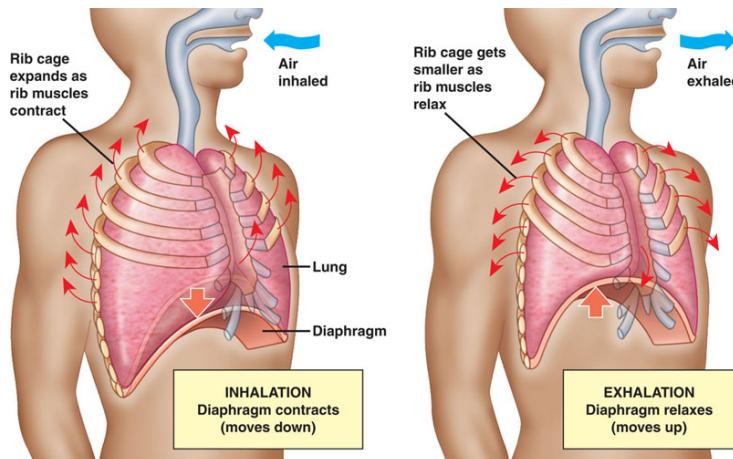


Functions of Muscular System

- Exchange of gases
- Maintaining pH balance
- Speech production.

Muscles of Respiration

- Diaphragm: Dome-shaped muscle below lungs; separates chest and abdominal cavities.
- Intercostal Muscles: Located between ribs; lift rib cage for inhalation, lower it for exhalation.
- Accessory Muscles: Neck muscles attached to collarbone; assist in clavicular breathing.
- Muscles of Expiration: Abdominal muscles; used for forceful exhalation.

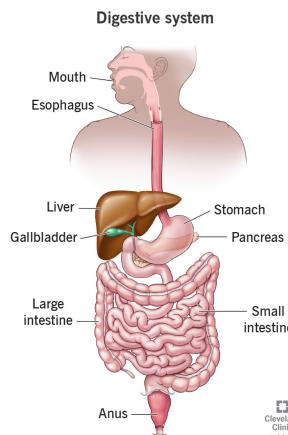


(Ref: <https://step1.medbullets.com/respiratory/117007/muscles-of-respiration>)

Digestive System

- Digestion: Breaking down complex molecules into simpler ones (glucose, fatty acids, amino acids).
- Alimentary Canal: 12 meters long muscular tube with mucosal lining.
- Food movement: By peristalsis (wave-like contractions).
- Mouth: Mechanical breakdown (chewing) and initial carbohydrate digestion by saliva.
- Oesophagus: Connects mouth to stomach; no digestion or absorption.
- Stomach: Mechanical breakdown and initial chemical digestion of proteins, fats, and milk. No absorption; secretes hydrochloric acid.
- Small Intestine: 6m long, divided into duodenum, jejunum, ileum; digestion and absorption of nutrients. Villi increase absorption surface area.
- Large Intestine: Absorbs water, forms feces; consists of ascending, transverse, descending colon, rectum, and anus.

Digestive System

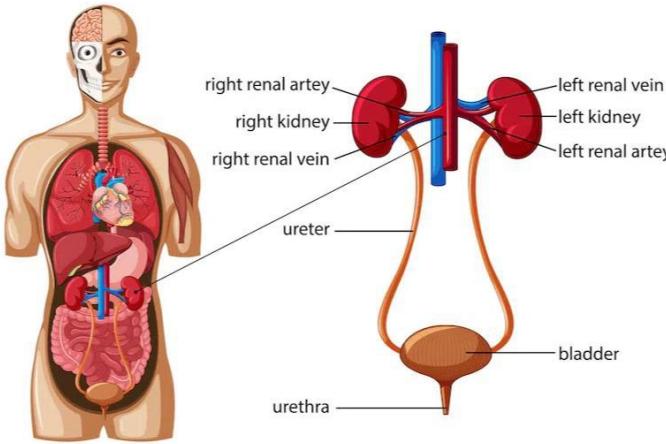


(Ref: <https://my.clevelandclinic.org/health/body/7041-digestive-system>)

Excretory System

- Kidneys: Bean-shaped organs that filter blood; contain 1 million nephrons each.
- Ureters: Smooth muscle tubes that transport urine from kidneys to bladder via peristalsis.
- Urinary Bladder: Hollow organ that stores urine; holds 300-500 ml before the urge to urinate.
- Urethra: Tube connecting bladder to external orifice for urine expulsion.

Human Excretory system



(Ref: <https://www.geeksforgeeks.org/diagram-of-excretory-system/>)

Functions of Muscular System

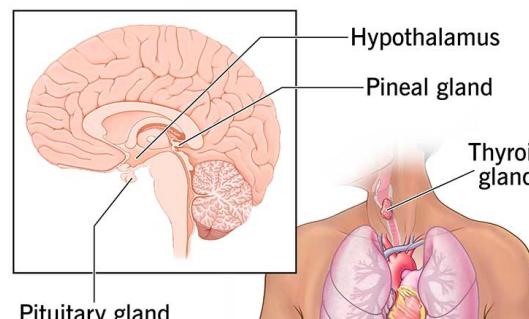
- Eliminate waste from the body.
- Regulate blood volume and blood pressure.
- Control levels of electrolytes and metabolites
- Regulate blood pH.

Endocrine System

- Endocrine System: Regulates body activities through hormones.
- Hormones: Chemical regulators secreted into the blood.
- Secreted directly into blood; act on specific target organs.
- Produced in small quantities; not stored in the body.
- Types: Water-soluble proteins and amines, lipid-soluble steroids.
- Imbalance: Excess or deficiency can lead to serious health issues.

Endocrine system

Brain cut in half (side view)



Pituitary gland

Adrenal glands

Pancreas
(behind stomach)

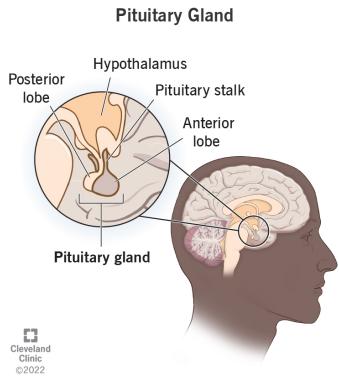
Ovaries (testes in
people assigned
male at birth)

Cleveland Clinic ©2023

Endocrine Glands: Hypothalamus and Pituitary

- Hypothalamus: Directs pituitary gland.
 - Releasing Hormone (RH): Stimulates pituitary hormone release.
 - Inhibiting Hormone (IH): Stops pituitary hormone release.
- Pituitary Gland: Master gland; regulates other endocrine glands.
 - Growth Hormone (GH): Promotes growth.
 - Follicle Stimulating Hormone (FSH): Stimulates egg and sperm formation.
 - Luteinizing Hormone (LH): Stimulates corpus luteum and hormone production.
 - Prolactin: Milk secretion.
 - Thyroid Stimulating Hormone (TSH): Stimulates thyroid.
 - Adrenocorticotropic Hormone (ACTH): Stimulates adrenal glands.
 - Antidiuretic Hormone (ADH): Increases water reabsorption.
 - Oxytocin: Uterine contractions.

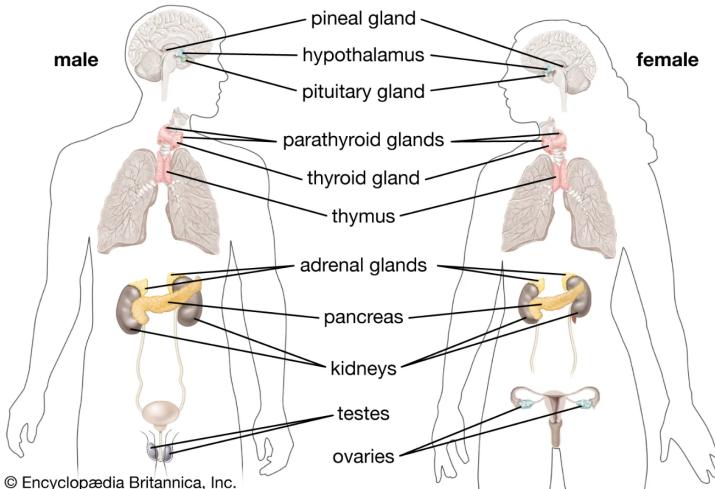
Endocrine Glands: Hypothalamus and Pituitary



(Ref: <https://my.clevelandclinic.org/health/body/21459-pituitary-gland>)

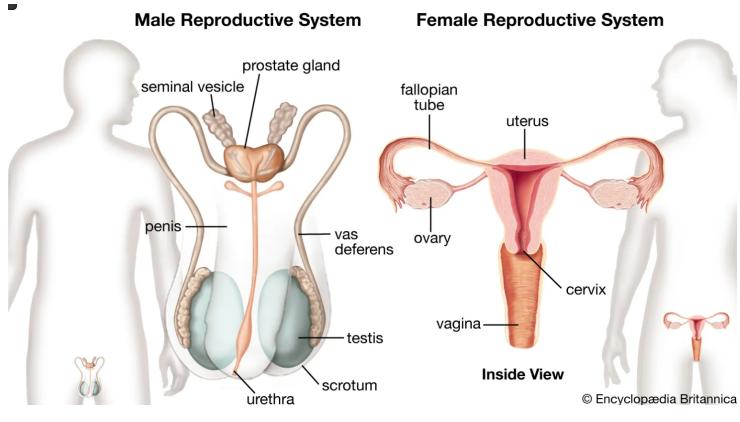
Endocrine Glands: Pineal, Thyroid, and Parathyroid

- Pineal Gland: Produces melatonin; regulates sleep patterns.
- Thyroid: Produces thyroxin and calcitonin; regulates metabolism and calcium.
- Parathyroid Glands: Regulates calcium metabolism.



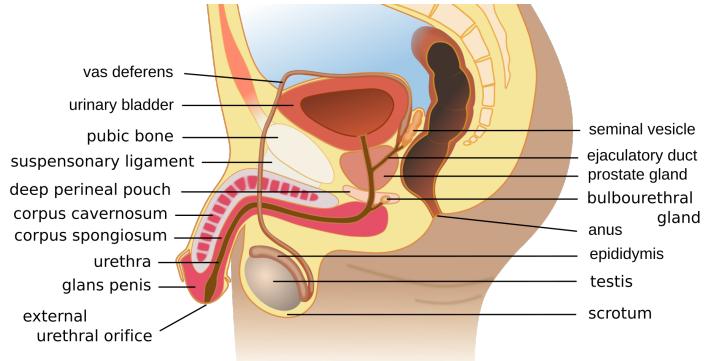
Overview of Reproductive System

- Essential for species survival.
- Humans procreate via sexual reproduction.
- Gametes: sperm (male) and egg (female).
- Fertilization forms a zygote.
- Zygote develops into an embryo, then a fetus.



Male Reproductive System

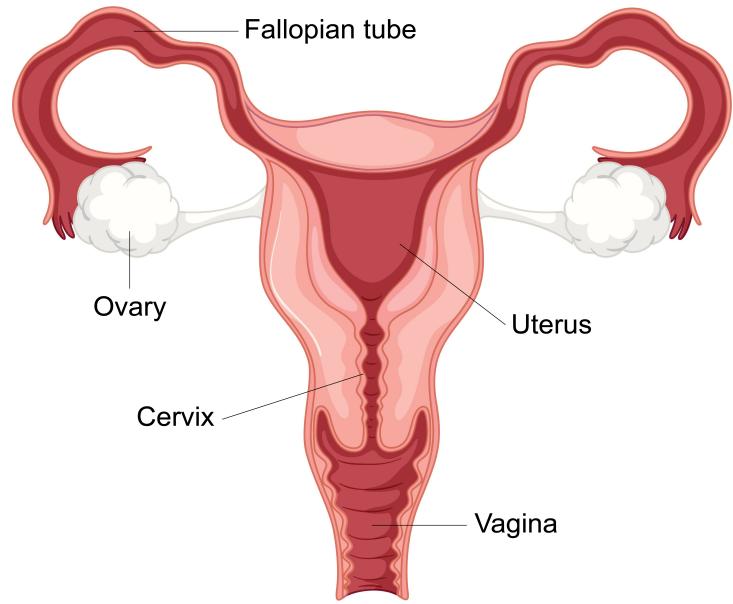
- Testes: Oval-shaped, produce sperm.
- Scrotum: Sac that holds testes.
- Seminal Vesicles: Produce seminal fluid.
- Prostate Gland: Adds fluids to semen.
- Penis: Passes urine and semen.



(Ref: https://simple.wikipedia.org/wiki/Male_reproductive_system)

Female Reproductive System

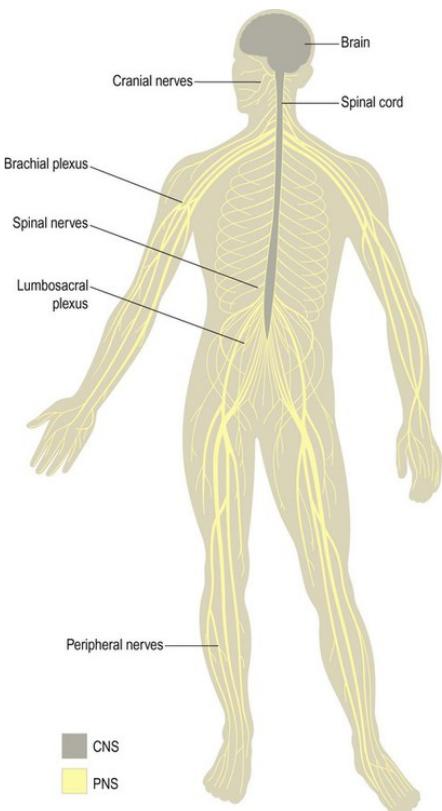
- Key organs: Ovaries, oviducts, uterus, vagina.
- Functions: Egg production, fertilization, embryo development.
- Ovaries: Produce and mature eggs.
- Oviducts: Site of fertilization.
- Uterus: Houses and nurtures the embryo.



(Ref: <https://www.healthdirect.gov.au/female-reproductive-system>)

Overview of Nervous System

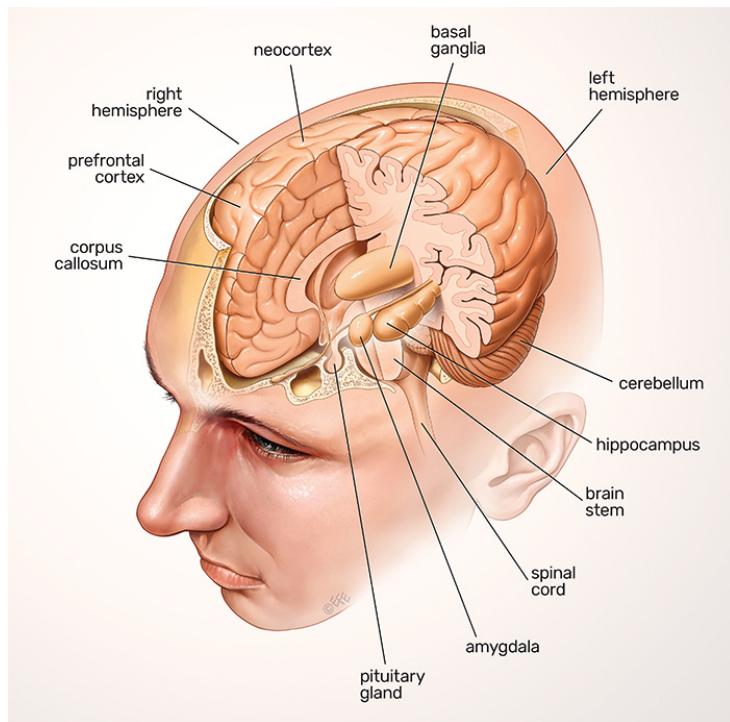
- Coordinates and controls body actions.
- Neuron: basic functional unit.
- Consists of CNS and PNS.
- CNS: Brain and spinal cord.
- PNS: Nerves connecting CNS to body.



(Ref: <https://neopsykey.com/overview-of-the-nervous-system/>)

Central Nervous System: Brain

- Brain: Protected by skull and meninges.
- Cerebrum: Largest part, divided into lobes.
- Cerebellum: Coordinates movements and balance.
- Medulla Oblongata: Controls vital functions.
- Diencephalon: Includes hypothalamus and thalamus.

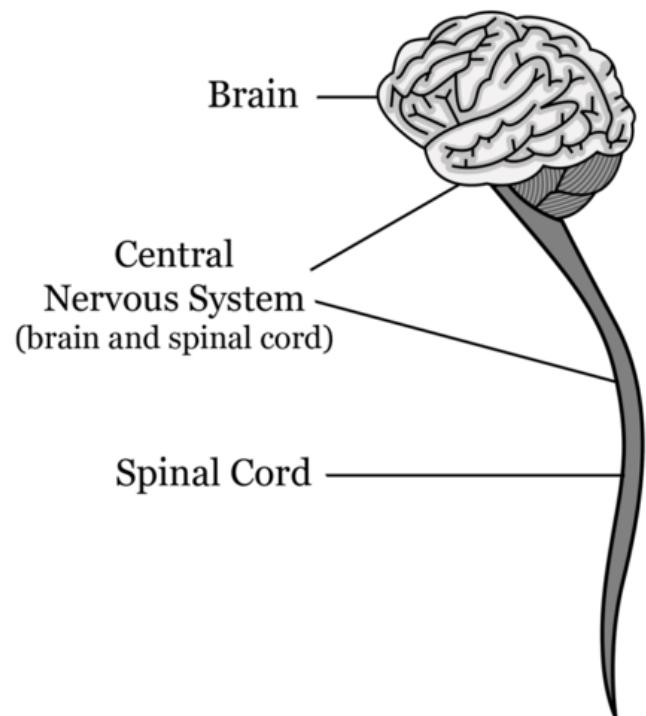


(Ref: <https://qbi.uq.edu.au/brain/brain-anatomy/central-nervous-system-brain-and-spinal-cord>)

Central Nervous System: Spinal Cord

- Extends from medulla oblongata to lumbar vertebrae.
- Covered by meninges.

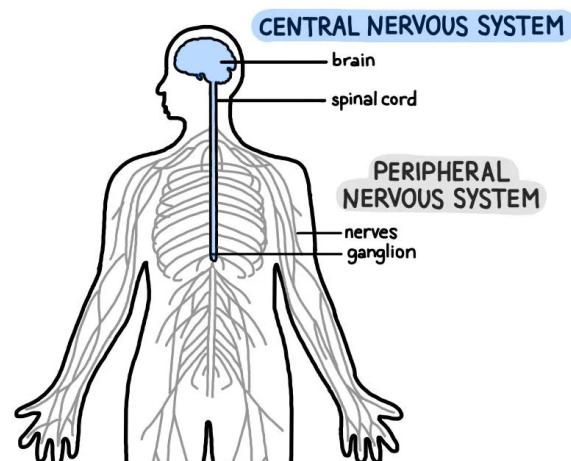
- Facilitates reflex actions.
- Conduction of sensory and motor impulses.
- Key role in communication between brain and body.



(Ref: <https://www.ck12.org/biology/central-nervous-system/lesson/central-nervous-system-ms-ls/>)

Peripheral Nervous System: Overview

- Includes all nerves outside CNS.
- Connects CNS to limbs and organs.
- Divided into Somatic and Autonomic systems.
- Somatic: Controls voluntary movements.
- Autonomic: Regulates involuntary functions.

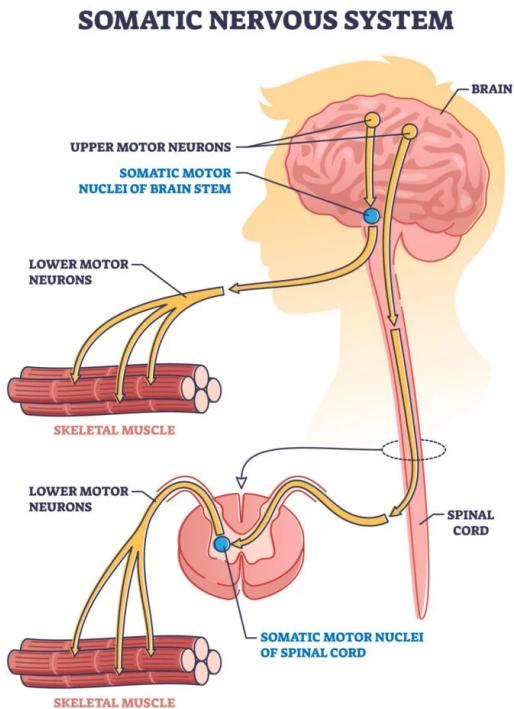


(Ref: <https://www.simplypsychology.org/peripheral-nervous-system.html>)

Somatic Nervous System (SNS)

- Sensory nerves: Carry impulses to CNS.
- Motor nerves: Carry impulses from CNS.
- 12 pairs of cranial nerves.
- 31 pairs of spinal nerves.
- Controls voluntary movements.

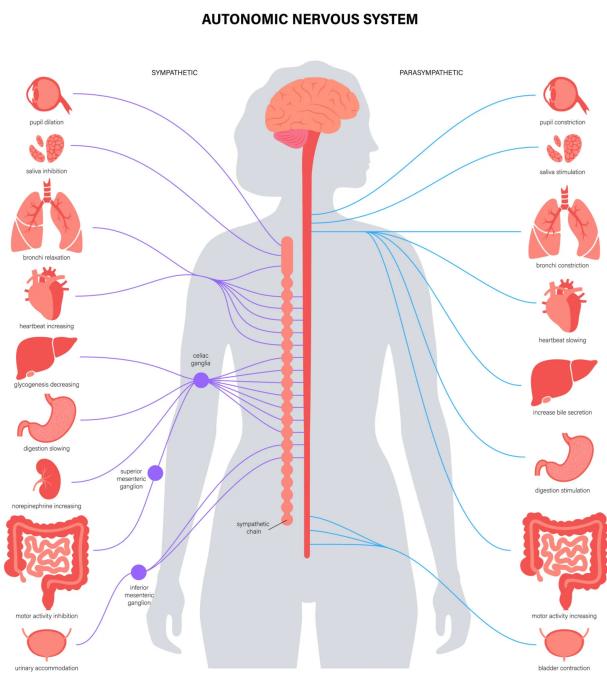
(Ref: <https://www.simplypsychology.org/autonomic-nervous-system.html>)



(Ref: <https://www.simplypsychology.org/somatic-nervous-system.html>)

Autonomic Nervous System (ANS)

- Regulates involuntary actions.
- Sympathetic: 'Fight or flight' response.
- Parasympathetic: 'Rest and digest' response.
- Controls internal organs.
- Includes sympathetic and parasympathetic chains.



3.2 Meaning and Means of health promotion and role of Yoga in health promotion

Effects of Hatha Yoga Practices

- Enhances flexibility in tendons, muscles, and spine.
- Improves overall blood flow and oxygen delivery.
- Supports cardiovascular health and lowers blood pressure.
- Facilitates lymphatic system function and detoxification.
- Corrects poor posture and improves body alignment.
- Relieves pain and tension in joints and muscles.
- Loosens tight areas like neck and shoulders.
- Promotes mental well-being alongside physical health.

Limitations and Contraindications of Yoga Practices

- Awareness of contraindications is essential before starting practice.
- Yoga is preventive, not primarily curative; used as an alternative therapy.
- Individual differences mean not all practices suit everyone; avoid comparison.
- More effective for functional disorders than for organic conditions.
- Not a cure for conditions like cancer; helps in managing symptoms and improving strength.
- Not a standalone remedy for issues like obesity; requires diet and lifestyle changes.
- Best used as a complementary therapy alongside conventional treatments.

3.3 Yogic positive Attitudes

Yogic Positive Attitudes in Yogasutra: Chitta Prasadana
मैत्रीकरणामुदितोपेष्याणां सुखदुःखपूर्णपूर्णवस्थाणां भावनातिशतप्रसादनम् ॥ १ . ३३ ॥

- Maitri: Cultivating friendship and kindness towards others.
- Karuna: Practicing compassion and empathy for those in suffering.
- Mudita: Experiencing joy and appreciation for others' happiness.
- Upaksha: Maintaining equanimity and detachment from the fluctuations of life.
- Mind Purification: Cleansing the mind of negative emotions and thoughts.
- Inner Peace: Creating a serene mental environment through positive attitudes.
- Emotional Balance: Developing stability in emotional responses.
- Self-Improvement: Enhancing personal growth through these attitudes.
- Harmonious Relationships: Fostering better interactions with others.
- Mindful Awareness: Increasing mindfulness and self-awareness in daily life.

3.4 Concept of Bhavas

Concept of Bhavas

- Bhavas are essential attitudes for mental and emotional well-being.
- They include Dharma, Jnana, Vairagya, and Aishwarya.
- Each Bhava contributes uniquely to balanced living and personal growth.

Dharma (Duty)

- Sanskrit Verse:
योगिश्वरत्तिनरोधः ॥ १ . २ ॥ Yogachittavrittinirodhah ॥ 1.2
- Dharma is the highest duty to maintain a balanced mind.
- It involves using Yoga techniques like Asana, Pranayama, and Meditation.
- Aim to keep a positive state even amidst life's ups and downs.
- Sanskrit Verse:
द्रग्दशनशक्त्योरेकात्मतेविसमता ॥ २ . ६ ॥ Drk-Daesanasaktyoh-Ekatmate-Iva-Asmita ॥ 2.6
- Gain understanding and knowledge before taking action.
- Learn from self-experience; view learning as personal growth.
- Avoid ego by recognizing that knowledge is personal and subjective.

Vairagya (Objectivity) and Aishwarya (Self-Reliance)

- Vairagya (Objectivity):
तत्परं पुरुषख्यातेऽपुर्णवैतृष्यम् ॥ १ . १६ ॥ Tatparam Purusakhyate Gu-navaitrshnyam ॥ 1.16
- Cultivate detachment and a witness-like attitude.
- Surrender ego and remain objective in life.
- Aishwarya (Self-Reliance):
तत्र शिष्ठतौ यदोऽभ्यासः ॥ १ . १३ ॥ Tatra sthitau-yatnah abhyasah ॥ 1.13
- Achieve self-reliance and perfection through consistent practice.
- Increases willpower, confidence, and joy.

3.5 Dinacharya and Ritucharya with respect to Yogic lifestyle

Ayurvedic Principles: Dinacharya and Ritucharya

- Relative Health Concepts: What is healthy or unhealthy depends on individual factors like age, constitution, and health conditions.
- Context Matters: Diet and lifestyle recommendations vary based on factors such as season, disease state, and geographical location.
- Dinacharya (Daily Regimen): Ayurveda prescribes daily routines to balance Doshas and prevent disorders.
- Ritucharya (Seasonal Regimen): Seasonal guidelines help align lifestyle with environmental changes to maintain health.
- Preventive Focus: Ayurveda emphasizes prevention over cure; following Dinacharya and Ritucharya enhances immunity and life quality.
- Long-Term Benefits: Adhering to these regimens reduces risk of future disorders and improves overall life expectancy.
- Scientific Basis: Ancient Ayurvedic principles, tested over centuries, remain relevant and beneficial globally.
- Universal Relevance: Basic Ayurvedic principles apply across different climates and regions, adapting tools but maintaining core concepts.

Ritucharya: Seasonal Regimen

- Similarity-Dissimilarity Doctrine:
“A similar material enriches the similar in the body, while a dissimilar material depletes its counterpart.”
- Seasonal Impact on Doshas:
 - Cold weather increases Vata Dosha and decreases Pitta Dosha.
 - Dry conditions can aggravate Kapha Dosha.
- Balancing External Influences:
 - Ritucharya helps balance the internal environment against seasonal changes.
 - Lifestyle and diet are adapted to minimize adverse effects.
- Dosha Reactions:

– Sanchaya: Accumulation of Dosha.

– Prakopa: Aggravation of Dosha.

– Prashama: Pacification of Dosha.

• Maintaining Dosha Equilibrium:

- Aim to achieve Dosha-Samya (Dosha equilibrium).
- Focus on transitional periods (Ritusandhi) between seasons to prevent diseases.

• Health Benefits:

- Enhances immunity, prevents seasonal diseases, and improves quality of life.

Ritusandhi: Transitional Period Between Seasons

• Definition:

Ritusandhi refers to the transitional period between two seasons, lasting about two weeks.

• Duration:

- First week: Last seven days of the current season.
- Second week: First seven days of the upcoming season.

• Gradual Changes:

- Seasonal transitions are gradual, not abrupt.
- Adjustments in diet and routine should be made gradually.

• Caution Required:

- This period is delicate; careful management of diet and routine is crucial.
- Avoid practices that disrupt Dosha balance.

• Health Risks:

- Common health issues during Ritusandhi include colds, flu, and fever.
- Hospitals often see increased admissions during this time.

• Preventive Measures:

- Adhere to Ayurvedic recommendations to maintain health and prevent illness.

Classification of Seasons

• Samvatsara (Year):

A year consists of two Ayanas and six Ritus.

• Ayanas (Semesters):

– Uttarayana (Northern Solstice):

The Sun moves northward, taking moisture from the earth (Adanakala).

– Dakshinayana (Southern Solstice):

The Sun moves southward, giving moisture to the earth (Visargakala).

• Uttarayana Seasons:

- Shishira: Late winter.
- Vasanta: Spring.
- Grishma: Summer.

• Dakshinayana Seasons:

- Varsha: Rainy season.
- Sharad: Autumn.
- Hemanta: Early winter.

• Seasonal Attributes:

- Understanding seasonal attributes helps in selecting suitable food and activities.

Dinacharya: Daily Regimen

- Concept:
A day reflects seasonal and yearly attributes, guiding daily health practices.
- Purpose:
 - Promotes long-term health and well-being.
- Daily Routine Includes:
 - Morning: Wake up, elimination, oral care, self-massage.
 - Day: Exercise, bathing, diet, social etiquette.
 - Evening: Relaxation, bedtime routine, sexual health.
- Guidance:
 - Detailed Ayurveda instructions on practices and materials.

Ayurvedic Dinacharya: Daily Cycles and Practices

- Daily Cycles:
 - Sun Cycle (6:00 AM - 6:00 PM):
 - * 6:00 AM - 10:00 AM: Kapha
 - * 10:00 AM - 2:00 PM: Pitta
 - * 2:00 PM - 6:00 PM: Vata
 - Moon Cycle (6:00 PM - 6:00 AM):
 - * 6:00 PM - 10:00 PM: Kapha
 - * 10:00 PM - 2:00 AM: Pitta
 - * 2:00 AM - 6:00 AM: Vata
- Recommended Practices:
 - Wake up, elimination, face wash, brushing teeth, tongue cleaning.
 - Gargle, nasal cleaning, massage, exercise, herbal scrub, bathing.
 - Worship, clothing & shoes, work, sleep & sex.
- Benefits:
 - Connects with nature, prevents diseases, reduces stress.
 - Enhances digestion, promotes discipline, peace, happiness, and longevity.

3.6 Holistic approach of Yoga towards health and Diseases

Yoga, Health, and Awareness

- Mindset and Health:
"Man today is sick because he thinks he is sick. Sickness and disease have no place in a person who does not accept self-laments."
- Swami Satyananda Saraswati's View:
 - Disease is not fate but a call for change and growth.
 - Yoga helps break the illusion of disease as inescapable.
- Yoga's Role:
 - Yoga and medicine complement each other in restoring health.
 - Yoga views disease as a teacher and guide to balance.
- Disease as a Teacher:
 - Indicates lifestyle or mental errors.
 - Signals the need for lifestyle changes for better health and joy.

Holistic Health and the Yogic Approach

- Regaining Awareness:
 - Disease forces awareness of natural law transgressions.
 - Yogic practices restore balance and understanding.
- WHO Definition of Health:
Health is physical, mental, intellectual, and spiritual well-being—not just a disease-free body.
- Holistic Treatment Approach:
 - Traditional Yoga, therapeutic Yoga, and Ayurveda address root causes of diseases.
 - A holistic, empathetic approach is essential in yoga practice.
- Yoga Teacher's Role:
 - Provide complete solutions with empathy for physical and mental complaints.

3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR)

Introduction to First Aid

- Definition:
Immediate care given to an injured or ill person until professional help arrives.
- First Aid Kit Essentials:
 - Adhesive bandages, gauze pads, antiseptic wipes.
 - Scissors, tweezers, adhesive tape.
 - Pain relievers, burn cream, digital thermometer.
- Basic First Aid Procedures:
 - Wounds: Clean with water, apply antiseptic, and bandage.
 - Burns: Cool with running water, cover with a clean cloth.
 - Fractures: Immobilize the area, seek medical help.
- Importance of Training:
Effective response in emergencies and potential life-saving.

Introduction to CPR (Cardio Pulmonary Resuscitation)

- Definition:
A life-saving technique used when someone's heartbeat or breathing has stopped.
- CPR Steps:
 - Check Response: Shake and shout to see if the person responds.
 - Call for Help: Dial emergency services if no response.
 - Chest Compressions: Push hard and fast (100-120 compressions per minute).
 - Rescue Breaths: If trained, give 2 breaths after every 30 compressions.
- Compression Depth and Rate:
 - Depth: At least 2 inches (5 cm).
 - Rate: 100-120 compressions per minute.
- When to Perform CPR:
When the person is unresponsive and not breathing normally.

3.8 Yogic Management of stress and its consequences

Human Psyche: Modern and Yogic Concepts

- Psychology:

The scientific study of mental processes and behavior, impacting various life spheres including family, education, and health.

- Behavior:

- Overt Behavior: Visible actions or reactions to external stimuli.
- Covert Behavior: Internal mental processes and phenomena.

- Consciousness:

A non-physical, self-directed entity responsible for creating, retaining, and annihilating concepts of Self and Universe.

- Consciousness Expansion:

- Yogic techniques help expand awareness and unite Atman (Self) with Paramatman (Supreme Self).

Indian Model of Personality

- Upanishadic Personality Model:

Described through 5 energy sheaths or Koshas.

- Annamaya Kosha:

Food sheath nourished by Anna (food).

- Pranamaya Kosha:

Vital air sheath nourished by Prana (bio-energy).

- Manomaya Kosha:

Mental sheath nourished by Pratyahara (withdrawal of senses).

- Vijnyanmaya Kosha:

Intellectual sheath nourished by Dhyana (meditation).

- Anandamaya Kosha:

Bliss sheath nourished by Samadhi (state of bliss).

Development of Consciousness: The Three Gunas

- Three Gunas:

Fundamental qualities influencing consciousness and behavior.

- Sattva: Stability

- Attributes: Love, compassion, honesty, and calm.

- Rajas: Activation

- Attributes: Action, ambition, desire, and leadership.

- Tamas: Inertia

- Attributes: Laziness, sleep, indolence, and aversion.

- Mental Functions:

Vritis and pravritti are manifestations of the Three Gunas.

Causes of Frustrations and Psychosomatic Disorders

- Mind as a Conglomeration of Thoughts:

Thoughts are like ocean waves; their nature influences mental activity.

- Process of Mental Activity:

- Information received by senses (Indriyas).
- Processed by intellect with memory.
- Emotions, positive or negative, come into play.

- Negative Emotions:

Anger, fear, hatred, and jealousy lead to stress and psychosomatic disorders (Adhi).

- Positive Emotions:

Peace, contentment, and happiness are rejuvenating and constructive.

Mental Hygiene and Its Objectives

- Definition:

Mental hygiene is the practice of maintaining mental health by being aware of and managing one's thoughts and emotions.

- Objectives of Mental Hygiene:

- Realize one's potential.
- Develop self-respect and respect for others.
- Understand and tolerate limitations of self and others.
- Promote harmony and happiness.
- Make effective adjustments in life.
- Know one's true self.

Yogic Attitudes for Mental Hygiene

- Pratipaksha Bhavana:

Cultivating opposite feelings to counter negative thoughts, leading to peace of mind and overcoming distractions.

- Anitya Bhavana:

Acknowledging the impermanence of bodily experiences, fostering detachment (Vairagya).

- Sakshi Bhavana:

Adopting a witness-like attitude to actions, promoting self-awareness and equanimity.

Yogic Perception of Mental Health

- Definition:

A state of well-being where individuals recognize their abilities, cope with life's stresses, work productively, and contribute to their community.

- Patanjali's View:

- Yoga is the cessation of mental modifications (Vritti).
- Mind is restrained through Abhyasa (practice) and Vairagya (detachment).
- Abhyasa: Repeated efforts to achieve steadiness and return to a pure state of bliss.

- Key Practices:

- * Pratyahara (Withdrawal of senses)
- * Dharana (Concentration)
- * Dhyana (Meditation)
- * Samadhi (Self-realization)

Role of Prayer and Meditation in Mental Health

- Prayer:

- Most widely practiced healing modality.

- Benefits:

- * Induces relaxation response.
- * Reduces stress of control.
- * Acts as a placebo.
- * Aligns with spiritual beliefs.
- * Elicits positive emotions.
- * Enhances mind-body-spirit connection.

- Meditation Benefits:

- OM Meditation: Focuses the mind, making it one-pointed.
- Helps tame the mind and focus on tasks.
- Clears information overload and reduces stress.
- Tool for self-realization.

- Psychosocial Environment:

- Culture and climate at the workplace.
- Psychosocial stress arises from interactions with others.

Concept of Stress: Modern Science and Yoga

- Definition :

Stress is a non-specific response preparing the body for "fight or flight"; unresolved stress leads to psychosomatic disorders.

- Types of Stress :

- Eustress: Beneficial stress (e.g., excitement).
- Distress: Harmful, ongoing stress (physical or psychological).

- Stress Reactions :

- Increased energy, heart rate, and blood pressure.
- Diverted blood flow and heightened senses.

- Yoga Perspective :

- Stress Imbalance ; Patanjali describes it as Kleshas.
- Stressors : Overwork, negative thoughts, poor conflict management.

Yogic View on Stress Management

- Likes and Dislikes: Strong preferences lead to imbalances and stress (Adhis).

- Yogic Remedies :

- Ahara: Right food.
- Vihara: Proper relaxation.
- Vichara: Positive thinking.
- Vyavahara: Correct actions.

- Practices: Cyclic meditations reduce stress.

- Research :

- Boosts attention and emotional quotient.
- Enhances health, reduces anxiety.

- Life Management :

- Follow Karma Yoga : Regular practice, non-attachment, balance.
- Achieve mental stability and self-realization.

3.9 Yoga in prevention of metabolic and respiratory disorders

Respiratory & Metabolic Disorders : Yogic Prevention

- Respiratory System :

- Comprises nose, throat, lungs, diaphragm, and associated muscles.
- Upper vs. lower respiratory tracts, with interrelated disorders.

- Yogic Approach :

- Mucus Elimination: Viewed as beneficial; uses warm saline neti kriya.
- Imbalance Correction: Gentle redirection of subtle energies; promotes overall respiratory health.

- Metabolic Disorders :

- Digestive health crucial for overall well-being; impacts physical and mental health.
- Chronic diseases (e.g., asthma, diabetes, heart disorders) linked to digestive dysfunction.

- Yogic Prevention :

- Rebalance Digestion : Fundamental to manage and prevent chronic diseases.
- Activate Vital Energy : Promotes self-healing and regeneration.

Role of Digestive Power and Yogic Management

- Optimal Health :

- Requires proper eating habits: right foods, quantities, and timing.
- Misuse of eating (emotional needs, greed) leads to digestive disturbances.

- Manipura Chakra :

- Represents digestive organs and energy (solar plexus).
- Symbolizes internal digestive fire, essential for health and vitality.

- Digestive Process :

- Fire element: digestion; supported by air, water, and earth elements.

- Hatha Yoga :

- Focuses on abdominal health: asanas, pranayamas, and shatkarmas.
- Techniques like dhauti, nauli, and basti purify and heal the digestive tract.

- Yogic Benefits :

- Transforms digestion into a source of higher awareness and vitality.

3.10 Yoga for personality development

Yoga for Personality Development

- Self-Awareness: Enhances understanding of oneself.

- Emotional Control: Manages stress and emotions.

- Discipline: Improves focus and self-discipline.

- Confidence: Builds self-esteem through practice.

- Positive Attitude: Encourages optimism.

- Relationships: Enhances empathy and communication.

- Resilience: Strengthens mental adaptability.

- Holistic Growth: Supports overall development.

FAQs

- Definition of yoga by Patanjali: Yogas chitta vritti nirodhah (Yoga is the cessation of fluctuations of the mind)

- Definition of yoga by Vashishtha: Mano nigraha (Control of the mind)

- 3 principles of sukhsha vyayam: Slow movement, synchronization with breath, awareness

- Difference between sukhsha and sthul vyayam: Sukshma involves subtle movements, sthul involves gross movements

- Two variations of sukhsha vyayam for janu and griva: Rotation and flexion/extension

- Sthul vyayam of sarvanga pushti: Full body movements for overall strength

- Demonstrate surya namaskar: A sequence of 12 yoga postures

- Surya namaskar is an exercise or asana: It's a sequence of asanas, not a single asana

- 2 benefits of suryanamaskar: Improves flexibility, boosts cardiovascular health

- Suryanamaskar includes how many steps: 12 steps

- Steps not repeated in suryanamaskar: Each step is unique in a single round
- Definition of asana as per Patanjali: Sthira sukham asanam (Steady and comfortable posture)
- HYP and GS talk about how many asanas: HYP mentions 4, GS mentions 84
- 4 important meditative asanas: Padmasana, Siddhasana, Vajrasana, Sukhasana
- Meaning of pranayama: Control of breath or life force

- Definition of pranayama according to Patanjali: Tasmin sati svasa prasvasayoh gati vicchedah pranayamah
- How many pranayama are described as per Patanjali: 4 (Bahya, Abhyantara, Stambha, and Bahya-abhyantara)
- Name the pranayamas as per HYP: Surya Bhedana, Ujjayi, Sitkari, Shitali, Bhastrika, Bhramari, Murcha, Plavini
- Name the pranayama as per GS: Similar to HYP, with some variations
- In sankhya yoga prakriti comprises of: 3 gunas (Sattva, Rajas, Tamas)

- Qualities of Bhakta: Devotion, surrender, love for the divine
- How many paths of yoga has been described in Bhagvat Geeta: 4 (Karma, Bhakti, Jnana, Raja)
- Explain pancha kosha: Five sheaths of existence (Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya)
- Which are trisharir: Sthula (gross), Sukshma (subtle), Karana (causal)
- Give yogic principles: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

- Name 4 Vedas: Rig Veda, Sama Veda, Yajur Veda, Atharva Veda
- Vedas are divided into which two parts: karmakanda (rituals), jnanakanda (knowledge)
- What is Vedanta: Philosophical traditions based on the Upanishads
- Give 9 Indian philosophy: Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa, Vedanta, Charvaka, Jainism, Buddhism
- Sources of pains or sufferings: Avidya (ignorance), Asmita (ego), Raga (attachment), Dvesha (aversion), Abhinivesha (fear of death)

- HYP talks about how many limbs? Name them: 4 (Asana, Pranayama, Mudra, Nadanusandhana)
- GS talks about how many limbs? Name them: 7 (Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi)
- Patanjali talks about how many limbs? Name them: 8 (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi)
- Total sutras in PYS: 196
- PYS is divided into 4 chapters? And no of sutras in each chapter: Samadhi Pada (51), Sadhana Pada (55), Vibhuti Pada (56), Kaivalya Pada (34)

- What is Pranav jap: Repetition of the sacred syllable OM
- The vibhuti pad deals with: Supernatural powers or siddhis
- According to Patanjali Kai app happens in which samadhi: Savitarka Samadhi
- Stages of jnana yoga: Viveka, Vairagya, Shatsampatti, Mumukshutva
- What is mitahaar: Moderate diet in yoga practice

- 7 dhatus as per Ayurveda: Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra
- Meaning of shatkarma: Six cleansing techniques in Hatha Yoga
- Process of dhauti: Cleansing of the digestive tract
- Process of neti: Nasal cleansing technique
- Names of sadhak tatva as per HYP: Shradha, Virya, Smriti, Samadhi, Prajna

- Concept of ghat shuddhi: Purification of the body
- 5 asanas included in laghu shankaprakshanam: Tadasana, Tiryak Tadasana, Kati Chakrasana, Tiryak Bhujangasana, Udarakarshan
- Theory of Chitta bhumi elaborated by: Vyasa in his commentary on Yoga Sutras
- Name the Chita bhumi: Kshipta, Mudha, Vikshipta, Ekagra, Niruddha
- Other name of antarayas: Obstacles or Vikshepas

- Name anatarayas and it's sahbhuvas: Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhranti-darshana, Alabdha-bhumikatva, Anavasthitava
- 5th sutra in PYS: Vrittayah panchatayah klishta aklishta
- 5 kleshas tat Patanjali talks about: Avidya, Asmita, Raga, Dvesha, Abhinivesha
- Patanjali talks about how many samadhis: Two main types - Samprajnata and Asamprajnata
- Bridge between bahiranga yoga and antaranga yoga: Pratyahara

- Types of kapalbhati: Vatakrama, Vyutkrama, Sheetkrama
- Other name of kapalbhati: Frontal brain cleansing
- Contraindications of kapalbhati: High blood pressure, heart problems, stroke, epilepsy
- Concept of pinda and Bramhanda: Microcosm (individual) and macrocosm (universe)
- Two metaphysical principles of sankhya yoga: Purusha (consciousness) and Prakriti (matter)

Question: The total number of dhatus in the body are

- 5
- 7
- 9
- 11

Answer: B) 7

Question: How many pairs of qualities are considered to be inherent in all the substances?

- 06 pairs
- 08 pairs
- 10 pairs
- 12 pairs

Answer: C) 10 pairs

Question: Which of the following is not a quality of a sattvic person?

- Focused
- Committed
- Shabby
- Positive

Answer: C) Shabby

Question: The Sarangdhara Samhita belongs to

- A) Assam
- B) Bihar
- C) Karnataka
- D) Rajasthan

Answer: D) Rajasthan

Question: Which of the following surgeries is mentioned in the Sushruta Samhita ?

- A) Cataract Surgery
- B) Vesical calculi surgery
- C) Rhinoplasty
- D) All the above

Answer: D) All the above

Question: Adhija vyadhi means-

- A) Disturbance in the body at physical level
- B) Disturbance in the body at mental level
- C) Treatment of physical diseases
- D) Treatment of mental diseases

Answer: B) Disturbance in the body at mental level

Question: Adhija vyadhi are the cause of disturbance in the –

- A) Annamaya kosha
- B) Manomaya kosha
- C) Vijnanmaya kosha
- D) Anandmaya kosha

Answer: B) Manomaya kosha

Question: Anadhija vyadhi are the-

- A) Mental ailments
- B) Physical ailments
- C) Severe diseases
- D) Viral diseases

Answer: B) Physical ailments

Question: Anadhija vyadhi mainly affects the-

- A) Annamaya kosha
- B) Pranamaya kosha
- C) Manomaya kosha
- D) Anandmaya kosha

Answer: A) Annamaya kosha

Question: Match the correct-

- 1) Dukha A) Sadness, Despair 2) Daurmanasya B) Mental or physical pain
3) Angamejayatva C) Respiration disturbances 4) Shvasa Prashvasa D)
Anxious tremor

- A) 1-B, 2-A, 3-D, 4-C
- B) 1-A, 2-B, 3-C, 4-D
- C) 1-C, 2-B, 3-A, 4-D
- D) 1-D, 2-C, 3-A, 4-B

Answer: A) 1-B, 2-A, 3-D, 4-C

Question: Disease caused due to the deficiency of protein is-

- A) Scurvy
- B) Kwashiorkor
- C) Pellagra
- D) Cataract

Answer: B) Kwashiorkor

Question: According to Ayurveda, what is the main cause of various types of diseases in the body ?

- A) Attack of germs on the body organs
- B) Weakening of the immune system
- C) Imbalance of vata, pitta & kapha
- D) Weakening of the pranamaya kosha

Answer: C) Imbalance of vata, pitta & kapha

Question: According to Mandukya Upanishad, which of the following matches are correct ?

- A) Jagritavastha-Akara
- B) Swapnavastha-Ukara
- C) Sushuptivastha-Makara
- D) All the above

Answer: D) All the above

Question: In Taittiriya Upanishad, the main theory used in the treatment of diseases through yoga is-

- A) Shatchakra theory
- B) Pancha kosha theory
- C) Meditation theory
- D) Pancha mahabhuta theory

Answer: B) Pancha kosha theory

Question: Which is the first book of the Charaka Samhita ?

- A) Nidana sthana
- B) Sharira sthana
- C) Sutra sthana
- D) Kalpa sthana

Answer: C) Sutra sthana

Question: Which dosha gets suppressed in the Hemant ritu ?

- A) Vata
- B) Pitta
- C) Kapha
- D) Vata, Kapha

Answer: B) Pitta

Question: Which dosha gets suppressed in the Grishma (summer) ritu ?

- A) Vata
- B) Pitta
- C) Kapha
- D) Pitta, Kapha

Answer: C) Kapha

Question: In which ritu does pitta accumulate in the body?

- A) Grishma ritu
- B) Sharad ritu
- C) Shishira ritu
- D) Varsha ritu

Answer: D) Varsha ritu

Question: To control diseases with the help of fasting is a type of therapy, known as-

- A) Langhana
- B) Stambhana
- C) Svedana
- D) Snehana

Answer: A) Langhana

Question: "Swasthya Rakshanam".

- A) Ayurveda
- B) Swastha
- C) Prakriti
- D) Yoga

Answer: A) Ayurveda

Question: The disorders caused by natural agents are known as-

- A) Adhibautika
- B) Adhidaivika
- C) Daruna
- D) Daivabala prasrita

Answer: A) Adhibautika

Question: The reason for vaikarika nidra is more and less in the body.

- A) Pitta, Kapha
- B) Kapha, Pitta
- C) Vata, Pitta
- D) Pitta, Vata

Answer: B) Kapha, Pitta

Question: Achamana kriya is related to-

- A) Taking fruits
- B) Taking water
- C) Shatkarma
- D) Fasting

Answer: B) Taking water

Question: Abhyanga means-

- A) Detoxification
- B) Body massage
- C) Shatkarma
- D) Fasting

Answer: B) Body massage

Question: The strength of the body in adana kala-

- A) Decreases
- B) Increases
- C) No change
- D) Changes frequently

Answer: A) Decreases

Question: According to Ayurveda, how many total seasons are there in India?

- A) 3
- B) 4
- C) 6
- D) 7

Answer: C) 6

Question: In dakshinayana kala the sun is-

- A) Towards tropic of Capricorn
- B) Towards equator
- C) Towards tropic of cancer
- D) None

Answer: A) Towards tropic of Capricorn

Question: The line 'Aatu Rasa Vikara Parasabddama' is related to-

- A) Yoga
- B) Fast
- C) Fruit
- D) Swasthavritta

Answer: D) Swasthavritta

Question: In which season is kapha accumulated in the body?

- A) Winter
- B) Late autumn
- C) Spring
- D) Summer

Answer: C) Spring

Question: In which season is consuming sattu harmful?

- A) Summer
- B) Winter
- C) Spring
- D) Late autumn

Answer: A) Summer

Question: The much spicy food which takes more time to be digested is known as-

- A) Tamasic food
- B) Sattvic food
- C) Rajasic food
- D) None

Answer: C) Rajasic food

Question: Which type of food is the main cause of diseases?

- A) Rajasic food
- B) Tamasic food
- C) Sattvic food
- D) Hot food

Answer: B) Tamasic food

Question: Which of the following statements is correct?

- A) Consuming cloying food is pitta annihilator
- B) Consuming cloying food is kapha creator
- C) Consuming cloying food is vata creator
- D) All the above

Answer: B) Consuming cloying food is kapha creator

Question: The meaning of 'Prajalapta' is-

- A) Over eating
- B) Talkativeness
- C) Feeble minded
- D) Over sleeping

Answer: B) Talkativeness

Question: The therapy done by using water is known as-

- A) Hydropathy
- B) Heliotherapy
- C) Pathology
- D) Hydrology

Answer: A) Hydropathy

Question: The temperature of water for cold spinal bath should be-

- A) 65-85 °F
- B) 55-65 °F
- C) 85-95 °F
- D) 75-95 °F

Answer: B) 55-65 °F

Question: Who is the writer of 'Heal without medicine'?

- A) Shenwan
- B) Collins
- C) Dr. Frawley
- D) Adler

Answer: C) Dr. Frawley

Question: Arthritis is mainly

- A) A vata generated disorder
- B) A pitta generated disorder
- C) A Kapha generated disorder
- D) A blood disorder

Answer: A) A vata generated disorder

Question: How many types of nidras are explained by Maharishi Sushruta?

- A) 3
- B) 4
- C) 5
- D) 6

Answer: A) 3

Question: Who is the author of the book 'New science of healing'?

- A) Dr. David Frawley
- B) Dr. Luis Kuhne
- C) Edward Thorndike
- D) William Shenwan

Answer: B) Dr. Luis Kuhne

Question: The meaning of word 'mita' in mitahara is-

- A) One time
- B) Two times
- C) Food
- D) Limited

Answer: D) Limited

Question: According to Ayurveda, how much part of stomach should be left empty for space during a meal?

- A) One third
- B) One fourth
- C) Half
- D) None

Answer: A) One third

Question: The water charged in which colour of bottle is useful for a person suffering from chronic skin disease?

- A) Blue
- B) Green
- C) Red
- D) Yellow

Answer: B) Green

Question: The therapy done with the help of sun rays is known as-

- A) Heliotherapy
- B) Mesotherapy
- C) Hemotherapy
- D) Heatherapy

Answer: A) Heliotherapy

Question: Astringent taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold and heavy
- D) All the above

Answer: D) All the above

Question: Which statement is correct regarding astringent taste?

- A) It is found in beans, apple, avocado, cabbage
- B) Its elements are air and earth
- C) It absorbs water and tightens tissues
- D) All the above

Answer: D) All the above

Question: Bitter taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold, light
- D) All the above

Answer: D) All the above

Question: Which statement is not correct regarding bitter taste ?

- A) It is found in sesame seeds, coffee, saffron
- B) Its elements are air and ether
- C) Its affinity organs are stomach and heart
- D) It detoxifies and lightens tissues

Answer: A) It is found in sesame seeds, coffee, saffron

Question: Pungent taste-

- A) Balances kapha
- B) Aggravates pitta and vata
- C) Is hot, dry, light and sharp
- D) All the above

Answer: D) All the above

Question: Which of the following statements is not correct regarding pungent taste ?

- A) It is antispasmodic and antipyretic
- B) Its elements are fire and air
- C) It's found in milk and curd
- D) It stimulates digestion and metabolism

Answer: C) It's found in milk and curd

Question: Salty taste-

- A) Balances vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above

Answer: D) All the above

Question: Which is incorrect regarding salty taste ?

- A) Its affinity organ is heart
- B) It lubricates tissues and is an appetizer
- C) Its elements are water and fire
- D) It is found in seaweeds like rock salts

Answer: A) Its affinity organ is heart

Question: Sour taste-

- A) Balances vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above

Answer: D) All the above

Question: The correct statement regarding sour taste is-

- A) Its elements are earth and fire
- B) It increases absorption of minerals
- C) It's found in lemon, grapes, lime, tamarind, curd and fermented food
- D) All the above

Answer: D) All the above

Question: Sweet taste-

- A) Balances vata and pitta
- B) Aggravates kapha
- C) Is cold, oily and heavy
- D) All the above

Answer: D) All the above

Question: The elements related to sweet taste are-

- A) Earth and water
- B) Earth and fire
- C) Fire and water
- D) Air and earth

Answer: A) Earth and water

Question: Which of the following is part of 'Trayopastamba' in Ayurveda ?

- A) Brahmacharya
- B) Ahara
- C) Nidra
- D) All the above

Answer: D) All the above

Question: Which of the following tastes aggravate vata in the body ?

- A) Bitter, Sweet, Salty
- B) Bitter, Pungent, Astringent
- C) Pungent, Sour, Salty
- D) Sweet, Sour, Salty

Answer: B) Bitter, Pungent, Astringent

Question: Which of the following tastes aggravate kapha in the body ?

- A) Sweet, Sour, Salty
- B) Sweet, Pungent, Bitter
- C) Sweet, Astringent, Bitter
- D) Sweet, Bitter, Salty

Answer: A) Sweet, Sour, Salty

Question: Which of the following tastes aggravate pitta in the body ?

- A) Bitter, Sour, Sweet
- B) Pungent, Salty, Sour
- C) Pungent, Astringent, Bitter
- D) Bitter, Astringent, Salty

Answer: B) Pungent, Salty, Sour

Practical

Demonstration Skills

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- 4.2 Yoga Cleansing Techniques Knowledge of Dhauti, Neti and practice of Kapalabhati.
- 4.3 Yogic Sukshma Vyayama and Sthula Vyayama
 - a. Yogic Sukshma Vyayama (Micro Circulation Practices)
 - * Neck Movement: Griva Shakti Vikasaka (I,II,III,IV)
 - * Shoulder Movement: Bhuja Valli Shakti Vikasaka, Purna Bhuja Shakti Vikasaka
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 - * Knee Movement: Jangha Shakti Vikasaka (II-A&B),Janu Shakti Vikasaka
 - * Ankle movement: Pada-mula shakti Vikasaka – A&B, Gulpha-pada-pristha-pada-tala shakti Vikasaka
 - b. Yogic Sthula Vyayama (Macro Circulation Practices)
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 - Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
 - Paschimottanasana, Purvottanasana
 - Vakrasana, Gomukhasana
 - Bhujangasana, Shalabhasana, Makarasana
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 - Sheetalee (without Kumbhaka)
 - Bhramari (without Kumbhaka)

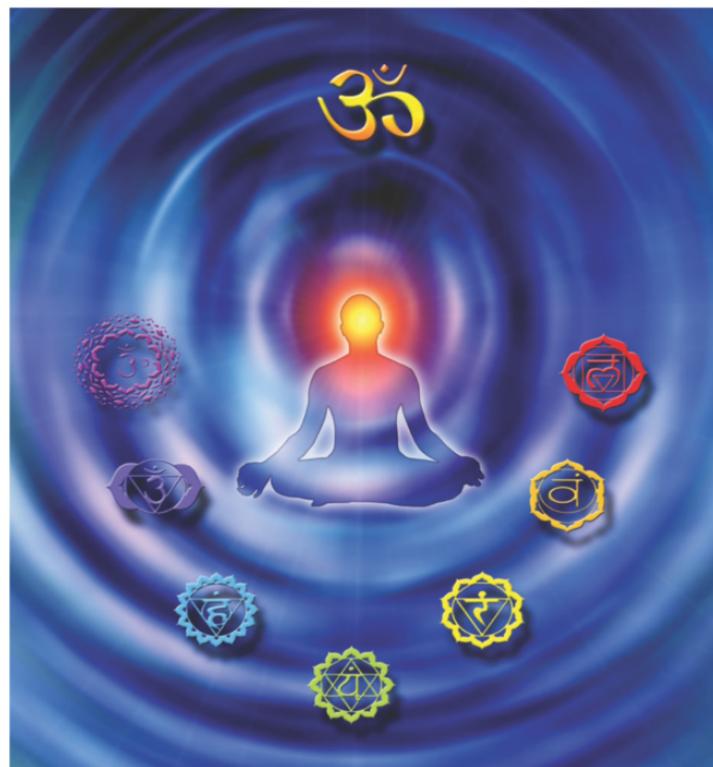
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 - Uddiyana Bandha
 - Mula Bandha
- 4.9 Understanding of Mudra
 - Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)
- 4.10 Practices leading to Meditation and Dhyana Sadhana
 - Recitation of Pranava & Soham
 - Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
 - Body and breath awareness
 - Yoga Nidra

Prayer: Concept and recitation of Pranava and hymns

Concept of Pranava

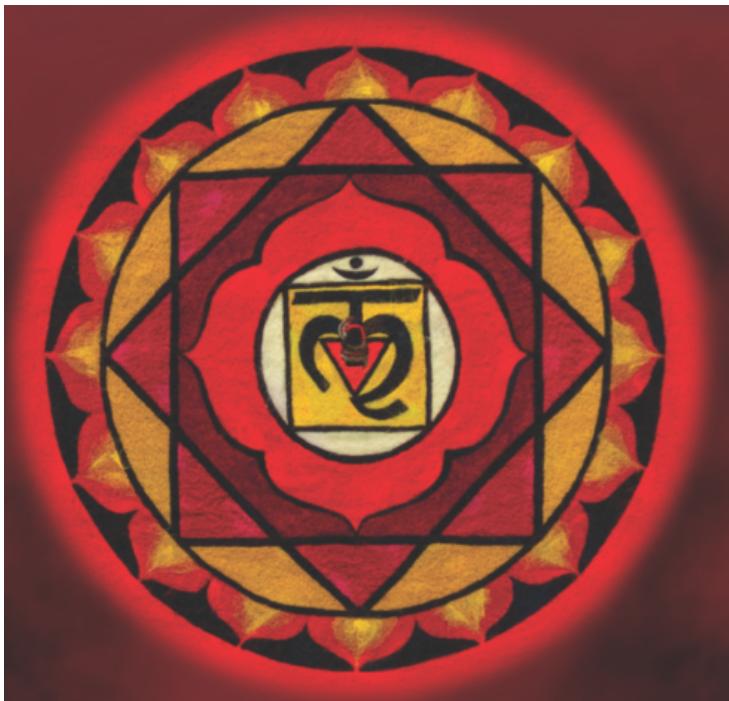
- Pranava: Fundamental sound in Yoga.
- Represents Om (ॐ), the cosmic vibration.
- Symbolizes the essence of Brahman.
- AUM: Components – A (creation), U (preservation), M (dissolution).
- Central in meditative practices.
- Mantra Japa: Repetition of Om (ॐ).
- Sound vibration: Enhances spiritual awareness.
- Promotes mental focus and calmness.
- Used in meditation and prayer.
- Deepens connection with the divine.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Concept of Hymns

- Hymns: Sacred verses in Yoga.
- Integral to rituals and devotional practices.
- Chanting hymns invokes spiritual energies.
- Vedic Hymns: Ancient, transcendental sound.
- Used for purification and blessings.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: What is Shatkarma ? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

Kapalabhati

- Kapalbhati cleanses the frontal lobes and improves brain function.
- Known as Kapalabhati pranayama, it is a breathing technique.
- Involves rapid movement of the abdominal wall with breathing.
- In normal breathing, inhalation is active and exhalation is passive.
- In Kapalbhati breathing, exhalation is active and inhalation is passive.
- Emphasizing exhalation helps expel more impurities as CO₂.

Yoga Cleansing Techniques

Dhauti

- Dhauti: Cleansing of the digestive tract.
- Involves internal purification.
- Helps in removing toxins from the body.
- Types include Vastra Dhauti (cloth cleansing).
- Promotes digestive health and detoxification.
 - Vaman Dhauti: uses saline, tepid water.
 - Danda Dhauti: uses a rubber tube.
 - Vastra Dhauti: uses a cloth strip.



Vaman Dhauti or kunjal Kriya

(Ref: What is Shatkarma ? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)



Vastra Dhauti Kriya



Kapalbhati Kriya

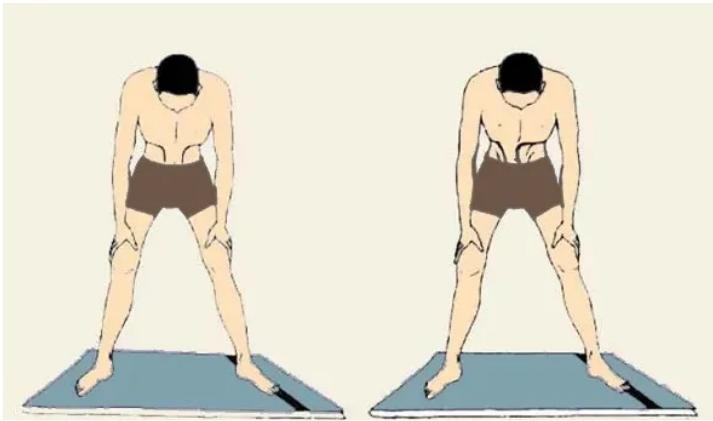
(Ref: What is Shatkarma ? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

Nauli

- Nauli Kriya cleanses abdominal organs through massaging.
- Purifies liver, spleen, urinary bladder, pancreas, gall bladder, and intestines.
- Regular practice improves digestion and appetite.
- Involves isolating rectus abdominis (abs) muscles.
- Abs muscles can be isolated left, right, or middle of the linea alba.
- Three types of Nauli:
 - Madhya Nauli: Abs muscles concentrated at the center (linea alba).
 - Vama Nauli: Abs muscles aligned to the left of the center.
 - Dakshina Nauli: Abs muscles aligned to the right of the center.

Neti

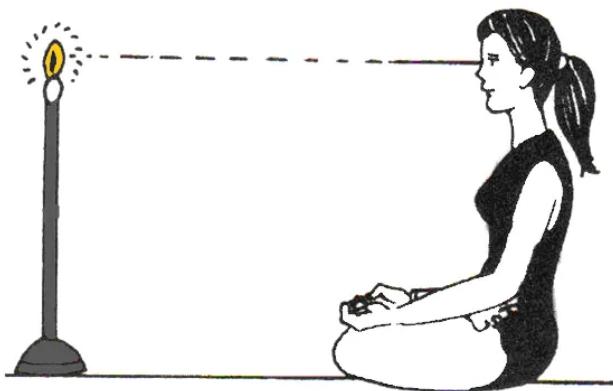
- Neti Kriya cleanses the nasal passages using a neti pot with salt lukewarm water.
- Two types of Neti:
 - Jala Neti: Uses water to cleanse nostrils by pouring water through one nostril and expelling it out the other.
 - Sutra Neti: Uses a rubber thread to massage nasal pathways and open blockages.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

Trataka

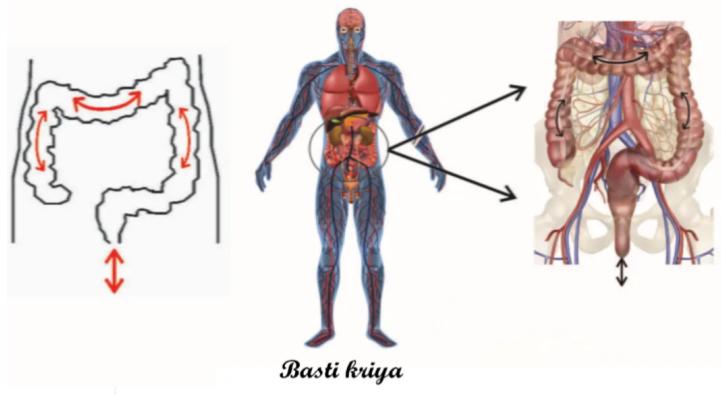
- Trataka Kriya cleanses and exercises the eyes.
- Involves steady and continuous gazing at a reference point.
- Common reference point: Illuminated candle.
- Consistent practice increases concentration power.
- Two types of Trataka:
 - Internal Trataka: Focus on trikuti (third eye) between eyebrows.
 - External Trataka: Gazing at external objects that provide pleasure.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

Basti

- Basti Kriya cleanses the large intestine and cures 50% of abdominal diseases.
- Two types of Basti:
 - Sthala Basti
 - Jala Basti
- In both techniques, water is drawn in through the anus into the large intestine.
- Abdominal muscles are churned while holding water inside.
- Water is then expelled out through the anus.
- Purifies the colon, which nourishes almost all tissues of the body.

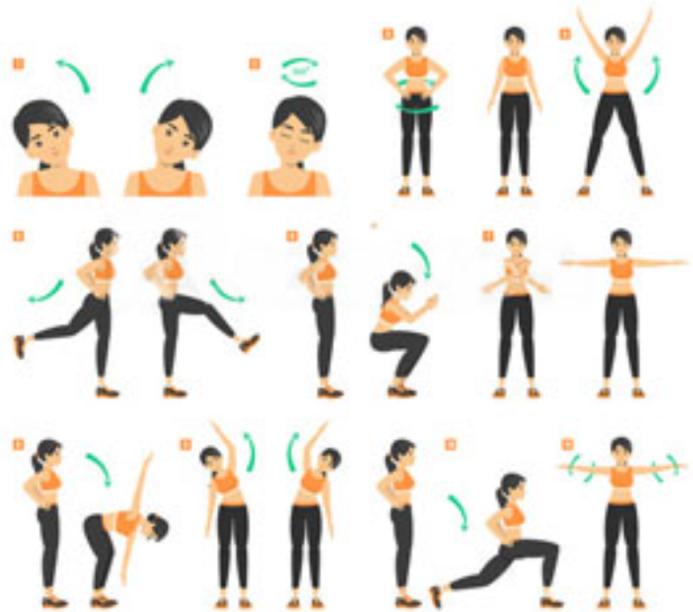


(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

Yogic Sukshma Vyayama and Sthula Vyayama

Sukshma Vyayama: Concept

- Sukshma Vyayama: Subtle exercise in Yoga.
- Focuses on micro-movements and joints.
- Enhances flexibility and joint mobility.
- Aims to prepare the body for more intense practices.
- Often used as a warm-up in Yoga sessions.
 - Neck rotations: Improves neck flexibility.
 - Shoulder rolls: Enhances shoulder mobility.
 - Wrist and ankle movements: Prepares joints.
 - Spinal twists: Facilitates spinal flexibility.
 - Toe touches: Stretches hamstrings.



(Ref: Sukshma vyayama: The 7-minute relaxation exercise Activating the Joints)

Neck Movement

- Griva Shakti Vikasaka I: Gentle neck stretches
- Griva Shakti Vikasaka II: Forward and backward bending
- Griva Shakti Vikasaka III: Sideward tilts
- Griva Shakti Vikasaka IV: Circular movements
- Benefits: Enhances flexibility and strength



- Kati Shakti Vikasaka V: Rotational stretches
- Benefits: Strengthens core, improves flexibility



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Shoulder Movement

- Bhuja Valli Shakti Vikasaka: Arm circles
- Bhuja Valli Shakti Vikasaka: Shoulder shrugs
- Purna Bhuja Shakti Vikasaka: Shoulder rotations
- Purna Bhuja Shakti Vikasaka: Arm raises
- Benefits: Increases range of motion and strength



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Trunk Movement

- Kati Shakti Vikasaka I: Side bends
- Kati Shakti Vikasaka II: Forward bends
- Kati Shakti Vikasaka III: Backward bends
- Kati Shakti Vikasaka IV: Twists



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Knee Movement

- Jangha Shakti Vikasaka II-A: Knee lifts
- Jangha Shakti Vikasaka II-B: Knee bends
- Janu Shakti Vikasaka: Knee rotations
- Janu Shakti Vikasaka: Side stretches
- Benefits: Enhances knee strength and flexibility



Jangha Shakti Vikasaka

(Ref: Day 03 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Ankle Movement

- Pada-mula Shakti Vikasaka A: Ankle circles
- Pada-mula Shakti Vikasaka B: Flexion and extension
- Gulpha-pada-pristha-pada-tala Shakti Vikasaka: Foot stretches
- Gulpha-pada-pristha-pada-tala Shakti Vikasaka: Heel raises
- Benefits: Improves ankle mobility and strength

Sthula Vyayama: Concept

- Sthula Vyayama: Gross exercise in Yoga.
- Focuses on muscle strength and physical endurance.
- Includes dynamic movements and stretches.
- Aims to build strength and stamina.
- Often part of physical Yoga routines.
 - Push-ups: Strengthens upper body.
 - Squats: Builds leg muscles.
 - Planks: Engages core muscles.
 - Lunges: Improves lower body strength.
 - Leg raises: Strengthens abdominal muscles.

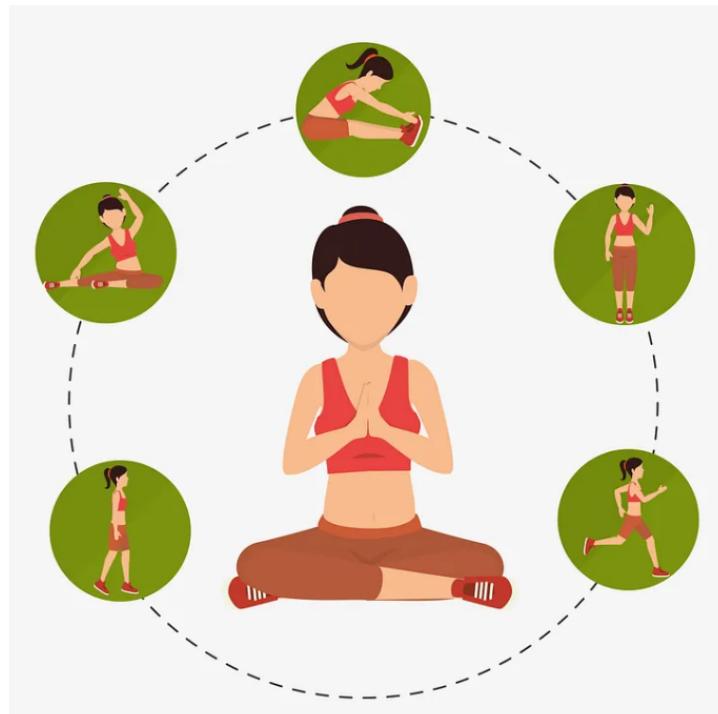


Sarvangapushti

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Hrid Gati (Engine Daud)

- Hrid Gati: Cardio exercise mimicking running
- Objective: Improve cardiovascular health
- Execution: Perform in a rhythmic, steady pace
- Focus: Maintain consistent breathing and pace
- Benefits: Boosts heart health, endurance, and stamina



(Ref: Day 06 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Sarvanga Pushti

- Sarvanga Pushti: Full-body strength exercise
- Objective: Enhance overall muscular strength
- Execution: Perform with controlled movements
- Focus: Engage all major muscle groups
- Benefits: Improves strength, endurance, and balance



Hirdgati

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama
- Saatvik Life)

Comparison of Sukshma and Sthula Vyayama

- Sukshma Vyayama: Focus on joints and flexibility.
- Sthula Vyayama: Targets muscle strength and endurance.
- Sukshma: Gentle and subtle movements.
- Sthula: Dynamic and strength-based exercises.
- Both complement each other in a balanced Yoga practice.

Yogic Surya Namaskara

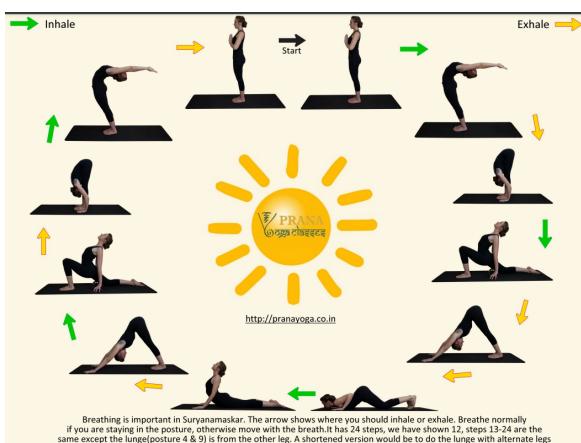
Surya Namaskara: Concept

- Surya Namaskara: Sun Salutation.
- Integral part of Hatha Yoga.
- Consists of a sequence of 12 postures.
- Aims to energize and purify the body.
- Traditionally performed facing the sunrise.
- Benefits of Surya Namaskara
 - Improves flexibility and strength.
 - Enhances circulation and digestion.
 - Promotes mental calmness and focus.
 - Helps in weight management and detoxification.
 - Strengthens the immune system.
 - Precaution and Tips
 - Perform on an empty stomach.
 - Avoid if you have back pain or injuries.
 - Practice in a well-ventilated area.
 - Keep the breathing smooth and steady.
 - Focus on alignment and posture.

Sequence of Surya Namaskara

1. Pranamasana: Prayer Pose.
2. Hasta Uttanasana: Raised Arms Pose.
3. Padahastasana: Hand to Foot Pose.
4. Ashwa Sanchalanasana: Equestrian Pose.
5. Dandasana: Plank Pose.
6. Ashtanga Namaskara: Salute with Eight Points.
7. Bhujangasana: Cobra Pose.
8. Adho Mukha Svanasana: Downward Facing Dog.
9. Ashwa Sanchalanasana: Equestrian Pose (repeated).
10. Padahastasana: Hand to Foot Pose (repeated).
11. Hasta Uttanasana: Raised Arms Pose (repeated).
12. Pranamasana: Prayer Pose (repeated).

Sequence of Surya Namaskara



Sequence of Surya Namaskara

प्रणामासन	ॐ शिवाय नमः।	उच्चास	ॐ हौ	
हस्तुत्तानासन	ॐ रुद्रे नमः।	श्लास	ॐ हौ	
यादहस्तासन	ॐ शूरीणं नमः।	उच्चास	ॐ हौ	
अधसंचालन	ॐ अग्नेय नमः।	श्लास	ॐ हौ	
पर्वतासन	ॐ शुक्राय नमः।	उच्चास	ॐ हौ	
अष्टांग नमस्कार	ॐ षुष्ठे नमः।	सोका	ॐ हौ	

Sequence of Surya Namaskara

भूर्जासन	ॐ हिरण्यगामीय नमः।	श्लास	ॐ हौ	
पर्वतासन	ॐ सौरीये नमः।	उच्चास		
अधसंचालन	ॐ अदित्याय नमः।	श्लास	ॐ हौ	
यादहस्तासन	ॐ शैविते नमः।	उच्चास	ॐ हौ	
हस्तुत्तानासन	ॐ अक्षिणी नमः।	श्लास	ॐ हौ	
प्रणामासन	ॐ भास्तराय नमः।	उच्चास	ॐ हौ	

ॐ श्रीसवितृसूर्यनारायणाय नमः।

Yogasana

Tadasana

- Stand with feet together, arms by sides.
- Distribute weight evenly on both feet.
- Engage thighs and lift chest.
- Extend arms overhead, palms facing each other.
- Hold the pose and breathe deeply.
- Benefits: Improves posture, strengthens legs, and enhances concentration.
- Contraindications: Avoid if you have low blood pressure or are recovering from surgery.



Ardha Chakrasana or Hastottanasan

- Stand with feet shoulder-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, pressing hips forward.
- Exhale and gently arch the back.
- Hold the pose, breathing deeply.
- Benefits: Stretches spine, improves posture, and relieves back pain.
- Contraindications: Avoid if you have back injuries or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Vrikshasana

- Stand in Tadasana position.
- Shift weight to one foot, bend the other knee.
- Place the sole of the bent foot on the inner thigh of the standing leg.
- Join hands in front of the chest or extend overhead.
- Hold the position, focus on balance.
- Benefits: Enhances balance, strengthens legs, and improves concentration.
- Contraindications: Avoid if you have knee or ankle injuries.



Padahastasana

- Stand with feet together, arms by sides.
- Inhale and raise arms overhead.
- Exhale and bend forward, reaching for the feet.
- Keep knees slightly bent if needed.
- Hold the pose and breathe deeply.
- Benefits: Stretches hamstrings, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have back or hamstring injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

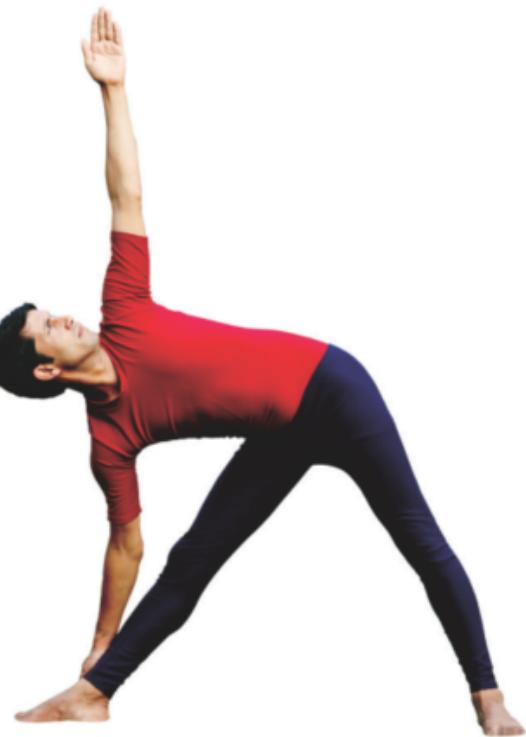
(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Kati Chakrasana

- Stand with feet shoulder-width apart, arms outstretched.
- Twist torso to one side, bringing opposite hand to shoulder.
- Hold the twist, then return to center.
- Repeat on the other side.
- Breathe deeply during each twist.
- Benefits: Enhances spinal flexibility, massages abdominal organs, and improves digestion.
- Contraindications: Avoid if you have back or spinal issues.



(Ref: Prana Yoga)



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Dandasana

- Sit with legs extended, feet flexed.
- Keep spine straight and shoulders relaxed.
- Place hands beside hips, fingers pointing forward.
- Engage thigh muscles and lift chest.
- Hold the pose, breathing steadily.
- Benefits: Strengthens back and legs, improves posture, and calms the mind.
- Contraindications: Avoid if you have lower back pain or hamstring injuries.



(Ref: Prana Yoga)

Trikonasana

- Stand with feet wide apart, arms extended.
- Turn one foot out and the other foot slightly in.
- Reach towards the foot, placing hand on ankle or shin.
- Extend the other arm upwards, gaze up.
- Hold the position, then switch sides.
- Benefits: Stretches legs, improves balance, and strengthens core.
- Contraindications: Avoid if you have leg or back injuries.

Sukhasana

- Sit with legs crossed comfortably.
- Place hands on knees or in a mudra.
- Keep spine upright and shoulders relaxed.
- Close eyes and focus on breath.
- Hold the position, breathing deeply.
- Benefits: Promotes relaxation, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Padmasana

- Sit with legs extended, then bend one knee.
- Place the foot on the opposite thigh.
- Repeat with the other leg, placing the foot on the opposite thigh.
- Keep spine straight and shoulders relaxed.
- Hold the position, focusing on breath.
- Benefits: Enhances meditation, stretches hips, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Bhadrasana

- Sit with legs extended, then bend knees and bring feet together.
- Place feet close to the pelvis, holding toes with hands.
- Press knees gently towards the floor.
- Keep spine erect and shoulders relaxed.
- Hold the pose and breathe deeply.
- Benefits: Opens hips, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Vajrasana

- Kneel on the floor, sit back on heels.
- Keep thighs perpendicular to the floor.
- Place hands on knees, palms facing down.
- Keep spine straight and shoulders relaxed.



(Ref: Patanjali Japan Foundation)

Mandukasana

- Start in a kneeling position, sit on heels.
- Place palms together in front of the chest.
- Inhale and stretch arms forward, keeping palms together.
- Exhale and bring hands back to the chest.
- Repeat the sequence.
- Benefits: Improves flexibility of hips and thighs, enhances focus.
- Contraindications: Avoid if you have knee or back issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Uttana Mandukasana

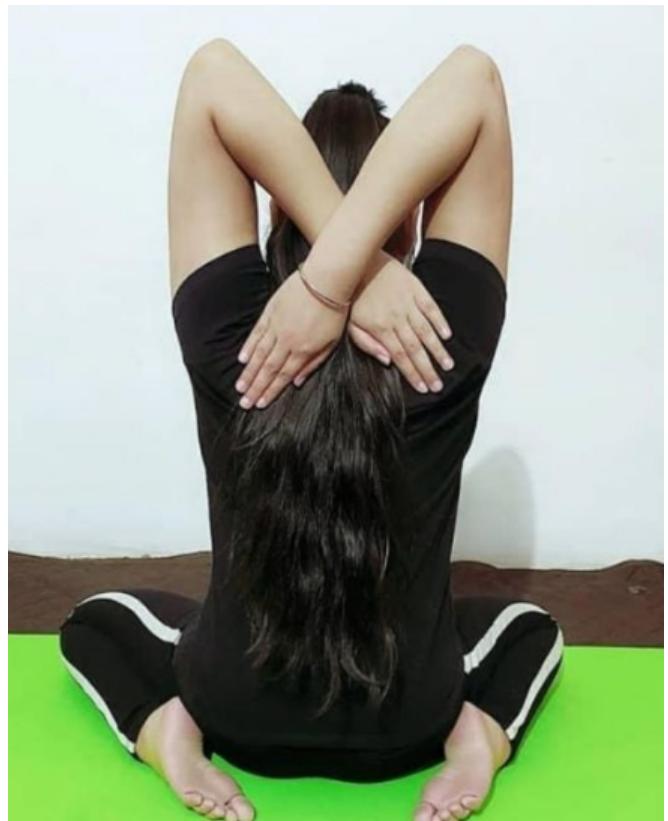
- Start in Mandukasana position.
- Bend forward from hips, extending arms forward.
- Rest forehead on the floor, keep arms extended.
- Hold the position, breathing deeply.
- Benefits: Enhances spinal flexibility, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



(Ref: Atma Bodh)

Ushtrasana

- Kneel with knees hip-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, arching back.
- Reach for heels with hands, if possible.
- Hold the position, breathing deeply.
- Benefits: Stretches the entire front body, opens chest, and improves posture.
- Contraindications: Avoid if you have back or neck issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Shashankasana

- Kneel and sit on heels.
- Extend arms forward on the floor.
- Rest forehead on the ground.
- Hold the position, breathing deeply.
- Benefits: Relieves stress, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Purvottanasana

- Sit with legs extended and hands behind hips.
- Inhale and lift hips off the floor, pressing palms into the ground.
- Open chest and face upward.
- Hold the pose and breathe deeply.
- Benefits: Strengthens arms and shoulders, stretches chest and front body.
- Contraindications: Avoid if you have wrist or shoulder injuries.



(Ref: Ekhart Yoga)



(Ref: Himalayan Yoga Ashram)

Bhujangasana

- Lie on your stomach, legs extended, and feet together.
- Place hands under shoulders, elbows close to the body.
- Inhale and lift chest, keeping the navel on the floor.
- Hold the pose and breathe deeply.
- Benefits: Strengthens back, stretches chest and shoulders.
- Contraindications: Avoid if you have back or wrist injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Vakrasana

- Sit with legs extended and back straight.
- Bend one knee and place the foot on the outside of the opposite thigh.
- Twist torso towards the bent knee, placing the opposite elbow on the knee.
- Hold the twist, then switch sides.
- Benefits: Enhances spinal flexibility, massages abdominal organs.
- Contraindications: Avoid if you have spinal or abdominal issues.



(Ref: CONDE NAST TRAVELLER)

Gomukhasana

- Sit with legs crossed, one knee stacked on top of the other.
- Bring one arm behind the back, and the other arm over the shoulder.
- Join hands behind the back if possible.
- Hold the pose and breathe deeply.
- Benefits: Stretches shoulders, hips, and thighs.
- Contraindications: Avoid if you have shoulder or knee injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Shalabhasana

- Lie on your stomach, arms by sides.
- Inhale and lift legs and chest off the floor.
- Keep arms and feet active.
- Hold the position, breathing deeply.
- Benefits: Strengthens lower back, improves posture.
- Contraindications: Avoid if you have back or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Makarasana

- Lie on your stomach, arms extended to sides.
- Bend knees and place feet on the floor.
- Rest forehead on the hands or ground.
- Breathe deeply and relax.
- Benefits: Relieves back pain, relaxes spine.
- Contraindications: None.



(Ref: Vydy Health)

Pavanamuktasana

- Lie on your back, knees bent, and feet on the floor.
- Hug knees to chest, interlace fingers around shins.
- Lift head and shoulders off the floor.
- Hold the position and breathe deeply.
- Benefits: Relieves gas, massages abdominal organs.
- Contraindications: Avoid if you have back issues or are pregnant.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Uttanapadasana / Ardha Halasana

- Lie on your back, legs extended, and arms by sides.
- Inhale and lift legs to a 45-degree angle.
- Keep back and shoulders on the floor.
- Hold the position and breathe deeply.
- Benefits: Strengthens abdominal muscles, tones legs.
- Contraindications: Avoid if you have back or leg issues.



(Ref: Bodhi School of Yoga)

Setubandhasana

- Lie on your back, knees bent, feet on the floor.
- Lift hips towards the ceiling, pressing into feet.
- Interlace fingers under back for support.
- Hold the position and breathe deeply.
- Benefits: Strengthens back and legs, stretches chest.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Rishikesh Yogis Yogashala)

Vipareetakarani

- Lie on your back, legs extended.
- Lift legs and hips towards the ceiling.
- Support lower back with hands if needed.
- Keep shoulders and neck relaxed on the floor.
- Hold the position and breathe deeply.
- Benefits: Improves circulation, reduces stress.
- Contraindications: Avoid if you have neck or back issues.



(Ref: Yoga4Lyf)

Saral Matsyasana

- Lie on your back, legs extended.
- Place hands under hips for support.
- Lift chest and head, arching back.
- Keep elbows close to the floor, shoulders relaxed.
- Hold the position and breathe deeply.
- Benefits: Stretches chest and neck, improves posture.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Kerala Tourism)

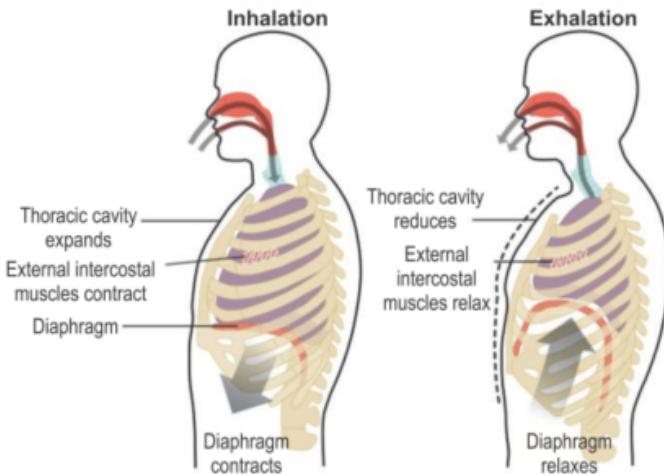
Preparatory Breathing Practices

Preparatory Breathing Practices : Overview

- Preparatory Breathing: Essential for effective practice.
- Prepares the body for deeper and advanced breathing techniques.
- Helps in calming the mind and focusing attention.
- Improves lung capacity and respiratory function.
- Integrates with asanas for enhanced practice.

Abdominal Breathing (Diaphragmatic Breathing)

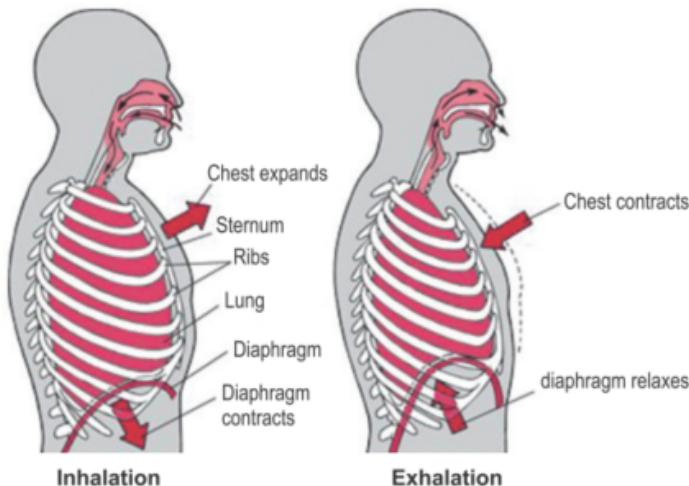
- Focuses on diaphragm movement.
- Inhale deeply through the nose, expanding the abdomen.
- Exhale slowly through the mouth, contracting the abdomen.
- Promotes relaxation and stress relief.
- Enhances oxygenation and lung efficiency.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Chest Breathing

- Involves the chest and intercostal muscles.
- Inhale to expand the chest and rib cage.
- Exhale to contract the chest.
- Useful for increasing lung capacity.
- Often combined with abdominal breathing for balance.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Clavicular Breathing

- Focuses on upper chest and collarbone.
- Inhale to lift the clavicles and expand the upper chest.
- Exhale to lower the clavicles.
- Helps in expanding lung capacity.
- Often used in conjunction with other breathing techniques.



(Ref: Sri Sri School of Yoga)

Combination Breathing (Three-Part Breathing)

- Combines abdominal, chest, and clavicular breathing.
- Inhale first into the abdomen, then the chest, and finally the clavicles.
- Exhale in reverse order.
- Enhances complete lung expansion.
- Provides a holistic breathing experience.



(Ref: Beginner Yoga Flow)

Pranayama

Pranayama : Concept

- Pranayama: Control of breath.
- Derived from Sanskrit, meaning extension of life force.
- Essential for mental and physical health.
- Regulates energy flow and calms the mind.
- Integrates with asana for holistic practice.
- यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, तथा समाधि | प्राणायाम = प्राण + आयाम | इसका शाब्दिक अर्थ है - प्राण या श्वसन को लम्बा करना या फिर जीवनी शक्ति को लम्बा करना | प्राणायाम का अर्थ कुछ हद तक श्वास को नियंत्रित करना हो सकता है | परन्तु श्वास को कम करना नहीं होता है | प्राण या श्वास का आयाम या विस्तार ही प्राणायाम कहलाता है | यह प्राण-शक्ति का प्रवाह कर व्यक्ति को जीवन शक्ति प्रदान करता है।
- क्रिया: पूरक: श्वास धेणे , कुम्भक : रोखणे , रेचक : सोडणे

Types of Pranayama

- Anulom Vilom: Alternate nostril breathing.
- Kapalabhati: Skull shining breath.
- Bhramari: Bee breath.
- Ujjayi: Victorious breath.
- Sitali: Cooling breath.
- धेरन्ड संहिता के अनुसार - सहितः सूर्यभेदश्च उज्जायी शीतली तथा | भस्त्रिका भरमारी मूर्च्छा केवली चाष्टकुम्भकाः ॥
- धेरन्ड संहिता के अनुसार प्राणायाम के आठ भेद बताए गए हैं -सहित, सूर्यभेदी, उज्जायी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और केवली ।
- हठप्रदीपिका के अनुसार -सूर्यभेदनमुज्जायी सीत्कारी शीतली तथा | भस्त्रिका भ्रामरी मूर्च्छा प्लाविनीत्यष्ट कुम्भकः ॥
- हठप्रदीपिका के अनुसार प्राणायाम के आठ भेद निम्न हैं - सूर्यभेदन, उज्जायी, सीत्कारी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और प्लाविनी ये आठ प्रकार के कुम्भक (प्राणायाम) होते हैं ।



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Kapalabhati (Skull Shining Breath)

- Forceful exhalation followed by passive inhalation.
- Energizes and cleanses the respiratory system.
- Increases lung capacity and mental alertness.
- Practice for 1-2 minutes daily.
- Avoid if you have high blood pressure or heart issues.



Benefits of Pranayama

- Enhances lung capacity and respiratory function.
- Balances nervous system and reduces stress.
- Improves mental clarity and focus.
- Supports emotional stability.
- Aids in detoxification and energetic balance.

Anulom Vilom (Alternate Nostril Breathing)

- Inhale through one nostril, exhale through the other.
- Balances energy and hemispheres of the brain.
- Enhances mental clarity and calmness.
- Improves respiratory function.
- Practice for 5-10 minutes daily.

Kapalbhati Kriya

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Bhramari (Bee Breath)

- Inhale deeply and exhale with a humming sound.
- Calms the nervous system and reduces anxiety.
- Enhances concentration and mental clarity.
- Practice for 2-3 minutes daily.

- Effective in reducing stress and improving mood.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Ujjayi (Victorious Breath)

- Inhale and exhale with a slight constriction of the throat.
- Produces a soothing and hissing sound.
- Enhances concentration and energy.
- Balances the nervous system.
- Practice during asanas for better focus.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Sitali (Cooling Breath)

- Inhale through a rolled tongue or pursed lips.
- Exhale through the nose.
- Cools the body and mind.
- Helps in reducing stress and calming emotions.
- Practice in hot weather or when feeling overheated.

Understanding of Mudra

Understanding of Mudra : Overview

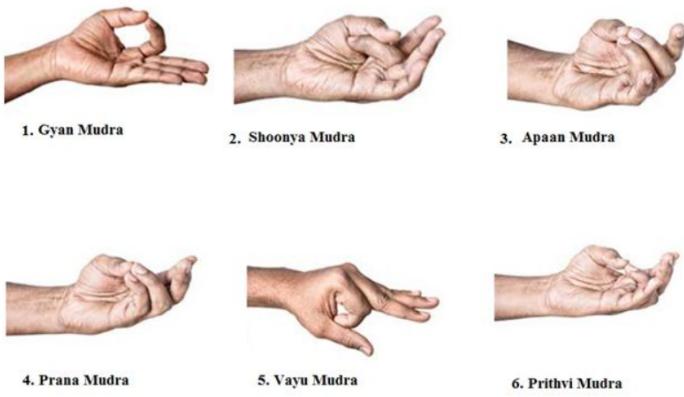
- Mudra: Sacred hand gestures or seals.
- Originates from Sanskrit, meaning seal or gesture.
- Used to channel and direct energy.
- Enhances meditation and spiritual practices.
- Integrates with asanas and pranayama.

Types of Mudras

- Hasta Mudras: Hand gestures.
- Kaya Mudras: Body gestures.
- Mukh Mudras: Facial gestures.
- Bandhas: Internal locks.
- Chakra Mudras: Energy center gestures.

Hasta Mudras (Hand Gestures)

- Gyan Mudra: Knowledge gesture.
- Chin Mudra: Consciousness gesture.
- Anjali Mudra: Salutation gesture.
- Apan Mudra: Cleansing gesture.
- Shuni Mudra: Patience gesture.



(Ref: Himalayan Yoga Academy)

Kaya Mudras (Body Gestures)



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

- Mudras with Postures: Integration of body and gesture.
- Viparita Karani: Legs up the wall pose.
- Sarvangasana: Shoulder stand.
- Adho Mukha Svanasana: Downward facing dog.
- Enhances energy flow and stability.

Bandhas (Internal Locks)

बंध मुद्राएँ शरीर की कुछ ऐसी अवस्थाएँ हैं जिनके द्वारा कुंडलिनी सफलतापूर्वक जाग्रत् की जा सकती है। धरेड सहिता में २५ मुद्राओं एवं महत्वपूर्ण हैं: (१) मूलबंध, (२) जालंधरबंध, (३) उड्डीयनबंध, (४) महामुद्रा, (५) महाबंध, (६) महावेद (७) योगमुद्रा, (८) विपरीतकरणीमुद्रा, (९) खेचरीमुद्रा, (१०) वज्रिणीमुद्रा, (११) शक्तिचालिनीमुद्रा, (१२) योनिमुद्रा।

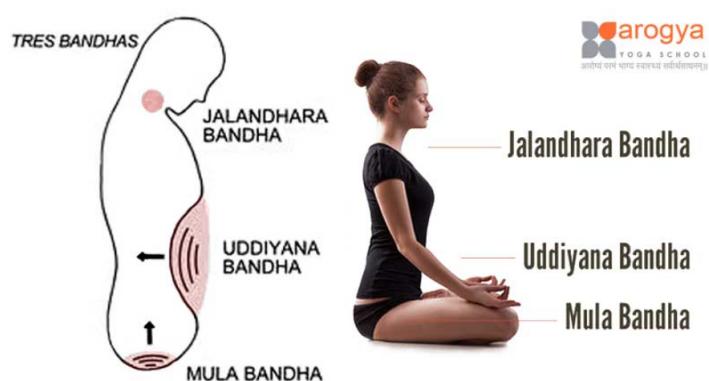
- Mula Bandha: Root lock.
- Uddiyana Bandha: Abdominal lock.
- Jalandhara Bandha: Throat lock.
- Regulates energy and prana.
- Enhances stability and focus.



(Ref: Prana Sutra)

Mukh Mudras (Facial Gestures)

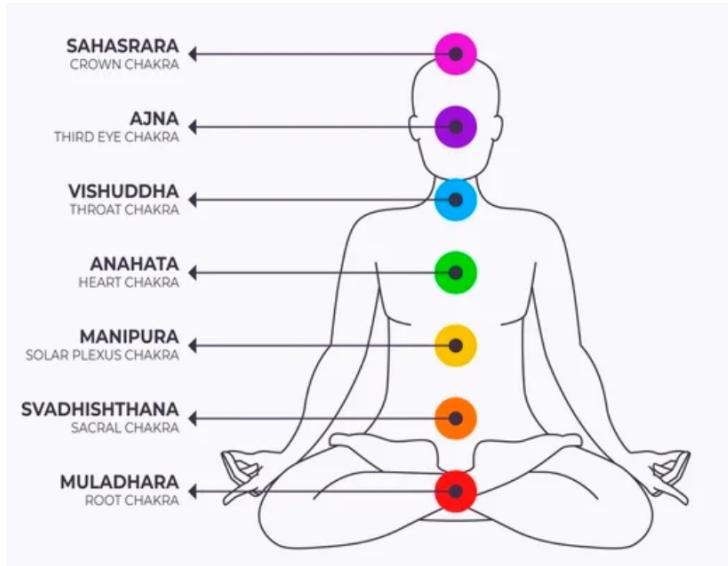
- Kechari Mudra: Tongue gesture.
- Bhrumadhy Mudra: Eyebrow gesture.
- Shambhavi Mudra: Eyebrow center gaze.
- Enhances mental focus and inner vision.
- Integrates with meditation and pranayama.



(Ref: Arogya Yoga School)

Chakra Mudras (Energy Center Gestures)

- Root Chakra Mudra: Grounding gesture.
- Heart Chakra Mudra: Love gesture.
- Third Eye Chakra Mudra: Intuition gesture.
- Aligns energy centers and enhances meditation.
- Supports spiritual growth and balance.



(Ref: Raja Yoga Rishikesh)

Practices leading to Meditation and Dhyana Sadhana

Practices Leading to Meditation and Dhyana Sadhana

- Mindfulness: Develop awareness of thoughts and emotions.
- Breathing Techniques: Practice Pranayama to calm the mind.
- Asanas: Perform stabilizing poses to prepare for meditation.
- Concentration Exercises: Engage in focusing techniques to enhance mental clarity.
- Visualization: Use guided imagery to support meditative focus.

Teaching Skills

Syllabus

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

Introduction

Benefits of Teaching Yoga

- Teaching yoga benefits both the teacher and the learners.
- Contributes to learners' good health and ultimate happiness.
- Yoga instructors can experience personal growth.
- Many opportunities exist for yoga professionals in various settings.

Principles of Effective Yoga Teaching

- Activity and experience are crucial for learning.
- Correct practice is essential for skill-learning.
- Observing enhances attention, awareness, and skilful action.
- Visual demonstrations are effective for learning motor skills.
- Effective teaching depends on knowledge of various principles.

Teaching Methods in Yoga

- The lecture method is beneficial when combined with other methods.
- Visual materials help students retain lecture content.
- Response-to-instruction method ensures uniform student responses.
- Project method enables practical application of learned skills.
- Group settings cater to varied and deeper yoga practice experiences.

Modern Challenges and Expectations in Yoga Teaching

- Advances in science have altered communication systems.
- Technology reduces the need for manpower in teaching.
- Teachers should know more than students and be prepared to answer questions.
- If unsure, teachers should commit to finding answers and explaining later.

Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)

Essentials of Good Lesson Plan

- Concepts: Clearly define objectives for Shatkriya, Asana, Pranayama, and Dhyana.
- Needs Assessment: Identify student needs and levels of experience.
- Structure: Organize class flow with warm-up, practice, and cool-down.
- Timing: Allocate appropriate time for each segment.
- Flexibility: Be adaptive to student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group)

Principles of Teaching Yoga Protocol to Different Groups

- Beginners: Use simple instructions and basic poses.
- Children: Include fun and interactive elements.
- Youth: Emphasize strength and endurance.
- Women: Adapt for pregnancy and menstruation.
- Geriatric Population: Focus on gentle movements and balance.
- Special Attention Group: Customize for health conditions and physical limitations.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Preparation for a Yoga class (before and during the class)

Preparation for a Yoga Class (Before and During)

- Pre-Class Planning: Develop a lesson plan and set goals.
- Set Up Space: Arrange props and equipment for class.
- Check Equipment: Ensure all yoga mats and tools are clean and functional.
- Greet Students: Welcome students and address any individual needs.
- Monitor Flow: Adjust the class as needed based on student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Conducting yoga practical lessons : Precautions & Contraindications of practices

Conducting Yoga Practical Lessons : Precautions & Contraindications

- Assess Individual Needs: Evaluate health conditions and physical limitations.
- Modify Poses: Adapt asanas to suit individual needs.
- Monitor Students: Watch for discomfort or strain.
- Avoid Overexertion: Prevent overexertion and injuries.
- Educate on Contraindications: Inform about contraindications for specific conditions.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Salient features of Ideal Yoga Instructor

Salient Features of an Ideal Yoga Instructor

- Knowledgeable: Deep understanding of yoga principles and practices.
- Communicative: Clear and effective communication skills.
- Empathetic: Ability to understand and address student needs.
- Professional: Maintains professionalism and ethics.
- Adaptable: Flexible in teaching methods and lesson plans.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Models of ideal Yoga lesson plans

Models of Ideal Yoga Lesson Plans

- Structured Flow: Follow a logical sequence of warm-up, practice, and cool-down.
- Objective Focused: Align objectives with student needs and goals.
- Time Management: Allocate time for each segment of the lesson.
- Variety: Incorporate a variety of asanas, pranayama, and meditation.
- Flexibility: Be flexible to adapt to student feedback.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Yogalaya class

Starting Instructions and Initial Prayers

- Start Prayer
- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for prayer
- Om, Om, Om
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- उमासुतं शोक विनाश कारतम्,
- नमामि विघ्नेशवर पादपंकजम्,
- षडाननं कुम्कुमरक्तवर्ण
- महामति दिव्यमयूरवाहनम्
- रुद्रस्यसूतुं सुररौन्यनाथ
- गुहं सदाहं शरणं प्रपद्ये

Continued Prayers

- या कुन्दन्दुतुषारहारधवला या शुभ्रवस्त्रावृता
- या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना
- या ब्रह्माच्युतशंकरप्रभृतिभिर्दैः सदा वन्दिता
- सा मां पातु सरस्वती भगवती निःशेषजाग्रापहा
- ॐ नमः शिवाय गुरवे
- सच्चिदानन्द मूर्तये ।
- निष्ठपञ्चाय शान्ताय
- (निरालम्बाय तेजसे ॥)
- श्री शिवनंदाय तेनमः
- श्री विष्णु देवानंदाय तेनामः
- सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
- शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते, नारायणि नमोऽस्तु ते
- ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।
- तेजस्त्व नावधीतमस्तु मा विद्विषावहै ।
- ॐ शान्तिः शान्तिः शान्तिः ॥
- ॐ नमः शिवाय ॥

Preparation for Pranayama

- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for kapalbhati
- Inhale abdomen out, exhale in, inhale, exhale
- Now inhale deeply and begin

Kapalbhati Practice

- Exhale (20 times)
- Exhale (36 times)
- Exhale (5 times), inhale, exhale
- Now inhale deeply, comfortable breath and hold (20? seconds)
- With control, exhale, inhale, exhale
- Another round?
- Breathe normally, stretch legs, shake your legs and sit back again

Nadi Shodhana (Alternate Nostril Breathing)

- Left hand in chin mudra, right hand in vishnu mudra
- Inhale through both nostrils deeply
- Take your right thumb to right nostril, exhale through left nostril completely
- Inhale left 2-3-4 close, hold, close both nostrils, 8 sec?
- Exhale right 2-3-4-5-6-7-8, inhale right 2-3-4 close, hold
- Exhale left 2-3-4-5-6-7-8 Inhale left
- Repeat cycle

Post-Pranayama Meditation

- Drop your hands down, both hands in chin mudra, back straight
- Breathing comfortable
- Eyeball steady on one point, meditate, breathing relaxed

Shavasana and Concluding Stretch

- Release the mudra, stretch your legs and lie down in shavasana
- Feet apart, hands apart, palms facing upward
- Bring your feet together, inhale
- Bring your arms over and above your head, interlock fingers
- Turn your palms and stretch
- Exhale and release, bend your knees
- Turn to the right side, inhale and come up

Sun Salutations - First Round

- Stand in front of the mat, t-shirts tucked in. Stand straight
- Both hands in Namaskar position, near your chest
- Raise your arms up, arch back
- Bend forward and down
- Take your right leg back, knee down, toe pointing back, look up
- Left leg back, body into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck your toes in, inverted V
- Take your right leg forward
- Left leg forward
- Raise your arms arch back and release

Sun Salutations - Second Round

- Feet together, palms together
- Raise your arms up, arch back
- Bend forward and down
- Take your left leg back, knee down, toe pointing back, look up
- Right leg back, body into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck your toes in, inverted V
- Take your left leg forward
- Right leg forward
- Raise your arms up arch back and release
- Feet together, palms together

Sun Salutations with Breath Coordination - Right Side

- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - right leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - right leg forward
- Exhale - left leg forward
- Inhale - Raise your arms up arch back
- Exhale - release

Sun Salutations with Breath Coordination - Left Side

- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - left leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - left leg forward
- Exhale - right leg forward
- Inhale - Raise your arms up arch back
- Exhale - release

Cooling Down and Relaxation

- Feet apart, hands apart, palms facing forward
- Eyes closed, breathe through your nose
- Observe your heartbeats
- Observe your breathing
- Now lie down on your back and relax in shavasana

End Prayer

- Sit in comfortable sitting position, look straight
- Roll shoulders, hands in chin mudra
- Om, Om, Om
- ॐ पूर्णमदः पूर्णमिदं पूर्णात् , पूर्ण मुदच्यते,
- पूर्णस्य पूर्णमादाय, पूर्ण मेवा वशिष्यते।
- ॐ शांतिः शांतिः शांतिः
- सद्गुरु (?) शिवानन्द महाराज कि जय, स्वामी विष्णु देवानन्द महाराज कि जय
- धर्म रक्षति रक्षितः हरी ओम तत्सत
- Rub hands, put palms on eyes and Namaskar!!

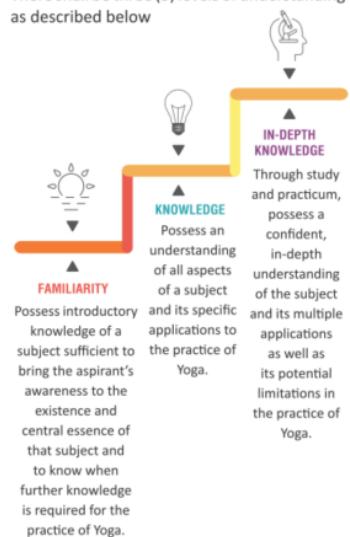
Application of knowledge

Application of Knowledge as Yoga Protocol Instructor

- Protocol Implementation: Apply standard yoga protocols in practice.
- Customized Instruction: Tailor instructions based on student needs.
- Assessment Techniques: Utilize assessment methods to gauge progress.
- Lesson Adaptation: Adjust lessons based on feedback and observation.
- Effective Communication: Use clear communication to convey instructions and guidance.

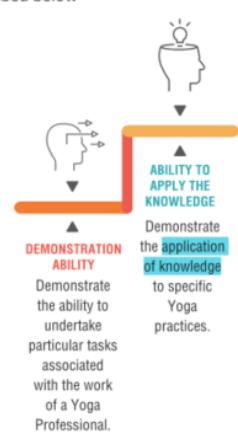
Knowledge:

There shall be three (3) levels of understanding as described below



Skills:

There shall be two (2) levels of understanding as described below



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

Field Experience

Field Experience as Yoga Protocol Instructor

- Practical Application: Implement protocols in real-world settings.
- Class Management: Manage classes and handle student dynamics.
- Feedback Collection: Gather feedback from students and peers.
- Adaptation: Adapt techniques based on field experience.
- Professional Growth: Utilize experience for ongoing development.

Towards End

Examination

Smayjak Yoga School

Instructions

- Put mat horizontally to be visible for standing as well as horizontal asanas
- Keep enrollment number and Aadhar card ready
- Good internet connection and good voice quality
- Say "No" if you don't know. Don't answer anything extra
- Stay calm, without any stress

Preparatory Steps

- 3 times Omkar, then 3 times 'Shaanti'. Sit in any sitting asana, say Sukhasan, eyes closed.
- Prarthana: "गुरुवैष्णवा गुरुवैष्णवा ..."
- Sukshma Vyayam: Greeva Shakti (any from I to IV), theory, like who started, his guru.
- Sthul Vyama: (any Hrid/Sarvanga Pushti)

Asanas

- Asana: Standing (Trikonasan, hold for 10-20 seconds), do counter posture i.e., do it on the opposite side. Stand in Sama Sthiti
- Suryanamaskar, 1 time, meaning 2 times
- Shavasan and counterpose Viparita Karani (legs up, then chest up)
- Abdomen Asana: Bhujangasan, then rest in Makarasan
- Sitting Asan: Vakrasan and counter pose on the opposite side
- Meditation Asana, then Pranayam, Anulom Vyayam
- Bandhas: Uddiyani (male), Jalandhar (female)
- Types of Meditations
 - Vipassana (by Buddha)
 - Preksha by Mahaveer
 - Body awareness

Viva

- Shatkarma (Gherand Samhita) in sequence : Dhauti, Basti, Nauli, Neti, Tratak, Kapalbhati
- Type of Kapalbhati (or any other shatkarm): 3 types: Vatakrama (wind cleansing, the usual), Vyutkrama (sinus cleansing), and Sheekraka (mucus cleansing)
- Details of Sutra Neti, length of the thread (7-8 inches), precautions to be taken, Mudra to be done (Kagasan), breath length differs
- Asanas for Diabetes Recommended (lower abdomen): Vakrasan, Mandukasan
- Give instructions for Paschimottanasana in the class
- Tell benefits, contraindications, and counter posture

Yog Aurora

Question Topics and Expectations

- Prayer
 - Recite Yoga Prayers like Patanjali Prayer, Shanti Mantra.
 - Understanding of Prayer and some knowledge on background/history.
- Cleansing Techniques
 - Should know complete details on Dhauti and Neti - Types, Process, Benefits, Contradictions.
 - Should be able to perform and show Kapalabhati, and know the details as above.
- Sukshma Vyayama
 - Should know Sanskrit names of movements like Neck movement is called Griva Shakti Vikasaka and types of all as mentioned in syllabus.
 - Should be able to perform all mentioned sukshma vyayama.
 - Should understand - Pros, Cons.
- Sthula Vyayama
 - Should know Sanskrit names of movements.
 - Should be able to perform all mentioned sthula vyayama.
 - Should understand - Pros, Cons.
- Surya Namaskar
 - Expected to know asanas names, sequence.
 - Benefits - Physical and Psychological Level, Contradictions.
 - Should be able to perform (in their own capacity).

Question Topics and Expectations

- Asanas
 - You should know about all asanas mentioned in syllabus - Technique, Benefits, and Contradictions.
 - Perform 2 asanas of Examiner's choice - Only Perform.
 - 1 Asana of your own choice - Perform and Instruct as well.
 - Sanskrit names of Asanas - Logic behind names.
- Breathing Practices
 - You should know 3 types of sectional breathing - Technique, Benefits, Contradictions.
 - Should be able to perform and instruct.
 - Should know the pattern followed in Yogic Breathing, Advantages.
- Pranayama
 - You should know the meaning of Puraka, Rechaka, and Kumbhaka.
 - Should know how to perform Anulom Vilom Pranayama - Hand Mudra, Technique, Benefits, Contradictions.
 - How many breaths for beginners: Puraka:Rechaka (Ratio).
 - Nadi Shodhana - Puraka:Rechaka:Kumbhaka - Hand Mudra, Technique, Benefits, and Contradictions.
 - Sheetali - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
 - Bhramari - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
 - From theory syllabus - How many types of Pranayama.
 - Hatha Yoga, Gehranda Samhita - Which Pranayama are mentioned.
 - Pranayama for particular diseases/particular age-groups etc.

Question Topics and Expectations

- Bandha
 - You should be able to perform all 3 Bandhas - Should be able to Instruct.
 - Understand technique, benefits, and contradictions.
 - Theory - HYP how many bandhas are there.
 - Logic behind Sanskrit names of Bandha.
 - On which Chakras these bandhas are working.
- Mudras
 - What are Mudras, How does it work ?
 - Should be able to show mentioned mudras, know benefits of them.
 - Mudras during sectional breathing and their importance.
- Meditation
 - Application of knowledge based questions - expected to know different techniques of meditations.
 - 8 limbs of Yoga - Dhyana, Dharana, Samadhi.
 - Pratyahara.
 - You should know stages of Yoga Nidra. Sequence, benefits, contradictions (anxiety, High BP).

Question Topics and Expectations

- YOGA SESSIONS
 - Expected to know how to teach/communicate effectively.
 - How to Plan Yoga Sessions for Disabled, Sick (Particular ailment - Diabetes, BP, Cholesterol, Back Pain).
 - Yoga Session for Students, Ladies, etc (Different categories).
- THEORY syllabus
 - Expected to know what all is covered in theory syllabus.
 - Recite Yoga Sutras (1-12), Recite Bhagavad Gita Shloka 70 and its meaning. What do you understand from this.
 - Yoga Definitions - Yoga Vashishta, Patanjali, Bhagavad Gita.
 - What is HYP, how many chapters are there in HYP. What is GS.
 - Concept of Chakras.
 - Panchkosha ? Tridosha ?

References

References for Level 1 Exam

- YCB Level 1 - 200 Hrs Yoga TTC | Theory Lectures - Ayushman Yog
- YCB Level-1 (Yoga Protocol Instructor) - Practical and viva exam
- Training by Ayushman Yog
- Why YCB Exam is important ? | Full details of YCB Exam || हिंदी में
- How to CRACK YCB EXAM in FIRST attempt | पूरी जानकारी || हिंदी में
- Certification of Yoga Professionals Guidebook for level 1
- Yoga Practical Exam Preparation
- Yoga Certification - By YCB Yog Aurora
- YCB YOGA MINISTRY OF AYUSH CERTIFICATE PRACTICAL SYLLABUS Swami Vivekananda Yoga
- Yoga Teacher Training 200 Hours Yogapointindia