



# **PVDT COLLEGE OF EDUCATION FOR WOMEN**

**SSR Year 2017-21**

**Criterion 1**

**DOCUMENTS UPLOAD: 1.2.2**

**Introduction to Yoga**

**Value added Course**

# Introduction to Yoga

**Total Credits: 4 Hours: 60 (Demonstration and Practice one Month)**

**Psychomotor Outcomes:**

- 1)The student will be able to demonstrate proficiency at the poses covered in class (at a basic level)
- 2)The student will increase their dynamic flexibility
- 3)The student will apply forces and exert themselves using rarely used muscle groups
- 4)The student will perform proper breathing techniques
- 5)The student will perform each difficult pose to the greatest extent of their ability

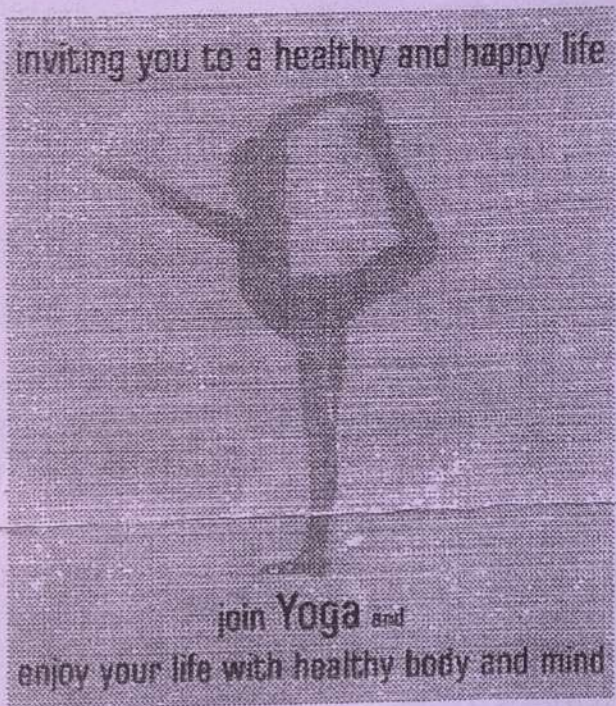
**Cognitive Outcomes:**

- 1)The student will be able to sequence three poses according to a practice
- 2)The student will be able to list the correct progressions in a given pose
- 3)The student will be able to identify some of the major muscles used in any given pose

**Affective/Social Outcomes:**

- 1)The student will able to work quietly without disturbing classmates
- 2)The student will be motivated to continue the activity outside of class
- 3)The student will be able to assist a partner when called upon to help them with poses
- 4)The student will develop a greater sense of body self-esteem and appreciation for the art of yoga.

# Introduction to Yoga



by

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## गायत्री मंत्र

ॐ भूर्भुवः स्वः तत् सवितुर्वरेण्यम्  
*Aum Bhur Bhurv Swah Tat Savitur Varenyam*  
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्  
*Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat*

*This Gayatri Mantra is a prayer  
to the cosmic energy which is the  
universal source of life and a humble  
request from it to enlighten, ones  
intellectual frontiers*

AUM is the most sacred and powerful mantra. The word AUM combines everything.

A - Vishnu, protector of the world,  
U - Shiva, He who balances it  
M - Brahma, The Creator.

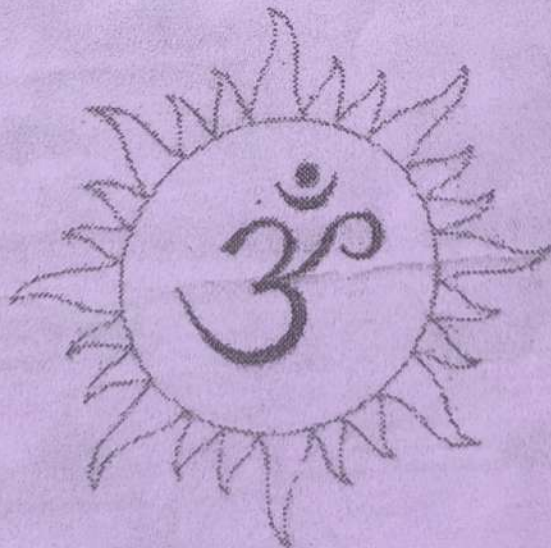
The articulation of O and M influences the nerve channels. AUM stimulates all the vital organs, mainly the brain, heart and stomach right from the navel and keeps the digestive, respiratory and nervous system in good working condition.



## Benefits of Yoga.

- ❖ It consists of cleaning, stretching and breathing exercises.
- ❖ Yoga frees you from tension and stress.
- ❖ Normalises your weight and overcomes fatigue.
- ❖ Improves the flexibility of spine and joints by stretching.
- ❖ Improves circulation and calms your nerves.
- ❖ Stimulates vital organs and glands.
- ❖ Gives better posture, improves complexion.
- ❖ Strengthens lungs, heart and internal organs by creating pressure.
- ❖ Improves the quality of sleep.
- ❖ Refreshes your mind and improves regularity.
- ❖ Yoga teaches you how to relax and stay relaxed.
- ❖ It adds poise and confidence.

Yoga is not strenuous because it does not spend your energy. This is because of the scientific stretching method, which removes tension from every part of the body and allows the "Prana" energy to flow freely and naturally. Yoga has a positive approach of relaxation.



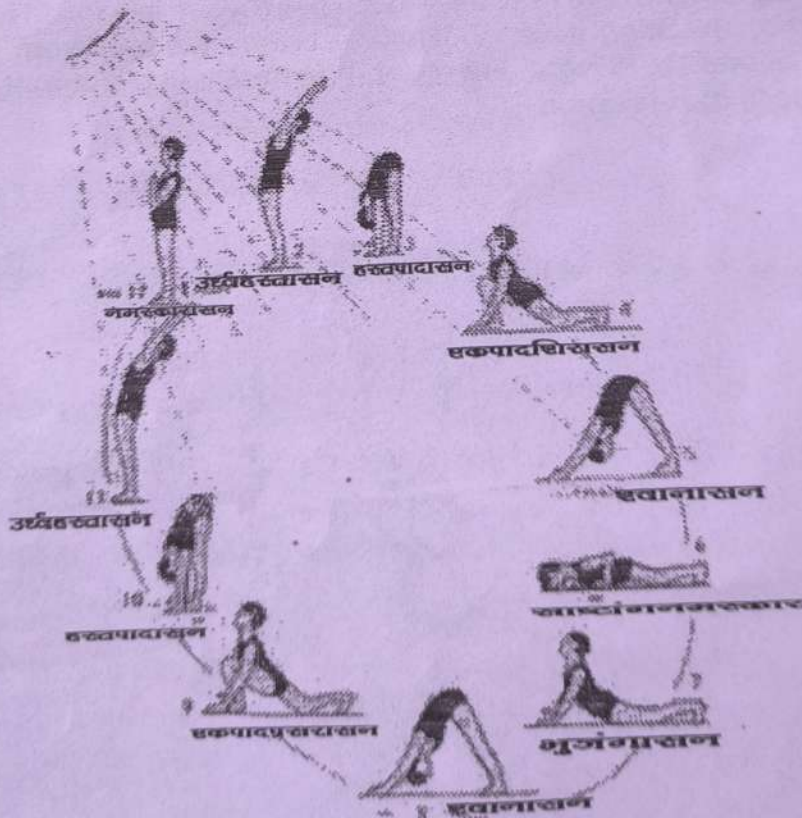
## Suryanamaskara

"Surya" is the Sanskrit word for the sun. The sun is the only source of primal and essential energy in life and everything that exists on Earth. Our life is fully dependant on this supreme energy. Suryanamaskara is a kind of prayer to the Sun God mentally and physically to seek the goal of life.

There are ten rhythmic steps in one Suryanamaskara. Each step is accompanied by the chanting of basic *mantra* along with controlled breathing (*Pranayama*), which is an important aspect of this exercise.

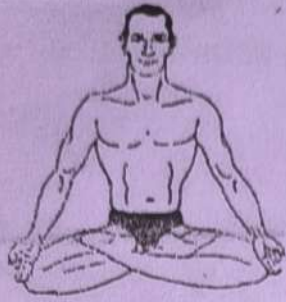
### **Benefits**

- Suryanamaskara combined with the utterance of mantras relaxes, revitalises, and vibrates every fibre, every cell, and every nerve of the body.
- Improves flexibility and strengthens the muscles, organs and joints.
- Improves the functioning of respiratory, circulatory, digestive, excretory and nervous system and also the endocrine system.
- You get mental, emotional and spiritual satisfaction.
- It can be used as a promotive, preventive and curative method for keeping good physical and mental health.



YOGASANAS SITTING POSTURE

Padmasana



Suptavajrasana

सुप्त वज्रासन



Parvatasana

पर्वतासन

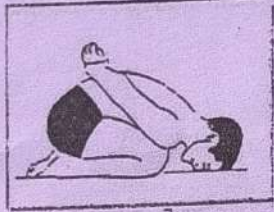


Paschimottanasana

पश्चिमोत्तानासन



Yogmudra



Janushirasana

जानुशीर्षासन



Vajrasana

वज्रासन



Vakrasana

वक्रासन



Bhujangasana

भुजंगासन



Ardhamatsyendrasana

अर्धमत्स्येन्द्रासन पूर्ण



Ushtrasana

उष्ट्रासन



Gomukhasana

गोमुखासन



# STANDING POSTURES

# BREATHING EXERCISES

Tadasana



One Nostril Breathing



Chakrasana



Anuloma Viloma



Trikonasana



Shvasanamargashuddhi



Vrukshasana



Pranayama Breathing

Purak - Kumbhak - Rechak (1:1:2)

1:2:4



Hastapadasana



Omkar

Garudasana



YOGASANA LYING POSTURE

Uttanapadasana

उत्तानपादासन



Bhujangasana

भुजंगासन



Viparit Karni

विपरीतकर्णी



Naukasana

नौकासन



Halasana

हलासन



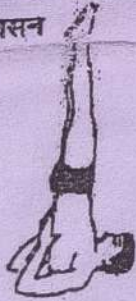
Dhanurasana

धनुरासन



Sarvangasana

सर्वांगासन



Marijarasana

मार्जारसन



Pavanmuktasana

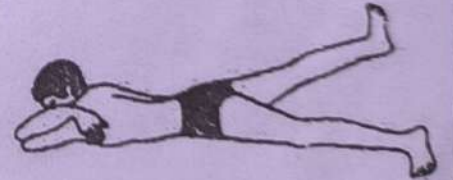
पवनमुक्तासन



Makarasana

(Relaxation Posture)

मकरासन



Shalabhasana

शलभासन



Shavasana

(Relaxation Posture)

शवासन

