



# BHARATHIDASAN UNIVERSITY

Tiruchirappalli- 620024,  
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**Department of Physical Education and Yoga**

**Course Title : YOGI SCIENCE**

**Course Code : 21MPE13**

**Unit-(I)**

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# INTRODUCTION

International day of yoga is also called as the world yoga day. United Nations General Assembly has declared 21st of June as an International Yoga Day. Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice.

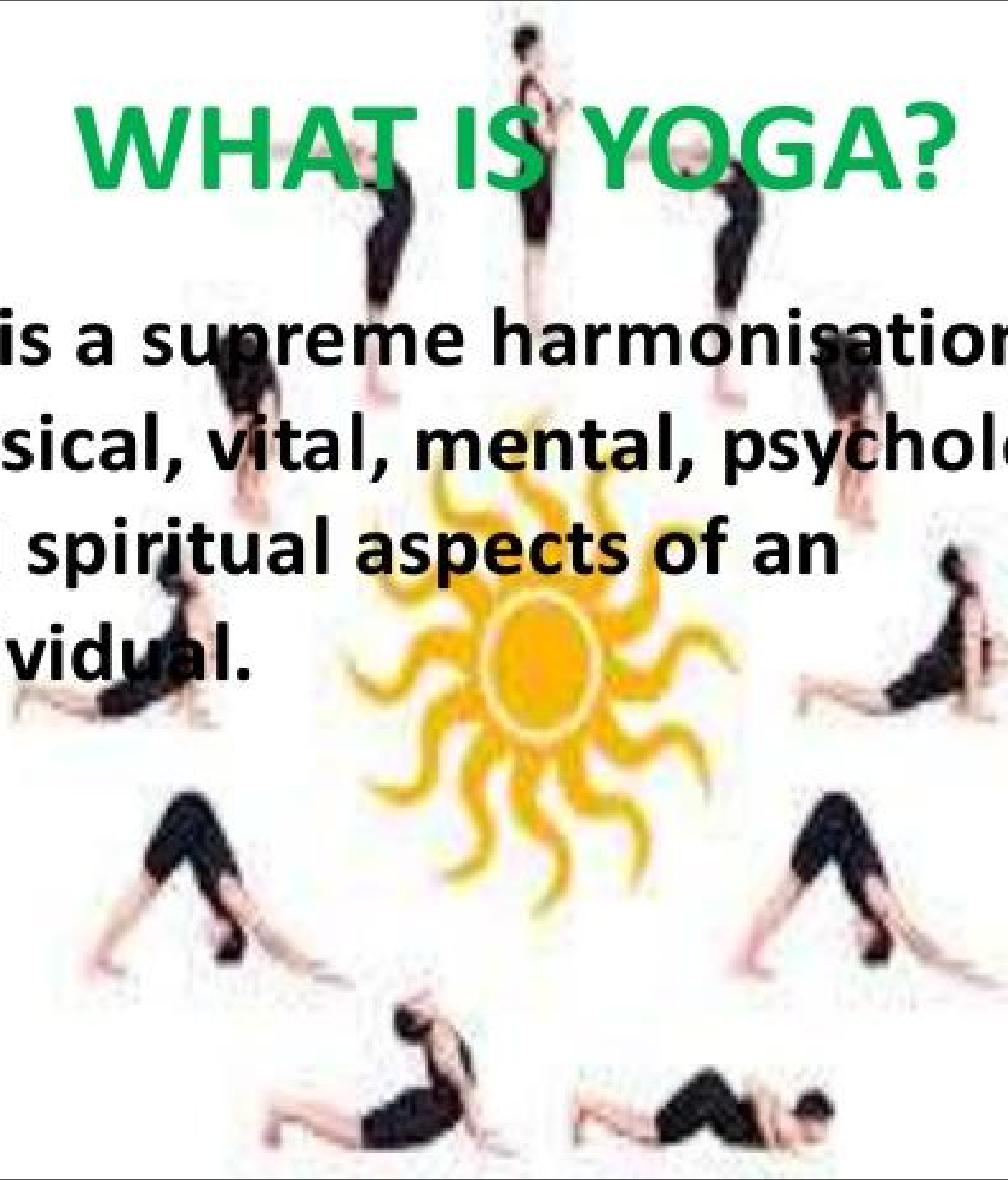
Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly.

Yoga is very necessary and beneficial for all human being if it is practiced by all on daily basis in the early morning.

Official name of this day is UN International Yoga Day and also called as Yoga Day. It is a worldwide event celebrated by the people of all countries through practicing yoga, meditation, debates, meetings, discussions, variety of cultural performances, etc.

# WHAT IS YOGA?

Yoga is a supreme harmonisation of physical, vital, mental, psychological and spiritual aspects of an individual.



- **Yoga – “YUJ”** means to Join
  - Yoga means to join individual (“Jivatma”) with supreme consciousness.
  - **PATANJALI - “Father of Yoga”**





# YOGA

- **YOGA is balance and harmony of –  
mind and body, thoughts and deeds,  
breath and asanas.**
- **YOGA prevents life style disorders,  
improves health of mind and body.**
- **Yoga is best in keeping mind and body  
healthy together.**



- **Yoga doesn't only mean practicing asanas for long time sitting at one place, which is most widely confused concept now a days.**
- **Yoga can be practiced multiple times in form of yoga capsules, in break time, or while working.**
- **Yoga can be practised by closing eyes, sitting quietly, observing over breath, thoughts, or by concentrating on point.**
- **Yoga is most effective at dealing with emotional disturbances**

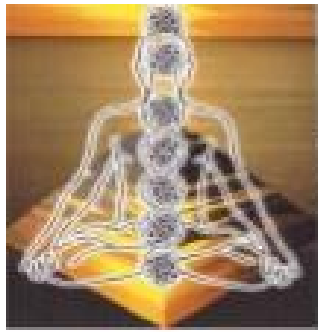


- **Yoga first of all starts with flow of prana vayu in the body.**
- **Prana vayu is the bridge between the mind and the body.**
- **Yoga also stretches those muscles fibers which are usually not used in daily routine work.**

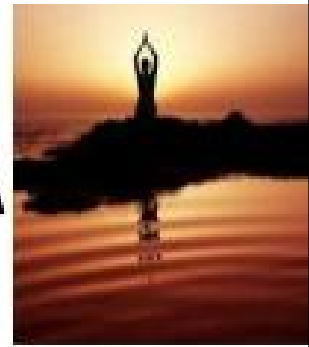




- **Meditation – It is the keys to attain peaceful , calm mind by eliminating negativity .**
- **Pranayama (Breathing) - Deep, conscious breathing reduces stress and many diseases.**
- **Relaxation – It prevents the body from going into overload mode, easing worry and fatigue.**



# BASIC ELEMENTS OF YOGA



- **Yama** – disciplinary or moral restrains
- **Niyama**- spiritual observances
- **Asana** - movement and posture of the body for promotion of perfect health. To bring harmony in the body.
- **Pranayama**- rhythmic breathing or regulation of breathing process (control of prana)
- **Pratyahara**- withdrawal of mind from external objects.

- **Dharna**- concentration of mind on one object for a brief period (mental control)
- **Dhyana**- meditation or concentration of mind on one object for a long period
- **Samadhi**- attainment of supreme harmony between mind and body.





# ASANA



- Asana assist in acquiring physical control.
- Each asana is a series of scientifically developed slow, rhythmic and graceful movements of various joints and muscles of the body aimed at attaining a definite posture as related to that particular asana.
- Asana aims to acquire optimal physical conditioning with minimal efforts.



## Seated Eagle Asana



- ▶ Seated eagle asana (garudasana) - sit straight, wrap the right hand around left hand, place the palms together to resemble the beak of an eagle



## Seated cat-cow Asana(marjaryasana) -



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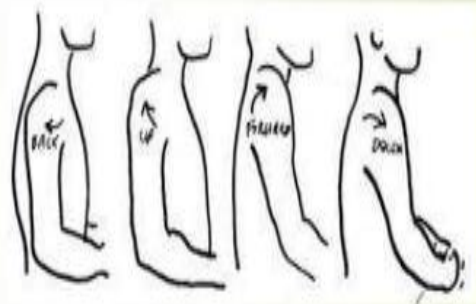
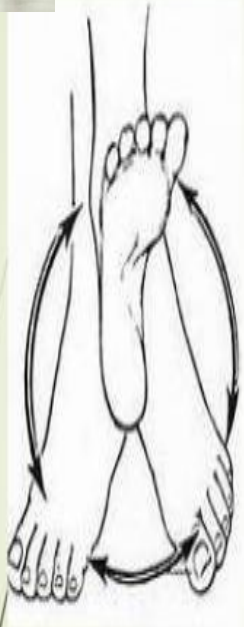
forward, exhale and bend backward.



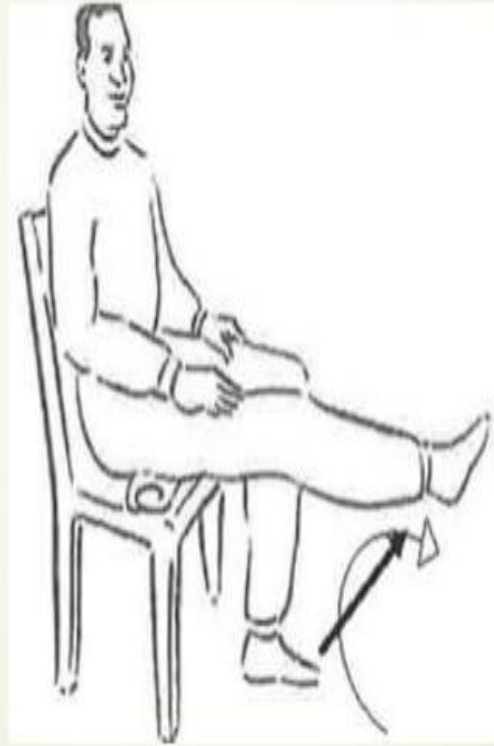
**Ankle, Shoulder role (gulf chakra)**



**Leg Raising Asana**



Rotate the foot around ankle joint , similarly rotate the shoulder joint, inhale during upward movement, exhale during downward movement



While sitting on chair, bring legs parallel to the floor.

# Surya Namaskar (Sun Salutation)

1. Salutation Position

*Normal, restful Breathing*



2. Raised Arms Position

*Inhale*



3. Hand to Foot Position

*Exhale*



4. Equestrian Position

*Inhale*



5. Mountain Position

*Exhale*



6. Eight Limbs Position

*No breathing then...*



7. Cobra Position

*Inhale*



8. Mountain Position

*Exhale*



9. Equestrian Position

*Inhale*



10. Hand to Foot Position

*Exhale*



11. Raised Arms Position



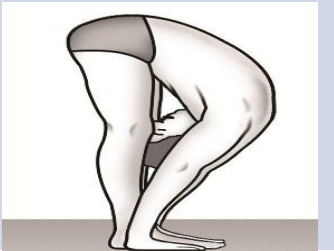
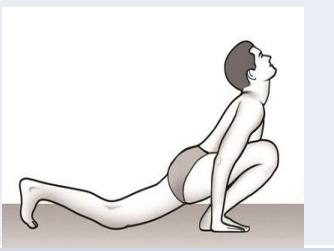

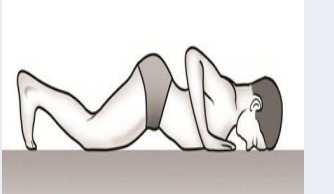
*Inhale*



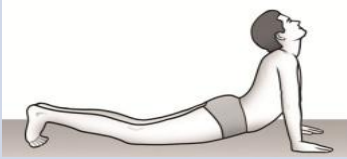





12. Salutation Position

*Normal, restful Breathing*



PICTURE OF ASANAS	NAME OF ASANAS	BENEFITS OF ASANAS
	<b>Prarthanasana</b>	Helps maintain the balance of the body.
	<b>Padahasthasana</b>	Strengthens chest muscles which in turn help in breathing.
	<b>Uttanasana</b>	Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.
	<b>Ekpad prasarnasana</b>	Strengthens the leg muscles and makes the spine and neck muscles flexible.
	<b>Chaturang dandasana</b>	Strengthens the arms and maintains body posture
	<b>Ashtangasana</b>	Makes the spine and waist flexible and strengthens the muscles.



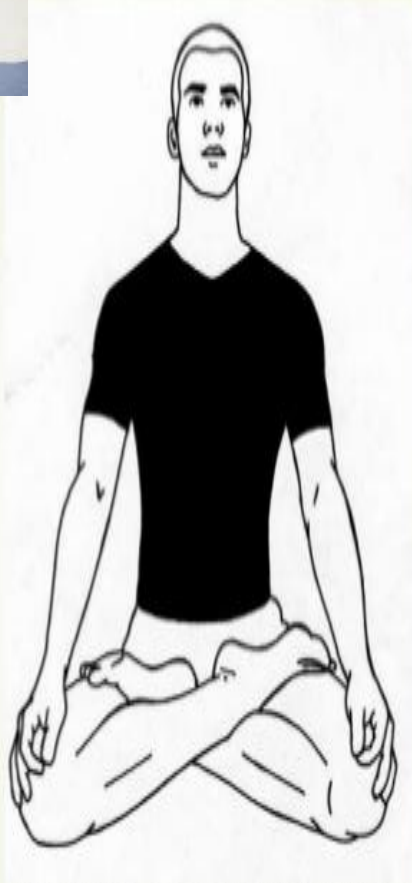
PICTURE OF ASANAS	NAME OF ASANAS	BENEFITS OF ASANAS
	<b>Bhujangasan</b>	<b>Makes the spine and waist flexible and strengthens the muscles.</b>
	<b>Adhomukh svanasan</b>	<b>Beneficial for spine and waist muscles.</b>
	<b>Ekpad Prasarnasan</b>	<b>Strengthens the leg muscles and makes the spine and neck muscles flexible.</b>
	<b>Uttanasan</b>	<b>Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.</b>
	<b>Padahastasana</b>	<b>Strengthens chest muscles which in turn help in breathing.</b>
	<b>Prarthanasana</b>	<b>Helps maintain the balance of the body.</b>

# SITTING AND STANDING ASANAS

S.No	ASANAS	EFFECT OF BODY HEALTH
01.	<b>Padmasana</b>	Padmasana Reduces muscle tension, menstrual discomfort.
02.	<b>Bhadrasana</b>	Strength pelvic floor muscles.
03.	<b>Vajrasana</b>	Stimulates vajra nadi, digestion, relieve constipation. strengthens lower back, legs, thighs.
04.	<b>Tadasana</b>	Respiratory, digestion, circulatory improvement.
05.	<b>Ardha katichakrasan</b>	Improves height, balance, tones arms n muscles.
06.	<b>Ardha chakrasana</b>	Tones up arms, shoulder muscles, front upper body.
07	<b>Padhastasana</b>	Increases blood flow to brain, tone up abdominal muscles, relieve sciatica, increases spine flexibility.



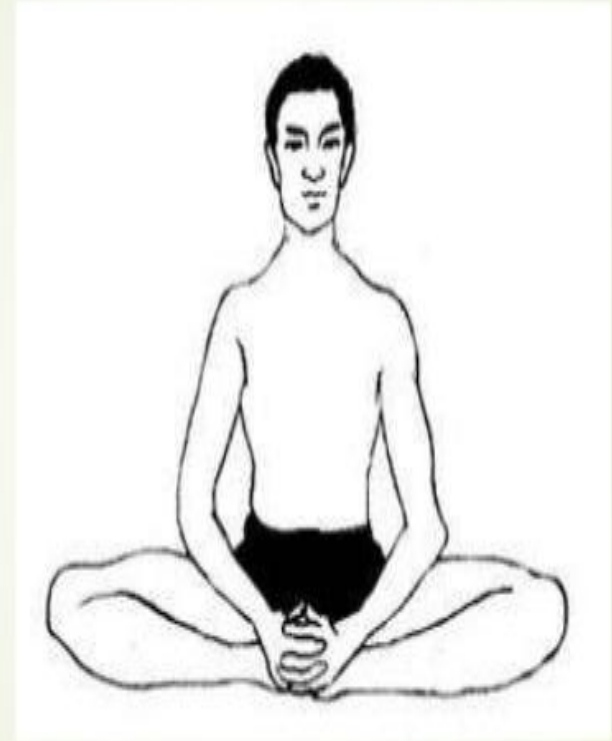
## Padmasana



Bend the right knee place it on left thigh, bend the left knee and place it on right thigh. Keep breathing gently.



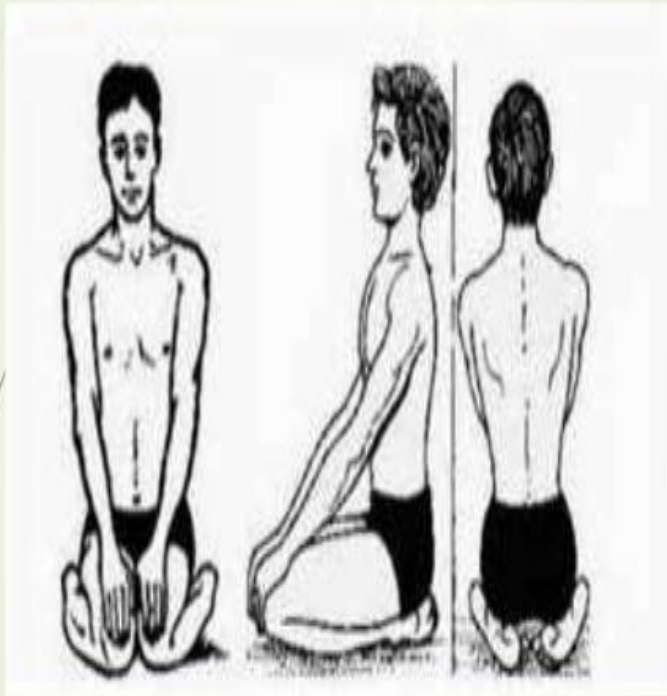
## BHADRASANA



Bend the knees outwards bring the feet towards the body, join the soles. Try bringing heels close to genitals.

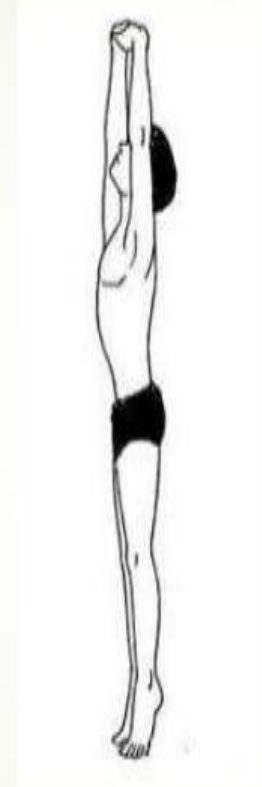


## VAJRASAN



Stretch lower legs backward, keep the together, cross the big toes, rest buttocks on the heels and thigh on calf muscles.

## TADASANA



take small gap between feet, raise both arms, stand on toes, raising heels and then stretch the whole

body.



# ARDHKATICHAKRASAN

▲



**inhale, raise right arm up, exhale bend the trunk to the left, and do not bend the elbow. Inhale and stretch the right arm up. Exhale and bring arm down. Repeat with other side.**



# PADHASTASANA



inhale, lift hands straight up, exhale and bend forward, touch the  
ground.



# ARDHACHAKRASAN



breath in extend arm overhead, breath out and  
gently bend backward pushing the pelvis forward.  
Hold, breathe in, come back