

BHARATHIDASAN UNIVERSITY

Tiruchirappalli – 620024

Tamil Nadu, India

Centre for Differently Abled Persons

Programme: BCA

SEMESTER: 3

Course Title : YOGA PRACTISES I

Course Code : 23UCANMEC01

Unit: I

Compiled By

Dr. M. Prabavathy

&

Dr.P.Kannan

Assistant Professor

Guest Faculty

Centre For Differently Abled Persons

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual .

The word yoga literally means 'union.' This union can take on different forms when practicing yoga, whether connecting movement with breath or mind with body.

Yoga is often described as an eight-limbed path in which the practitioner's body and mind are trained through yoga poses (asanas), breathing techniques, and meditation so that one can reach his or her full potential as a person.

The purpose of this course is to

Adaptation of traditional Yoga poses for people with Persons with Disabilities with the use of props and other methods of adapting yoga poses

Yoga props can also make yoga accessible to people of different abilities.

Yoga therapeutics is defined by the International Association of Yoga Therapists as

“the application of yoga for health benefits”.

Practitioners of yoga therapy integrate yoga concepts of breathing activities, physical postures, and meditation with an understanding of pathological conditions such as back pain or depression in the management of people with these conditions”

Traditional yoga practice is primarily concerned with personal enlightenment of people without pathology, **yoga therapy focuses on a holistic treatment for people with various somatic or psychological dysfunctions.**

Goal of Yoga as a therapy

Yoga as a therapy offers an alternative approach to conventional exercise training, and it also can be adapted to meet the needs of people with physical limitations”

According to Feuerstein,
the goals of yoga therapy are to **promote health benefits**
and to **promote self-awareness** for the purpose of
enlightenment”.

Due to Disability, even if a student cannot do the full pose, he or she can still receive the benefits of the pose if it is done in a safe, modified version

A growing body of evidence supports the belief that individualized yoga techniques may improve physical and mental health of people both with and without disabilities

Integrative Yoga Therapy combines asana, pranayama, mudra, Yoga Nidra, mantra, and meditation into a complete package in which they can be integrated and used for therapeutic classes directed toward specific groups and for one-on-one yoga therapy sessions.

Yoga

- Sanskrit for "yoke" or "union"
- Mind
- Body
- Spirit



Elements of Yoga

- Asanas* – poses
- Pranayama* –
breathing
- Meditation
- Kriyas* – cleansing
processes



Brief History

- Stone seals excavated from Indus Valley carbon date to 3000 BC
- Vedas, ancient texts record Yogic teachings, 1800 – 300 BC
 - Pre-classical yoga
 - Buddhist – meditation and ethical thought
 - Jainism – “liberation of the spirit”
 - Hinduism – “physical purification process”

Brief History, cont'd

- Classical yoga – 2nd century AD
 - 8 paths to be memorized
 - Wisdom would be internalized
- Post classical yoga – 1800
 - The body should be treated as a temple
 - Physical fitness
 - Mental health

What is Yoga

- ❑ Yoga originated in India
- ❑ From Sanskrit word "yuj" meaning union between mind ,body and spirit.
- ❑ Include ethical discipline, physical postures ,breathing control and meditation.
- ❑ Yoga is not only stretching.
- ❑ There are 8 limbs of yoga.
- ❑ Physical postures called "Asana" is just one of the eight limbs of yoqa

Types of YOGA

Meditations – Swami Satyananda Saraswati

Raja Yoga – Swami Vivekananda

Karma Yoga – “Bhagwat Geeta” original script,
Swami Vivekananda, Swami Satyananda

Kunadali Tantra – Swami Satyananda,
“Gheranda Sanhita” original script

Kriya Yoga – Swami Satyananda, “Patanjal
Yoga Sutra” original script

Yoga

- Yoga – “YUJ” means to Join
 - Yoga means to join individual (“Jivatma”) with supreme consciousness.
- “SAMATVAM YOGA UCHYATE” – yoga is balance. Bhagwad Gita
- “YOGA KARMASU KAUSHALAM” – yoga is skilled action. Bhagwad Gita
- Yoga is Union between “Purush & Prakriti” / “Shiva & Shakti” / Realizing “Bramhan”

Yoga - Importance

- ❑ Yoga shows the pathway to self realization
- ❑ Yoga is practical approach to achieving ultimate goal of life.
- ❑ Yoga alleviates man's sufferings
- ❑ Yoga is a science of personality development

Thank you