

Laxmi Narain Dubey College, Motihari

(a constituent unit of B.R.A. Bihar University, Muz.)

NAAC Accredited 'B+'

National Cadet Corps (NCC)

Topic: Introduction to Yoga and Pranayama

NCC – Special Topic

B/C Certificate Examination

Instructor

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1. Yoga is a commonly known activity for physical, mental and spiritual disciplines which originated in ancient India.
2. UNO has declared 21 June as the International Day of Yoga.
3. NCC is practising, propagating and celebrating this in a big way every year.
4. The overall philosophy of Yoga is about connecting the mind, body and spirit.
5. There are six branches of Yoga:
 - (a) Hatha Yoga: this is the physical and mental branch that aims to train the body and mind.
 - (b) Raja Yoga: this branch involves meditation and strict adherence of eight limbs of yoga.
 - (c) Karma Yoga: it aims to create a future free from negativity and selfishness.
 - (d) Bhakti Yoga: it aims to establish the path of devotion.
 - (e) Jnana Yoga: it aims to develop the intellect through study.
 - (f) Tantra Yoga: this is the pathway of ritual, ceremony.
6. Yoga maintains that chakras are centres points of energy, thoughts, feelings and the physical body.
7. The word "chakra" means "spinning wheel".
8. When energy becomes blocked in a chakra, it triggers physical, mental or emotional imbalances that manifest in symptoms such as anxiety, lethargy or poor digestion.
9. There are eight major chakras, each with its own

Let us focus on the seven chakras as follows:

- (a) Muladhara chakra - Root centre
- (b) Svadhishthana chakra - Lower abdominal centre
- (c) Manipura chakra - Naval centre
- (d) Anahata chakra - Heart centre
- (e) Vishuddhi chakra - Throat centre
- (f) Ajya chakra - Eyebrow centre
- (g) Bindu chakra - Moon centre
- (h) Sahasrara chakra - crown centre.

10. An asana is a body posture that is performed to benefit the health and mind.

11. Asanas essentially work to lubricate the muscles, joints, ligaments and other parts of the body. This helps to increase circulation and flexibility. Practising daily asanas can boost up energy and also improve health.

12. Following are the important types of :-

- (a) Mandukasana (Frog posture). In this pose our body posture resembles a frog. Another frog-like posture is Bhujangasana.
- (b) Sasankasana (Rabbit posture). In this pose our body posture resembles a leaping rabbit.
- (c) Bhujangasana (Snake posture). In this pose our body posture resembles a cobra snake.
- (d) Anarshtopka pose
- (e) Makarasana (Crocodile pose).
- (f) Makarasana (Monkey yoga pose)
- (g) Parvanamuktasana (Wind-relieving pose).

13. Yoga has a number of health benefits:

- (a) Improves posture and prevent pain in our neck and lower back.
- (b) Practising yoga help in increasing our body flexibility which helps to perform certain complex asanas.
- (c) Yoga can builds muscle strength.
- (d) Yoga helps in motivating us healthy eating which improves the metabolic system of the body.
- (e) Yoga helps in lowering blood sugar, boosting of good cholesterol and helps in weight loss.
- (f) Yoga helps greatly in increasing blood flow.
- (g) Yoga boosts our immunity to fight off diseases.
- (h) Yoga helps in increasing self-esteem.
- (i) Yoga helps greatly to improve lung function.
- (j) Yoga helps to reduce stress and thus helps towards a better sleep.

14. Pranayama. It is the Yogic practice of focusing on breath. In Sanskrit, 'Prana' means "vital life force" and 'Yama' means "to gain control". Thus Pranayama is a means to elevate the Prana shakti or life energies.

15. Pranayama refers to techniques that are used to harness and control this life-giving energy for our physical, mental and spiritual wellness.

16. It is a compound of three breath exercises of Purak (inhalation of the breath)