

# UNIT-3.1

Corporate Yoga, Yoga for healthy lifestyle, yoga & sports, educational value of yoga, relevance of yoga in 21<sup>st</sup> century

Seema Sharma (Kaushik)

# **CORPORATE YOGA**

Corporate yoga is a group of qualified trainers who provides you entire corporate yoga training at your working place that is also known as on site yoga training. Where the qualified trainer visit at the working place to instruct and give the training to the staff member of working area. From this corporate yoga training not only staff member but also all the person directly or indirectly related to any individual company or group of company will get the benefits through the corporate yoga training, in fact the company itself also get benefits by the yoga practice at working place.

There are some important benefits for the team members such as:-

- It will increases the physical fitness as it will keep the person active and fit
- It prevented from diseases as increases the immunity of the person
- It will reduces the changes of the chronic pain like headache, back pain or joint pains
- It reduces the body stress as well as mental stress and relaxes the mind and gets relief to the body.
- It increases the job satisfaction among the employee
- It increases the positive attitude and create healthy relationship among all team member
- It will help in improving concentration which will help to do work with more focus and the accuracy.
- It will reduces the depression as which occurs due to stress.

## **Why Corporate Yoga**

The biggest challenge for any company is to get the best output from employees. Companies are spending lots of time, energy and money to keep their employees stress free and motivated. Indeed, employee wellness has become a strategic imperative for most organizations across the globe.

## **Benefits of Regular Yoga Classes**

Benefits of the Yoga are incomparable. By doing regular practice of Yoga one may keep away many unwanted psychosomatic diseases such as obesity, hypertension, asthma, diabetes, stress etc.

## Benefits For Employee

Following are the benefits that one can achieve by regular practicing of Yoga:

- Concentration & learning efficiency improves
- Memory level enhance and Social skills improves
- Energy levels/Breath-holding time increases
- Pulse rate decreases and Immunity increases
- Mood swings get stable and stress decreases

## Benefits For Employer

Not only activities like that contribute a lot in **brand creation** for the corporate but also the best way to pay Corporate Social Responsibility. There are many other benefits also for employer which includes:

- Enhance energy level that leads to Increased productivity
- Reduced staff turnover and employee absenteeism
- Create more team building spirit among employees that reduce internal conflict
- More respect for senior management of companies
- More attractive to potential employees seeking employment with your company

# Introduction

## ❖ What is yoga?

- Yoga has been derived from the Sanskrit word 'Yuj' which means joining - joining of the individual with the Universal.
- Mastery over the mind or calm down the mind.
- State of great steadiness at emotional, intellectual and physical level.
- Integrated personality by bringing body-mind in a well-balanced way.

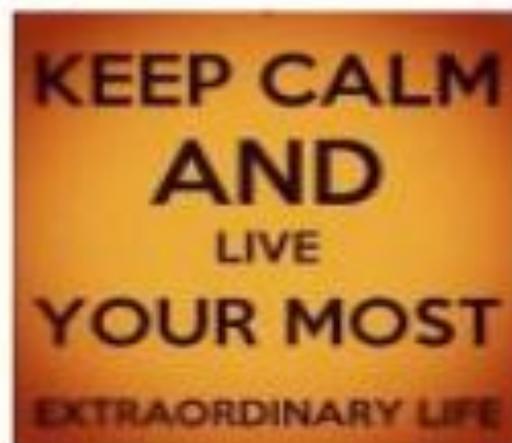
## ❖ What is not Yoga?

- Yoga is not some exercise alone. It is not some bending and twisting.
- Yoga is not some form of self-torture like lying on bed of nails, burying oneself underground etc. Neither is Yoga any weird ceremonial or peculiar rite, not hedonism, not paganism, not palmistry, not prophesying, astrology, not thought-reading, nor is it the dispensing of charms to ward off evil spirits or 'possessions'. Neither is Yoga a religious cult. Yoga has nothing to do with tricks, magic, psychic powers or gymnastics.



## Benefits of Yoga - in Office Life

- Yoga improves productivity
- Optimism & Personality Development
- Improves mental balance
- Better decision making ability
- Better health and better mind
- Responsibility towards Society
- **Enduring Happiness – All time, all place and at all conditions!!**



## Why Do Corporate & Professionals need it?

- 1) The workplace gets so busy and people too much engrossed in day to day job. You need to build a team that works like a well oiled machine. **Yoga helps cultivate selflessness! A sense of community!**
- 2) No time to think what kind of people and work place produce the best. **Yoga creates a Productive work place - A energetic work place.**
- 3) Make employee part of the system – togetherness. **Yoga Increase the employee morale!**
- 4) Increase the health of employee – minimize health care expenses. **So Yoga creates healthy work place!**
- 5) Create corporate wellness program. Boost Company morale! **A perfect place to work attract the best talent!**



# Types of Yoga – for Corporate

Develop physical is an important aspect of Yoga. The golden says "Health is Wealth" re-emphasize by the Yoga. Hatha Yoga is a set of practices which cultivates healthy body for you.

Hatha Yoga

Pranaya  
ma

Techniques enforces 'correct' breathing to rejuvenate the body. More oxygen, more energy.

Another golden saying is that "What you think, that you become" – so you need to be mentally strong and meditation prepares you to be that.

Meditat  
ion

Work  
with  
Worship

Work alone is not a success factor. With your full heart in to the job you are doing will propel you to the excellence. That is how great people are created in this world. Yoga prepares you for that greatness.

Give back to the society from where you became what you are today. As a human being look at the fellows who are less fortunate than you and try to bring them up.

Serve the  
Humanity

Nation  
Building

Contribute to the greater goal of creating a better place to live for you, all other around you and also for the future generation!

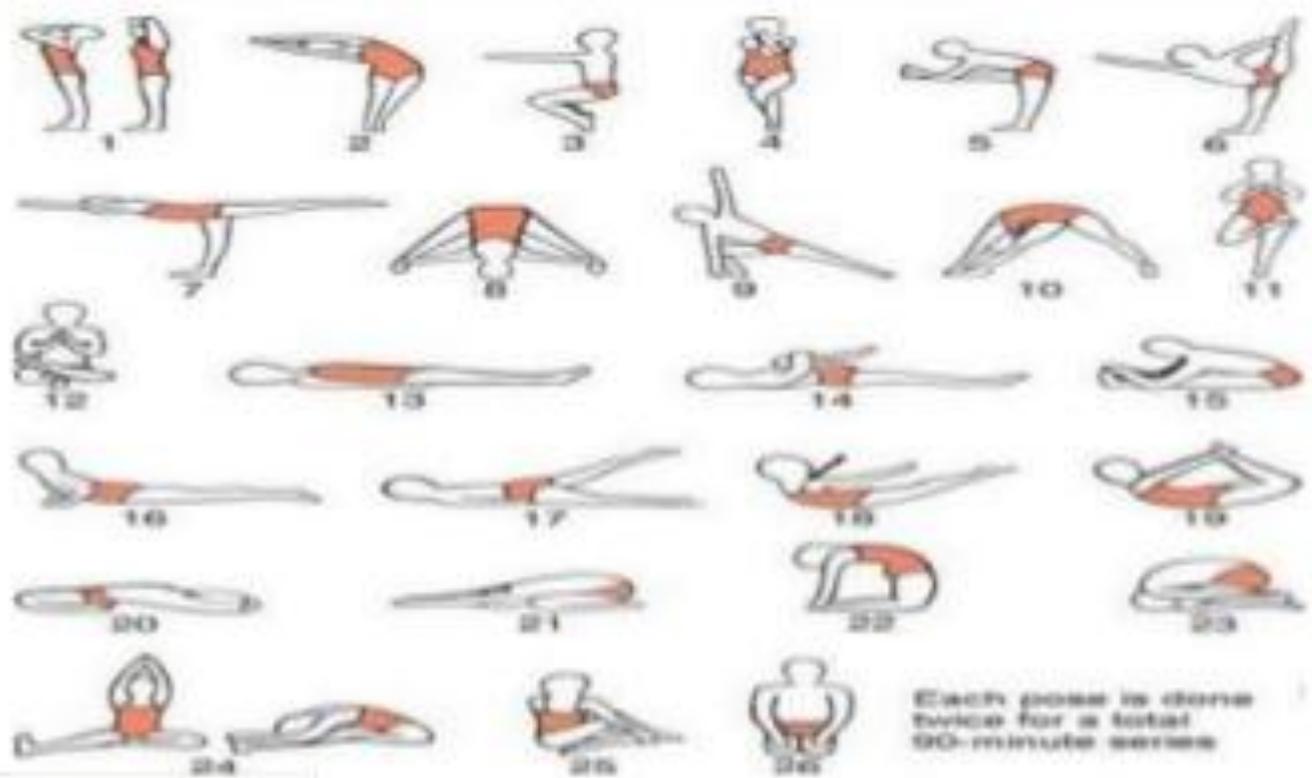
# Hatha Yoga – Body Practices

(read more at [https://en.wikipedia.org/wiki/Hatha\\_Yoga\\_Pradipika](https://en.wikipedia.org/wiki/Hatha_Yoga_Pradipika) )

## HATHA YOGA



- Pick a time & comfortable place.
- Wear comfortable cloths.
- Have good air circulation around.
- Pick any pose (asanas) as you may desire.
- Gradually increase your stamina and flexibility



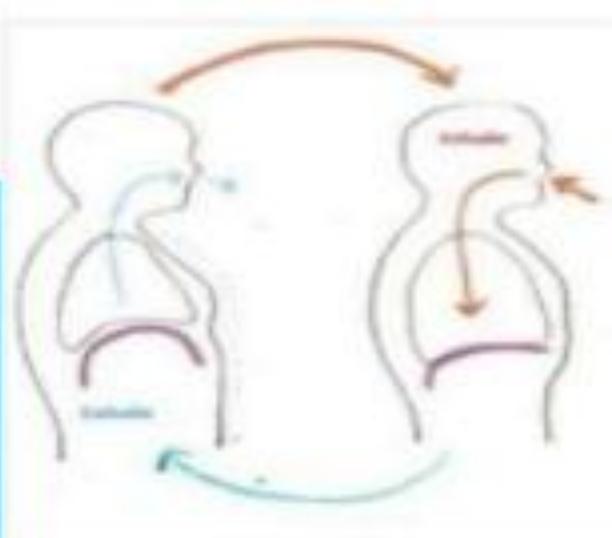
Each pose is done twice for a total 60-minute series

# Pranayama – Breathing Techniques

(read more at <https://en.wikipedia.org/wiki/Pranayama> )



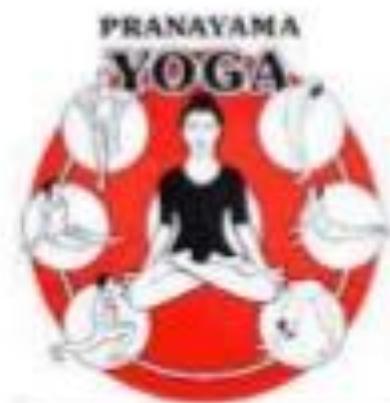
- Choose a quiet comfortable place.
- Sit in a comfortable position.
- Close your eyes.
- Do not think about anything – just empty mind.
- **Take a DEEP breath. Let it go.**
- **Continue the process 2-3 min.**
- You feel lightness in the body.
- The lesser number of times you breath the more calm you are!
- Get all the air – full clean air to your lung.
- That's it!



Shining Skull Breath  
(Kapalbhati)



Alternate Nostril Breathing  
(Anuloma Viloma pranayama)



# Meditation – Mind Calmness

(read more at <https://en.wikipedia.org/wiki/Meditation>)



- Sit in a quiet comfortable place, in a comfortable position.
- Close your eyes.
- Do not think about anything – just empty your mind.
- **Lots of thought waves comes; don't concentrate on it.**
- Let it come and go. You feel you are free of all of thoughts.
- That's it. Sit 10-20 minutes. Practice every day.
- As day pass by, you can feel the calmness of MIND!!

## MEDITATION

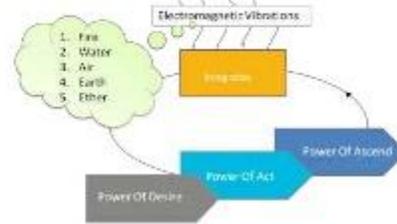
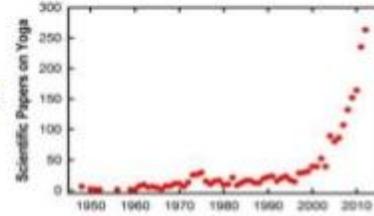
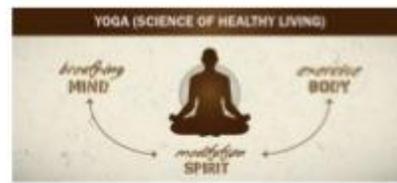
Because some questions  
can't be answered by  
Google!



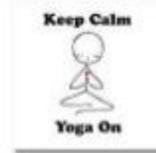
© Can Stock Photo - 13717005



# Science of Yoga



I didn't make it to YOGA class today!  
That makes 5 years in a row.



# How to start – in your daily life

- Start today itself; Not tomorrow.
- 30 Minutes in a day will be good enough
  - Either Early Morning before going to office
  - OR Before taking lunch
  - OR Evening before leaving office
- Start with some simple things....
  - Hatha Yoga
  - Pranayama
  - Meditation
- Do what you can; No one is perfect!
- Relax! Enjoy the moment!!!
- You are your competition; no one else.
- Every DAY you improve;

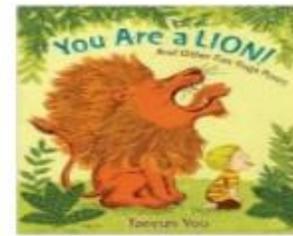
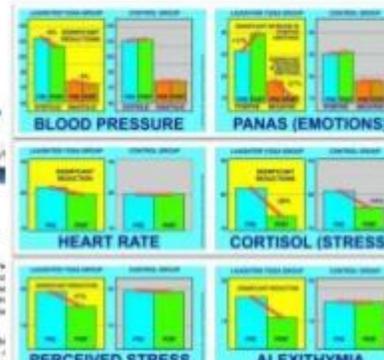


# Science of Yoga

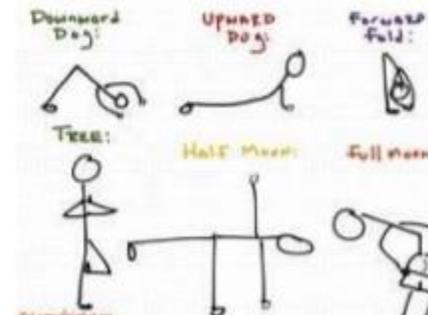
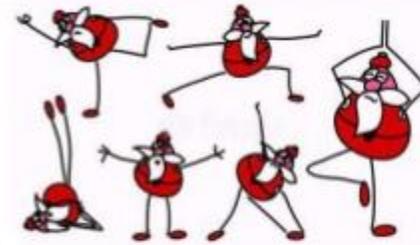
- ❑ Yoga for anxiety and depression - <http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>
- ❑ Yoga & Mindfulness – <http://med.stanford.edu/elspap/education/mindfulness.html>
- ❑ Medicine and Yoga - <https://umm.edu/health/medical/altmed/treatment/yoga>
- ❑ Ministry of Science & Technology, Govt. of India Program on the effect of Yoga & meditation on the body, brain and mind - <http://pib.nic.in/newsite/PrintRelease.aspx?relid=130289>

### Biomedical Model of Health and Diseases

- He separated mental from material phenomena
- Doubting all traditional knowledge
- Analytical method in science
- Universe = a grand machine controlled by strict mathematical laws
- Body = a Perfect machine
- Disease = Non functioning machine



# Some poses – do it at anytime!!



**YOGA IS MY HEALTH INSURANCE**



**NCAM** National Center for Complementary and Alternative Medicine

At the National Institutes of Health - NIH... Turning Discovery Into Health!

Director's Page  
Josephine P. Briggs, M.D.  
The Science of Yoga for Health and Well-Being  
August 16, 2012

Williams of Americans, myself included, practice yoga. The major yoga because it's a good form of low-impact exercise that health benefits associated with yoga that extend to the mind. There is some interesting research being conducted in an effort to learn about the science of the mind and its effects on our overall health and well-being.

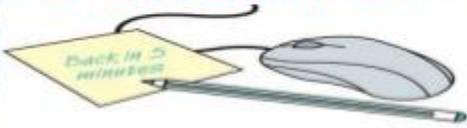
This month we launched a new online video, *Science of Yoga for Health and Well-Being*, that sheds some light on the

# Yoga for Busy People

Time is Money. But remember 'Health is Wealth'  
A balance between both is perfect Life!

You can do Yoga any time – for short duration

- Just before coming to Office
- While travelling to office
- While taking the stairs to office room
- Inside office in your chair
- Just take 5 minute break – RELAX!!!!



c'mon, inner peace. I don't have all day.



There are several yoga centers conduct yoga classes for Busy people – simple stretches to some breathing techniques.

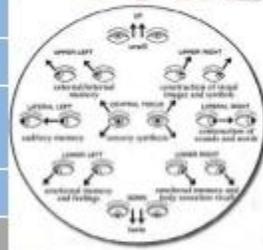
- ✓ <http://www.artofliving.org/in-en/yoga/yoga-benefits/are-you-busy-take-break-yoga>
- ✓ <https://www.youtube.com/watch?v=515gRVtAyHM>
- ✓ <http://sumohacks.com/top-yoga-courses-udemy>



# Yoga for IT Professionals

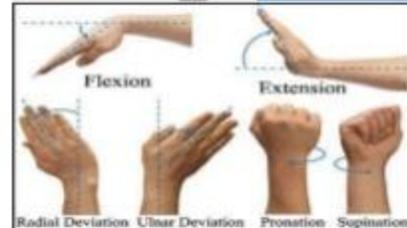


## 7 Yoga Exercises For Neck Pain



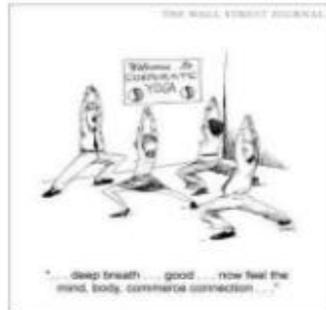
Problems	Solutions / Poses
Neck Pain	Neck Rotation, Upside-down position
Back Pain	Cat and Cow poses, Back bending,
Eye Problem	Eye ball rotation, Eye wash,
Hand/Wrist Problem	Shake hands/wrists, use alternate hands, take breaks
Tension/Stress	Pranayama / Meditation

- Some materials are provided for further reference:
- <http://www.slideshare.net/trkcm/yoga-tips-it-working-professionals>
- <http://gocertify.in/articles/yoga-for-it-professionals-and-other-over-stressed-workers/>
- <http://yogaindailylife.blogspot.in/2007/06/tips-for-software-professionals.html>
- <http://www.yogacurious.com/blog/yoga-poses-for-it-informations-technology-professionals/2012/11/>
- <http://www.thehindubusinessline.com/info-tech/brahma-kumaris-to-teach-yoga-for-it-professionals/article6571063.ece>



# Yoga for Corporate

Healthy Employee both Mentally & Physically is a Productive employee.  
Serving society along with making profit is the motto of the Business.  
Yoga helps on both of the above!



Make business work for people and planet



Creating Leaders. Together.

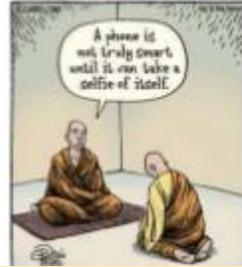




## Technology & Yoga

I WON'T BE IMPRESSED WITH TECHNOLOGY UNTIL I CAN DOWNLOAD FOOD.

- Yoga on Mobile with Bluetooth – always on go
- Yoga with Gaming console like PlayStation, Kinect XboX
- Yoga Podcasts, Filming Yoga, Photo-centric poster evaluation
- Yoga Competition participation online knowledge gaining
- Health check & Diet Control with internet technology
- Share and learn through social media like Facebook
- Use Audio, Video, Photo, Text to understand
- Yoga smart devices – smart mats, apps, etc.



## Technology & Yoga



Technology Devices May help you

## Yoga – above & beyond

Its not any more You; but the whole world!

- Take the power of Yoga to the masses. Its no more you but all the people in the world. It's not you working for yourself but for the whole humanity. Its not juts body and mind but beyond that, connecting to universal spirit. Yoga can bring life to the fullest possible:

- **Leadership – Create Powerful Leaders**
- **Philanthropy – Serve the Humanity**
- **Nation Building – Build Great Nations**
- **Spiritualism – One Universe; All are part of one!**

## Yoga - Leadership

Yoga helps build Integrated personality by bringing body-mind in a well-balanced way

### Top Qualities of a Great Leader:

- 1) Honesty
- 2) Delegate
- 3) Communication
- 4) Confidence
- 5) Commitment
- 6) Positive Attitude
- 7) Creativity
- 8) Intuition
- 9) Inspire
- 10) Approach

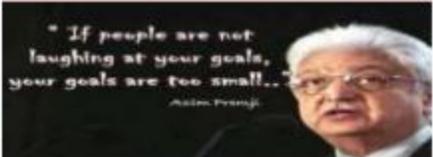
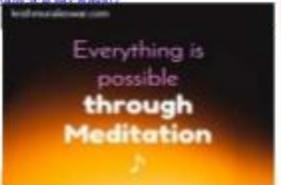
<http://www.forbes.com/sites/tanyaprive/2012/12/19/top-10-qualities-that-make-a-great-leader/>



**GOAL**

Take up one idea.  
Make that one idea your life.  
Think of it, dream of it,  
Live on that idea.  
Let the brain, muscles, nerves,  
every part of your body be full of that idea  
and just leave every other idea alone.  
This is the way to 'SUCCESS'.  
And this is the way great spiritual giants  
are produced.  
Others are mere talking machines.

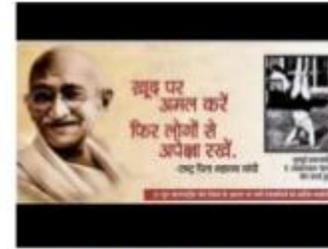
the practice of leadership  
responsibility. courage. humility.



## Yoga - Philanthropy

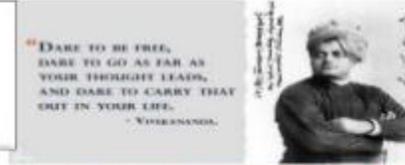


## Yoga – Nation Building



ONLY SPEAK WORDS THAT MAKE SOULS STRONGER.

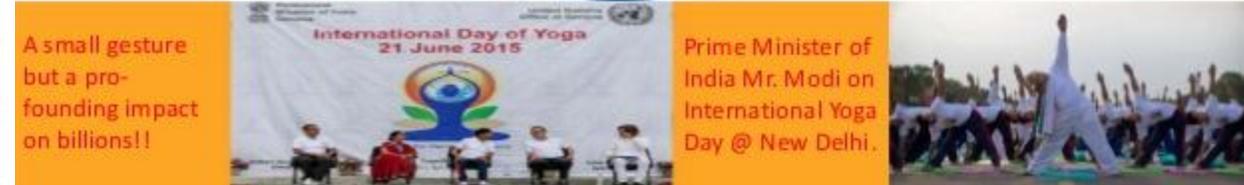
WORK FOR WORK'S SAKE



You can contribute to the great cause – the Nation Building, by doing small things!

Great nations are built by great People. So do the great modern India built by Mahatma Gandhi, a ardent believer of Yoga! The man who lived the most simple life!

Swami Vivekananda immobilized the Youth to come out of the clutches of lethargy.



## Yoga - Spiritualism

You only know a part of me. I am a universe full of secrets.

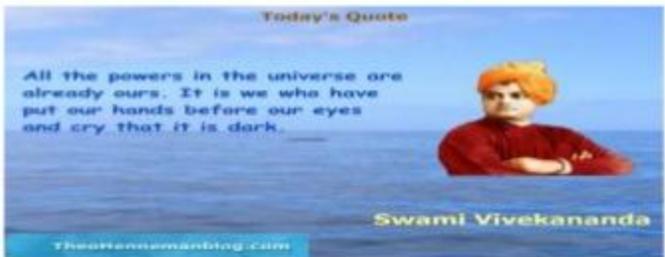


The world is the great gymnasium where we come to make ourselves strong. - Swami Vivekananda

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul. - Swami Vivekananda



You work for a greater cause! For religious people it's a way to GOD! For others the path to Perfection!



## Summary

- Yoga is a holistic system of well being for body & mind
- Numerous benefits having yoga for Corporate & Professionals
  - Various types of yoga and how to get start
  - Science of Yoga
  - Use Technology to help navigate yoga
- Yoga for greater cause! Be part of that bigger universe – Feel it!!

# What is Office Yoga

# Benefits to Employees and Organization

Yoga is today considered as the number one choice for fitness across the globe. Organizations are identifying this and are making new policies towards staff maintenance and improved productivity with the use of yoga. Office Yoga gives your employees tools to deal with and eliminate tension and aches and pains created from the work setting. It can be done practically anywhere (board room, training room, lunch room).



- Decreases frequency & duration of absenteeism
- Improves employee morale and team spirit
- Increases loyalty, reduces attrition
- Enables one to work for longer hours without affecting productivity
- Lowers healthcare costs
- Increases efficiency, productivity & creativity
- Boosts functioning of the immune system
- Enhances posture and muscle tone
- Infuses a sense of balance and internal harmony

Office Yoga helps us to balance our actions and decisions resulting in future success. This brings stability back into our organization, family, society and planet. Our program is designed to help organizations achieve this balance, combining the Office Yoga philosophy with corporate strategy and business ethics. Devotion to anything positive or neutral is doing Office Yoga.



## Objectives

## Methodology



- Improve focus and energy
- Build positive attitude
- Increase productivity and improve performance
- Reduce stress and enhance satisfaction
- Excel in the competitive world
- Overcome challenges and deadlines
- Achieve peace of mind
- Become a competent, confident and creative human being



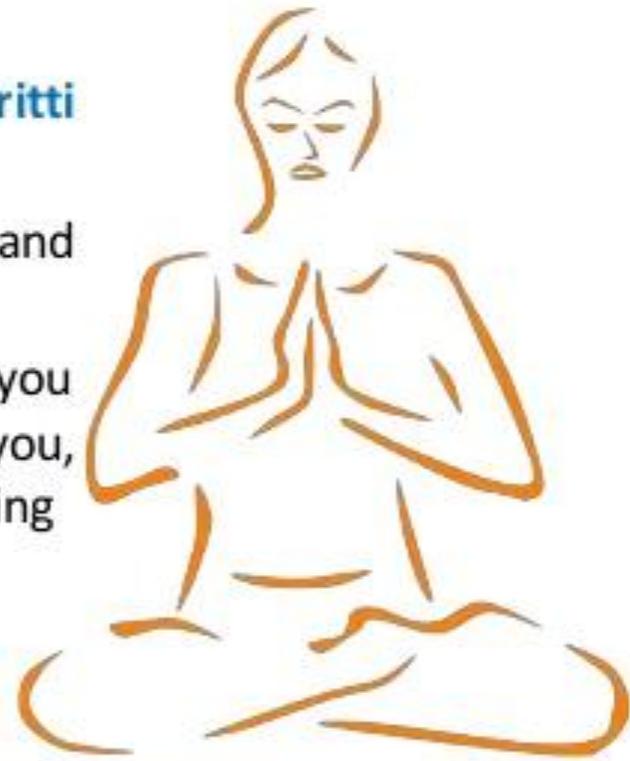
- All exercises are done sitting on a chair
- These exercises are simple, safe, easy and fun to do
- Office Yoga requires no specific clothing
- No particular room is required.
- It can be conducted in the conference room, cafeteria, training room, cubicles and desktops
- You can practice the exercises anytime of the day



# **Yoga for Healthy Lifestyle**

# Yoga

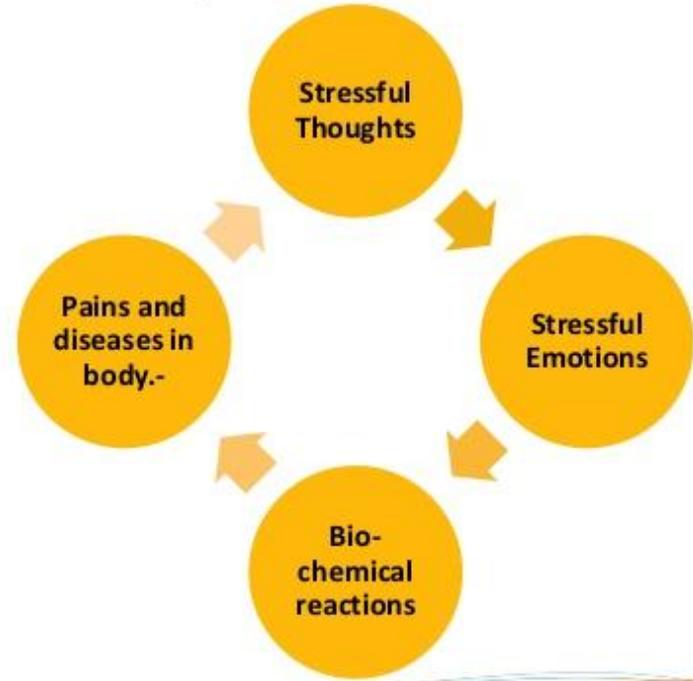
- Developed around 5,000 years ago, Yoga is an ancient Indian spiritual practice.
- Sage Patanjali - founder of yoga.
- According to Patanjali Yoga Sutra, Yoga is “**Chitta Vritti Nirodha**” – **silencing the fluctuations of mind.**
- More than a physical exercise of twisting, turning, and stretching, **yoga is MBA – mind-body awareness.**
- **Yoga is not religious**, it does not matter whether you are a believer or not. It is all about looking inside you, make you aware of the present moment and helping you live a happy, healthy, and peaceful life.



# YOGA

- Spiritual art and science of psychosomatic, spiritual integration
- Promotes positive health
  - *Yogic lifestyle & techniques like asana, pranayama, shatkriya, mudra, relaxation, meditation etc*
- Improved psycho-neuro-immune function
- Yogic lifestyle (*yama-niyama*) is preventive
- Improved sense of well being and QOL
- Positive attitude towards suffering –*Bhavana*
- ***Enhanced self healing***

# Mind + Body = YOU



# Mind + Body = YOU

- **Stress-related illnesses:** Tension headaches, pain in neck, shoulder, back, stomach problems, variations in BP, fatigue, variations in blood sugar, obesity etc.
- **Severe diseases:** Heart attack, eczema, cancers and tumors, diabetes, ulcers, insomnia etc.



## YOGA & MODERN MEDICINE: MEETING POINTS

- Modern medical advancements provide the rationale for the integration of various traditional healing techniques including Yoga to promote healing, health, and longevity
- Potential to provide us with a holistic health science - a boon for psychosomatic health
- WHO : spiritual health in the “state of health’
- Modern medicine : accidents, acute illness, emergencies and communicable diseases
- Yoga: preventive, promotive and rehabilitative methods in addition to many management methods to tackle modern illnesses

## RELEVANCE TO MEDICAL PROFESSIONALS

- Yoga is an **experiential** science and a dynamic state of health is a by-product of Yoga
- “Re-orientes the functional hierarchy of the entire nervous system” - Dr B Ramamurthy
- Effective in preventing and combating the modern pandemic of stress borne disorders.
- Scientific evidence indicates that Yoga has
  - promotive, preventive and curative potential,
  - is a safe, non-pharmacological therapy and is
  - an effective lifestyle adjunct to reduce drug dosage and improve QOL of patients

- Psychosomatic and stress related disorders
  - DM, hypertension, bronchial asthma, IBS, epilepsy, back pain and functional disorders
- Reduce / eliminate drug dosage / dependence in
  - DM, hypertension, epilepsy, anxiety, bronchial asthma, constipation, dyspepsia, insomnia, arthritis, sinusitis and dermatological disorders
- Yoga therapists must work in tandem with medical doctors when treating patients on allopathic treatment
- *“The treatment of the part shouldn’t be attempted without a treatment of the entirety” - the treatment of the body without treating the mind and soul is a useless waste of time” - Plato*

- LIFE STYLE MODIFICATIONS: *“Yoga is a system of perfect tools for achieving union as well as healing”* - Dr Dean Ornish
- REHABILITATION: *“Modern medicine kept me alive, Yoga gave me back my life”* - Dr Swami Gitananda Giri
- COPING SKILLS: *“Yoga may not be able to always cure but it can surely help us to endure”* - Sri BKS Iyengar
- HEALTHY DIET : biogenic, **guna** based diets
- RELAXATION: *spanda -nishpanda* concepts
- EXPENDITURE: cost effective, cost lowering
- AGING : anti-aging, regenerating, “young at heart”
- PSYCHOTHERAPY: the mind and beyond
- WOMEN’S HEALTH: puberty, pregnancy, menopause
- RESEARCH: Basic and applied scientific & literary

# Benefits

- Lowers stress, anxiety, and depression
- Lowers blood pressure
- Lowers risk of heart disease and stroke
- Lowers blood sugar in diabetic people
- Reduces body pain
- Improves blood circulation
- Increases flexibility
- Improves lung capacity
- Improves sexual vigour



# Benefits

- Healthy weight loss
- Increases metabolism and digestion
- Increases body awareness
- Energizes and refreshes body and mind
- Easy child birth
- Improves memory
- Delays ageing process
- Improves concentration
- Better sleep



## *PHYSIOLOGICAL BENEFITS*

- Improved general health, posture, muscle tone, sleep, immunity and pain tolerance
- Weight normalizes
- Stable autonomic nervous system
- Increased cardio-respiratory efficiency, musculo-skeletal flexibility, range of joint movement, physical endurance, strength and energy levels
- Decreased HR, BP, RR and EMG activity
- Normalizes GIT and endocrine function

## *PSYCHOLOGICAL BENEFITS*

- Improved Mood
- Increased
  - Somatic Awareness, Kinesthetic Awareness, Subjective Well-being,
  - Self-acceptance
  - Self-actualization, Social Adjustment
- Decreased
  - Hostility, Anxiety, Depression

## COGNITIVE FUNCTION

**IMPROVED**



**Memory**

**Attention**

**Concentration**

**Depth perception**

**Learning efficiency**

## BIOCHEMICAL EFFECTS

The biochemical profile improves,  
Indicating an

**ANTI STRESS & ANTI OXIDANT EFFECT,**  
important in prevention of degenerative disorders.

## ADVANTAGES OF LIFESTYLE MODIFICATIONS

- **Natural, effective and safe**
- **Complementary to “modern” medicine**
- **Cost effective**

Should be the basis of our public health policy and clinical approach- yet,

**Are our doctors trained in it?**

## ADVANTAGES OF YOGA

- **Wholistic:** Body, mind, soul
- Preventive, promotive, curative
- Science, philosophy, art
- Desirable +ve “side benefits”
- Simultaneous improvement in health and control of other diseases
- Relief from **stress** - the main cause of *Adhija Vyadhi* (psychosomatic disorders)
- Yoga enables us to attain and maintain a dynamic *Sukha Sthanam* - a dynamic sense of physical, mental and spiritual well being.

- Yoga helps cultivation of positive health through three integral steps:

1. Cultivation of **correct psychological attitudes**,
2. **Reconditioning of neuro-muscular and neuro-glandular system** – in fact, the whole body – enabling it to withstand stress and strain better,
3. Laying great emphasis on **appropriate diet** conducive to such a peak state of health, and **encouraging natural processes of elimination** through various processes of *Shuddhi*.

### Components of a healthy Yogic lifestyle :

- **ACHAR** – healthy physical activities and exercise
- **VICHAR** – right thoughts and right attitude
- **AHAR** – healthy, nourishing diet
- **VIHAR** – proper recreational activities

## SOME THERAPEUTIC BENEFITS

- Yoga modifies coronary artery disease risk factors and helps reverse heart disease
- Patients of respiratory disorders have shown improvement with Yoga therapy
- Therapeutic tool for MR children -improvement in IQ and social adaptation
- Has shown great potential in metabolic conditions- diabetes, obesity, metabolic syndrome etc
- Psychiatry: OCD—improvement in Yale/Brown & perceived stress scales , anxiety, depression

- A bibliometric analysis on biomedical literature involving research on clinical application of Yoga from 1967-2013 (Jeter PE, 2015) revealed a **three fold increase** in number of publications in the past decade with substantial & growing use of RCTs.
- Top 3 disorders addressed by Yoga interventions were **mental health, cardiovascular disease, and respiratory disease.**
- In an earlier similar review (Khalsa, 2004), discrete disorders receiving most attention were **asthma, hypertension, diabetes, depression, heart disease and anxiety.**
- Recent reviews by Innes (2005, 07, 12 and 2014), Yang (2007) and Sengupta (2012) have highlighted role of Yoga as a therapy based on indexed reports.

## YOGA MODALITIES

- **Physical therapies**
- **Emotional therapies**
- **Mental therapies**
- **Spiritual therapies**
- **Preventive therapies**
- **Rehabilitative therapies**
- **Pain relief therapies**

## *SOME DISORDERS AMIABLE TO YOGA THERAPY*

- C.V.S : Essential HT, CAD
- Respiratory : Asthma, COAD
- Stress : Tension headache
- M.S : Backache, RA, spondilitis
- Metabolic : DM, thyroid disorders, obesity
- G.I.T : IBS, dyspepsia, ulcerative colitis
- Psychiatric : Anxiety, depression, phobias
- C.N.S : Mental retardation, epilepsy, migraine

## LIMITATIONS OF YOGA THERAPY

- Not a miracle cure for all problems
- Use discernment (Viveka)
- Not for emergencies
- Consult a doctor where in doubt
- Each patient is different
- Different approaches of different traditions
- Don't be a quack !

## AN INTEGRATED APPROACH

- The need of the modern age is to have an integrated approach towards therapy and to utilize Yoga therapy with coordination and collaboration with other systems of medicine such as Allopathy, Ayurveda, Siddha and Naturopathy
- Physiotherapy, osteopathy and chiropractic practices may be used with the Yoga if needed
- Advise on diet and life style is very important
- Adoption of right attitudes through Yogic counselling

# IN CONCLUSION

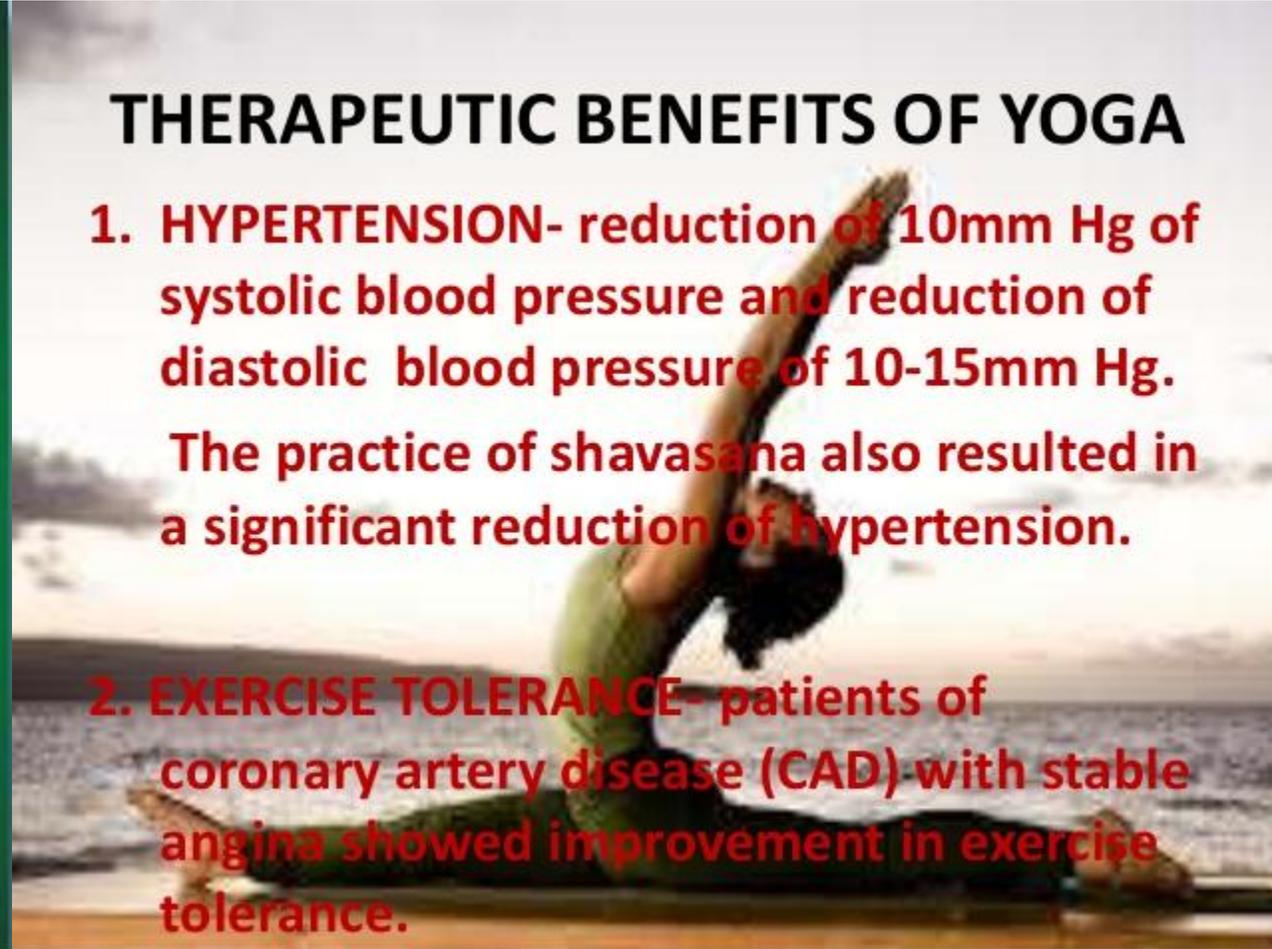
- The ancient art and science of Yoga has infinite possibilities of solutions for the health related issues faced by modern humankind.
- We however want it to be a miracle pill, that we take only once - immediate solution to all problems!
- Yoga is a wholistic science and must be learnt and practiced with a holistic view.
- The dedicated practice of Yoga as a **way of life** is no doubt a panacea for psychosomatic, stress related disorders helping us to regain our birthright of natural health and universal happiness.
- The integration of Yoga and modern medicine can help create a healthier and happier world.

## 8 Reasons Why Yoga is Good for Health

- Lowers stress and improves your mood
- Boosts confidence
- Lowers the risk of injury
- Helps you lose weight
- Increases flexibility
- Improves muscle tone and strength
- Benefits breathing and lowers blood pressure
- Improves your posture

## THERAPEUTIC BENEFITS OF YOGA

- 1. HYPERTENSION-** reduction of 10mm Hg of systolic blood pressure and reduction of diastolic blood pressure of 10-15mm Hg. The practice of shavasana also resulted in a significant reduction of hypertension.
- 2. EXERCISE TOLERANCE-** patients of coronary artery disease (CAD) with stable angina showed improvement in exercise tolerance.

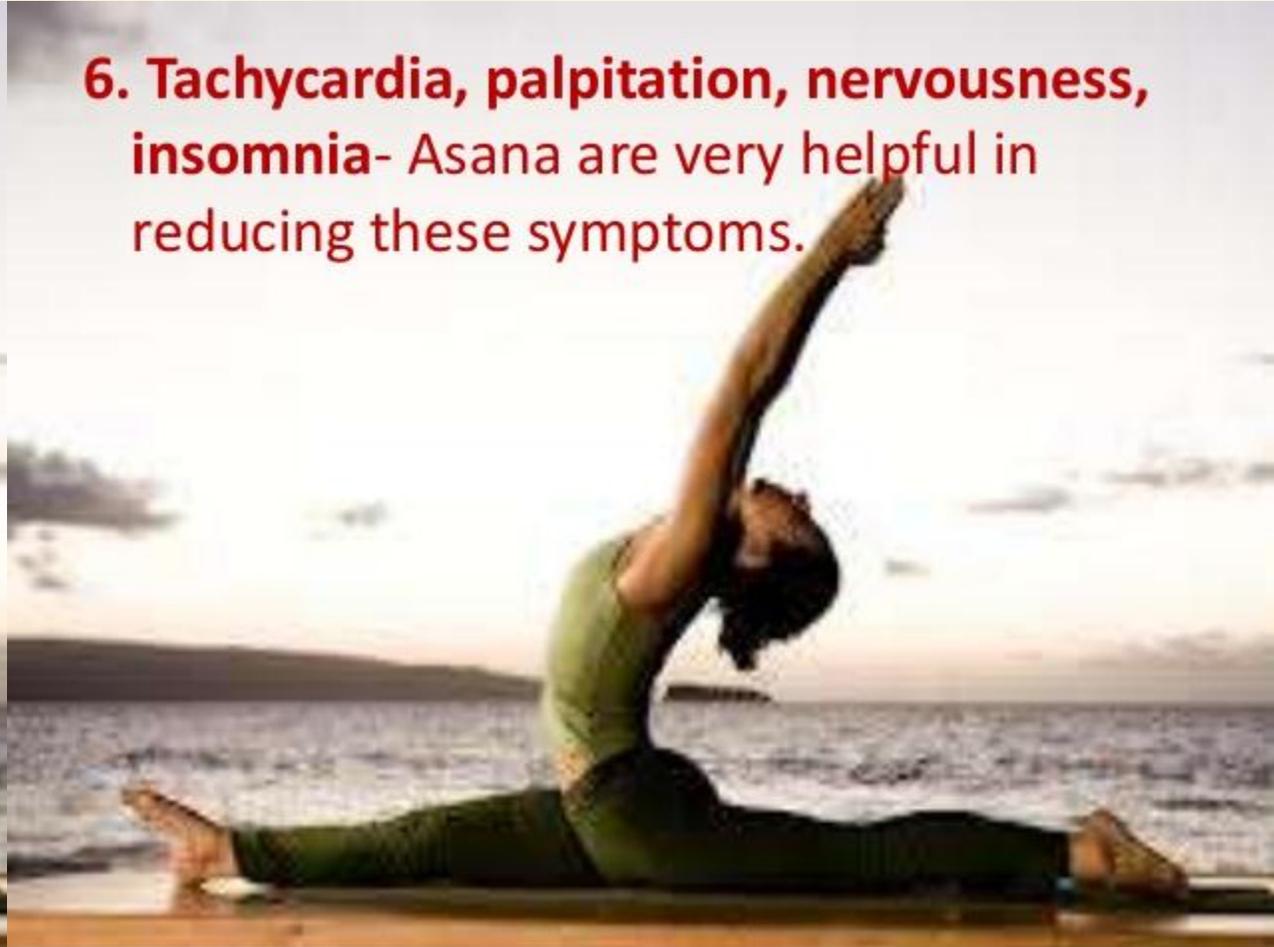
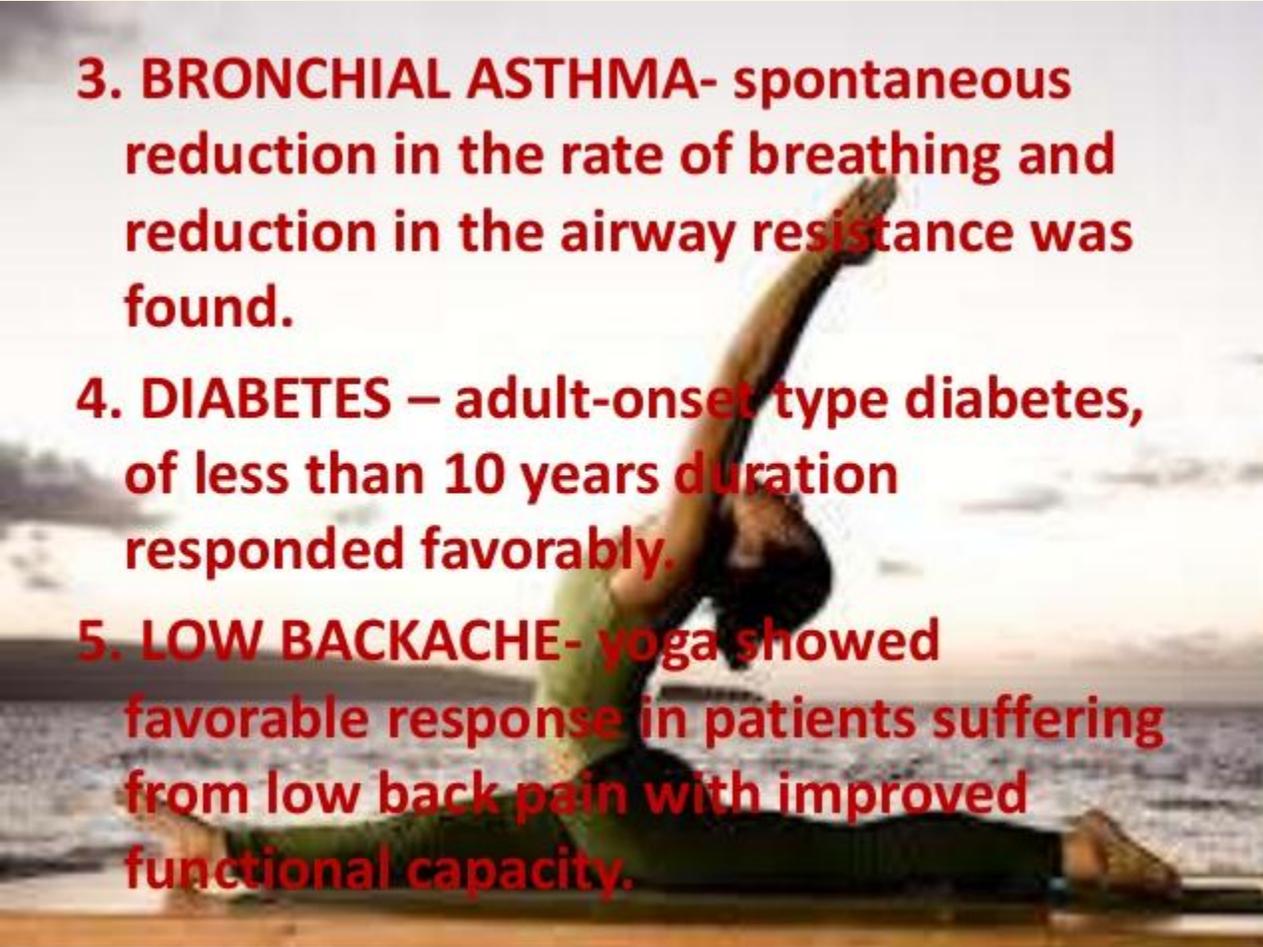


**3. BRONCHIAL ASTHMA-** spontaneous reduction in the rate of breathing and reduction in the airway resistance was found.

**4. DIABETES – adult-onset type diabetes,** of less than 10 years duration responded favorably.

**5. LOW BACKACHE-** yoga showed favorable response in patients suffering from low back pain with improved functional capacity.

**6. Tachycardia, palpitation, nervousness, insomnia-** Asana are very helpful in reducing these symptoms.



# **Yoga and Sports**

# How Yoga Helps in Sports Performance

- **Athletes tend to be power- and strength-focused with tight muscles.** Yoga for athletes not only helps with flexibility, but also helps to keep athletic bodies balanced and strong. By addressing imbalances in conditioning and sequencing yoga poses to realign, athletes can find increased range of motion, better body awareness, and a competitive edge with yoga.

# Benefits of Yoga for Athletes

- Athletes all over the world are embracing yoga as a routine that compliments their athletic pursuits.
- As a physical practice, yoga helps stabilize muscle groups that are integral for more intense physical activities. As a philosophy, yoga presents the athlete with unique mental challenges that instill patience. These benefits, combined with the fact that the workout can be personalized with a seemingly infinite amount of different poses and techniques, means athletes can hone specific mental and physical skills that compliment their training.
- Traditional sports workouts most often include stretches that are rarely monitored for proper form, reps in the weight room, running up hills, laps around tracks, and individualized skill training that's hardly ever followed up with any form of recovery. College athletes tend to see more advanced types of training, and pro teams are quite literally invested in developing and copying the most cutting-edge regimens.

# Benefits of Yoga for Athletes

## 1. INJURY PREVENTION

- When doing intense physical activity, major muscle groups give us power, but it's the tendons and ligaments that surround the joints that optimize performance. **Yoga for athletes** can be unique to other exercises in that each pose requires not only a stretch and/or activation of a single muscle group, but proper form that ensures the individual activates and aligns the entire muscle, tendon, and bone structure.
- The health of this chain of levers and sockets is the real, but often overlooked key to injury prevention, and can ensure a lower risk of injuries in the joints that experience the most stress in athletic pursuits: the knees, ankles, shoulders, and hips.
- [Flexibility and balancing poses](#), such as Half-Moon, Warrior III (or Airplane), Dancer, Chair, and even simple, anatomically correct bodyweight squats, are great for strengthening muscle and tendon chains in the lower body. Engagement of the core muscle groups and the glutes is necessary for balance, and steady breathing is required to intensify the poses.
- These added benefits help ensure that when you do jump or sprint, you'll be engaging your body in a way that distributes weight and energy more efficiently, which decreases the risk of overloading one joint or muscle as a precursor to a major injury. For upper body yoga training, planks, variations of Crow, Eight Angle Pose, and more advanced arm balances such as Firefly and Dragonfly, can provide the same type of stabilizing benefits for the shoulders, elbows, and back.

## 2. MENTAL PROWESS

- All great athletes have varying physical abilities, but they have one common attribute, their mental prowess. Coaches always compliment the best players with notes on their mental strength and awareness, and the greatest players in the world most often tell us they achieved because of mental preparation that led to execution.
- By requiring synchronicity with the breath, and minute, gradual shifts in alignment, [yoga poses](#) require from the individual a deeper level of bodily awareness. In this mindset, by focusing on breath and stillness, athletes can reach a state of calm that compliments the intense activities most experience on the field.
- Over time, **yoga for athletes** should become a habitual practice. For mental training, this requires leaving time for stillness and meditation after the more physical portion of the practice is over. Meditation has always been inextricably linked as an arm of yoga, but it's often overlooked in modern styles that overemphasize breaking a sweat.
- In Savasana, Child's Pose, Lotus, and Reclined Butterfly, athletes can benefit from yoga by finding mental rest, "clearing the mechanism", as the film *For The Love of the Game* puts it. In this state, athletes can find confidence, calm, and assurance, which translates well when in situations of intense pressure.

### 3. LONGEVITY

- Like cars require maintenance, our bodies require tune-ups, and there's no activity that serves as a more effective regular tune-up than consistent **yoga for athletes**. Over time, the stabilizer muscles are strengthened and lengthened, opening up a variety of poses and variations for the athlete yogi to explore.
- Building on their foundational practice with healthy tendons and joints, athletes can continuously refine by targeting weaknesses for [whole-body health](#). It's important for practitioners to understand that yoga is not an activity that is finished when memorized, but a practice that evolves and continues to challenge us to obtain better mental and physical awareness. This means the best benefits often take time and patience.
- As athletes age, their overlooked weaknesses often become their demise. Bad knees, [chronic back pain](#), and catastrophic joint injuries have sidelined the best athletes in the world at times, and avoiding these hang-ups is often what ends up defining the best of the best. Working to combine all of the above-mentioned training methods for a whole-body yoga routine can culminate in a practice that serves the body and mind as you age.
- By avoiding major injuries, targeting weaknesses, and improving cardiovascular health with breathing techniques, **yoga for athletes** gives individuals a chance to extend their careers, and participate with their children and grandchildren into the latter stages of life.

## 4. AWARENESS OFF THE FIELD

- All healthy individuals perform athletic movements, whether you subscribe to the idea or not. You walk up and down stairs. You squat to pick things up. You kneel to play with your kids. The list of daily movements could go on and on, and it's different for each of us.
- When alignment is off, harmful movements can become habits, leading to [chronic pain](#) in the joints that are so integral to healthy movement. Unfortunately, most people treat these injuries with braces, crutches, and eventually surgery, when a simple postural issue could have been the root cause.
- By engaging in a [yoga practice](#), the athlete and non-athlete alike can increase bodily awareness in all aspects of their life, staying on top of any postural problems that arise within their daily regimen of activities. The ability to mentally maintain the yoga practice throughout the day often becomes a goal for advanced yogis who begin to understand through experience the holistic benefits of their practice.
- By paying close attention to every movement and reinforcing proper form, all daily rituals and requirements can be infused with a sense of positivity, improving mental and physical health alike. Overall, **yoga for athletes** presents technical challenges for improved performance as well as daily reassurance in whole-body health, making yoga a movement we should all embrace.

# 6 Ways Yoga Helps Athletes Increase Athletic Performance

## 1. Yoga Increases Flexibility

For athletes looking to increase flexibility, the long, deep holds in yoga are critical to your training. You're going to need a timer for this! Start by holding stretches for 2-minutes, and each day you need to meet or beat your hold time.

This means that on Monday if you're holding a forward fold for 2 minutes, on Tuesday you'll hold it for 2 minutes 10 seconds, Wednesday will be 2 minutes 20 seconds, and so on. Work your way up, holding poses between 2-5 minutes.

## 2. . . . And Flexibility Increases Power

I love the analogy of a bow and arrow to highlight the relationship between strength and flexibility. If the string on the bow is wound too tight, there will be no give to pull the arrow back. If the string is too loose, there will be no tension to pull from, and the arrow will flop.

Like a bow and arrow, we want our bodies to be strong and muscular, and capable of power. To do this, we need to also be flexible so we can harness all that power to launch with speed and precision.

### **3. Balanced Bodies Prevent Injuries**

- When the body is out of balance, it's more prone to injury. If you're compensating for tightness or stiffness, you hold and move your body differently, setting yourself up for injury.
- Yoga helps bring the body back into alignment and address imbalances before they become injuries.
- After a few months working with the football team, their trainers and coaches were happy to report a decrease in injuries from previous years. The players were taking better care of their bodies, and it showed up on the field.

### **4. Yoga Can Compliment Your Sport**

- Think about your sport and the ways you repetitively move your body. Then, think about which poses will work in opposition to these poses to even out the body. For example, tennis players and wide receivers need their spines to be able to twist, often quickly, in both directions.
- If you're playing baseball, you need to open up the shoulders more, and work on deep squats for hip flexibility. Yoga for athletes is really about increasing mobility so you can perform at your peak.

## 5. Pranayama Increases Performance

- Most of us don't know how to breathe properly. If you haven't practiced breath techniques, called [pranayama](#) in yoga, you may be using your shoulders, chest or neck to breathe. This leads to tightness and decreased range of motion.
- When you breathe correctly, you'll find it takes pressure off the rest of the body, and increases mobility in shoulders. When you inhale, imagine your low ribs opening and expanding, when you exhale, low ribs hug in and down.

## 6. Sport Specific Visualizations

- Towards the end of a session, before [Savasana](#), is a great opportunity for a sport specific visualization. With eyes closed players can visualize the game, the excitement and anxiety they may feel, how the field looks, how their jersey feels against their skin.
- They can visualize themselves performing at their best, effortless and natural. In the mind they practice themselves being successful, enjoying the game, and having their teammates' backs. They may even imagine themselves coming back from mistakes, and turning the game around. It's a chance to practice confidence.
- Creating good results in the mind first with this meditation technique will fuel athletes out on the field. Many players have physical talent, but can't manage their minds. The mental game helps distinguish top athletes, and yoga teaches you how to control your mind.

## What is yoga?

- Combine forces of the mind and body so they are not at odds with one another
- Three components:
  - > Pranayama
  - > Asana
  - > Meditation



## Pranayama

- Yogic breathing
  - > Central to its ideals and goals
- Breathing is a reflection of your emotions
  - > Stress, anger, etc. can lead to shallow, rapid, irregular breathing patterns
  - > Deep, regular breathing patterns can have the reverse effect, relieving stress and/or tension
  - Healthy babies breathe deeply and effortlessly using the abdomen



## Pranayama and Sports Psychology

- Root of most sports psychology for stress and anxiety reduction
  - > Somatic (physical activation) anxiety reduction
    - Breath control before and/or during relaxation
    - Regulate pace and depth of breath to trigger a relaxation response
    - Often talk about a centering breath



## Asanas



- “seat”
- Prepare body for rigors of meditation
- Increases mental concentration
  - › Focus is on one aspect of the pose and the present
- Relax muscles through holding them in stretched position, relaxing muscle tensions

## Asanas and Sports Psychology

- Facilitates better body awareness, including proprioception
- Athletes often unconscious of specific movement patterns during sport
  - › Boyce article
- Yoga makes movement patterns more conscious



## Meditation

- “Dhayna” is Sanskrit
- Yogis’ CNS display tendencies toward parasympathetic dominance
  - As opposed to sympathetic nervous system
  - Parasympathetic
    - Active during resting and digestion
    - Body in anabolic state, rebuilding damaged cells and tissues (aids in recovery)
    - Decreased oxygen consumption, metabolic rate, breath rate, cardiac input, and blood lactates
  - Deep relaxation, increased mind-body coordination, faster reaction time, etc.

## Meditation and Sports Psychology

- Like the relaxation response in Sports Psychology
- Savasana
  - Essentially the same as Autogenic Training
    - Used to reduce cognitive anxiety
    - Warmth and heaviness in extremities and abdominal
    - Regulation of cardiac activity and breathing
    - Cooling of the forehead—“third eye” chakra

# ROLE OF YOGA IN EDUCATION

- Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. For that reason, it is considered to be the harmonizing system which rejuvenates the body, mind as well as the soul. The great saints, therefore, have mentioned yoga to be a universal attribute of mind which enhances the physical, spiritual and mental status of the human body.
- The balanced development of these three specifications led the condition where the individual will enhance the positive feeling towards life. On the whole, the **yoga in daily life** is practiced based on few core principles. Those are :

- It is a kind of technique to control the mind as well as body.
- It can be the disciplined and well-organized method to attain the goal.
- Yoga reflects the darsana shashtra or the philosophical part of life.
- Yoga in itself is the goal for the yoga practice.
- Yoga symbolises some traditional specializations of particular techniques of yoga.

In that context when the education is considered yoga has its various important effects. For that reason, various schools are practicing the yoga. The basic **advantages of yoga** are it helps in dealing with various difficulties, conflicts, distractions, problems, and dissipation faced by the children.

By that manner, it will reduce the stress within the children during the education. Other than that **yoga education for students** results into the growth of the child psychology and for that reason, the curriculums of schools have added up **yoga in school education**.

- Thus the **importance of yoga in education** can be noticed the increase in rationality, emotional structure and creative output within the children. Striving for the increase in the physical activity within the children along with the cultivation of healthier outcomes laid the school authorities to know about the **importance of yoga in school**.
- As the society includes a broad variety of schools so the best yoga that can be practised within the schools are Hatha Yoga and Raja Yoga. The **Hatha Yoga School Rishikesh** is one of the best places which provide the detailed idea regarding the yoga. More specifically the concept of yoga revolves around the practical aspects of philosophy which indicates the connection of human soul to supreme power. The **role of yoga in education** as per the spiritual aspect helps the students to perform their daily duties in the day to day lives.

Thus the distinctive features of yoga which will help in establishing a positive impact on children during education are :

- It enhances the self-realization or self-awareness within the children.
- It unfolds the physical, mental and spiritual attributes which eventually inculcates the social as well as ecological awareness within children.
- It helps the children for the pursuit of the transcendental state of psyche.
- It promotes uniqueness within the child.
- It promotes the perseverance as well as will power within the child.
- It helps in unfolding the creative consciousness.
- It helps in treating the physical difficulties by making the body active.
- Yoga provides ease to respiratory system, neuro-endocrine system, cardiovascular system and musculo-skeletal system to enhance the determination within the child.
- Regular practice of yoga helps the child in managing the stress disorders.

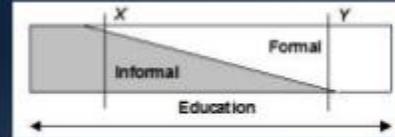
## 1. What is Education ? Meaning :

**Education** is the process of facilitating learning or the acquisition of knowledge, skills, values, beliefs, and habits.

**Definition** : the knowledge, skill, and understanding that you get from attending a school, college, or university

### Involves following factors :

1. Teaching - A process involving methods
2. Learning - A process of adjustment through action
3. Teacher - A person who directs the process
4. Student - A person who adjusts himself through the action
5. Subject of Activity - Content of Learning
6. Environment - Class or situation in which the whole process is conducted



## Words in other Languages

- Educe – to lead out or to draw out
- Shiksha from the Sanskrit root “shas” to discipline, to control, to instruct
- Vidya from the Sanskrit verbal root “vid” to know
- Gyan - knowledge
- Taleem - education

## Indian Concepts

- Rig Veda - "Education is something which makes a man self-reliant and selfless"
- Upanishads - "Education is that whose end-product is salvation"
- Shankaracharya - " Education is the realization of the self"
- Kautilya - "Education means training for the country and love for the nation"
- Swami Vivekananda - "Education is the manifestation of perfection already in man"

## 2. What is Yogic Education ? History of YE ..

A discipline for teaching Yogic practices and its applications.

- Very ancient discipline. One of the most important and valuable heritage of India
- Gurukul system
- Guru : The guide, Mentor, Decision maker
- Education in Natural setting, Ashram
- No fixed hours of teaching.. A continuous process
- Knowledge from one generation to other
- Yoga was restricted to specific people/Sects
- More emphasis on recitation
- Guru used to decide

## Ancient Educational Traditions in India :

- a. Family Tradition
  - Hunting
  - Agriculture , Trade
  - Craft etc
- b. Gurukul tradition
- c. University Education
  - a. Nalanda in Bihar, (Taxilla )Takshashila in Punjab, Ujjain in MP

### Pre Vedic period

#### Vedic Period

- Vedic period

#### Pre-Classical Period

- Upanisadic period
- Epic period

#### Classical Period

- Sutra period
- Pauranic period

#### Post Classical Yoga

- Medieval period

#### Modern period



### 3. Class Management

**Classroom management** is a term used by teachers to describe the process of ensuring that classroom lessons run smoothly despite disruptive behavior by students.

#### **Aspects of Classroom Management :**

##### **a. Managing the Physical Environment**

1. *Physical Condition of the Classroom*
2. *Lighting*
3. *Furniture Arrangement*
4. *Seating Arrangement*

##### **b. Establishing Classroom Routine**

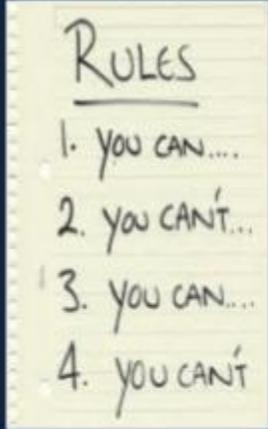
##### **c. Directing and Controlling Learning**

Beginners, Experienced, School children, Special attention group; all have different needs & should be managed accordingly

### What classroom management **IS**...

- Create an atmosphere of **freedom, friendliness**, mutual help & understanding
- Building strong, **positive** relationships with students
- Understanding the unique body and mindset
- Present lesson content in competent & stimulating fashion
- Understanding the multi-cultural and individual differences within a classroom
- Promoting a love for learning and success
- Presenting **engaging** instruction
- **Consistent and fair** discipline
- Well-practiced routines, Prepare well ..
- Stating simple and clear expectations for rules
- Staging appropriate interventions

## What classroom management is **NOT**...



- Telling students what to do to make your life easier
- **Unengaging**
- Teaching lessons in the style you want to teach because it's easiest for you
- A **power struggle** between teacher/student
- Overlooking of adolescent / student needs
- Geared toward the teacher's preferences
- **Inconsistent** discipline or overlooking of problems
- Classroom favoritism
- Unplanned
- Full of numerous, illogical, **overbearing** rules and consequences

## Class Management : General Guidelines

- Allow reasonable amount of time for special activities
- Avoid the use of threats
- Keep your sense of humor
- Compliment students on worthy contributions
- Handle calmly all undesirable attempts to attract attention
- Try to involve all students in class activities
- Always have planned alternate activities ready for emergency situations
- Never be sarcastic
- Implement group-oriented methodologies such as cooperative learning approach, peer tutoring and team learning

## Class Management

### Dealing with difficult students -

- Attention
- Warning
- Counseling
- Separation
- Student teacher relationship



### Seating Arrangements

Instructions : clear, concise, well understood etc.

### Discussions (Q/A session)

### Extra Class / Practice

## Better Classroom management



- Again, the answer is **training** and implementation in your classroom.
- Seek help from your seniors
- Seek professional development opportunities from administrators
- Pour through online resources and books
- Seek out effective teachers to observe and learn from



♥ gratitude ♥

