

Harnessing the Inner Power

“Your body exists in the past and your mind exists in the future. In yoga, they come together in the present” said Yogacharya B.K.S Iyengar . Yoga is a system of exercises for the body that involves breath control and helps relax both the mind and the body.

The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. And is there a better way to celebrate its Indian roots than to have a day dedicated specifically towards yoga? The first International Yoga Day was celebrated on 21st June 2015 after Indian Prime Minister Narendra Modi in his address to the United Nations General Assembly, proposed it on 27th September 2014.

International Yoga Day signifies the importance of spreading awareness about the effects of yoga on the health of the people. And during this pandemic, it is crucial to keep a check on both our mental and physical health. So, to enlighten us about the history, development, importance of yoga along with its influence in our daily lives, two teams from IXA1&B1 were assigned with the task of preparing PowerPoint Presentations .Shruthi, Aarthi and Muthu presented a video that covered topics like the importance of Yoga for mental and physical well being. They suggested a list of some basic Asanas to begin (or continue) practising to improve our health. An extremely informative quiz in an interactive and exciting way was also held shortly by the same trio, with facts that fascinated the class.

Slogans are the best way to capture the attention of the readers. Keeping this in mind a few other students of IXB1 displayed a wide variety of catchy slogans about Yoga. And lastly, another group of students portrayed a pictorial representation of International Yoga Day through a poster. There was also a demonstration of a few asanas by a couple of students.

All the students were earnest listeners and hopefully they will start performing Yoga everyday.

TYPES OF YOGA

Yoga works on one's body, mind, emotion and energy. This has given rise to 4 broad classifications of yoga :

- Karma Yoga- where we utilize the body
- Bhakthi Yoga- where we utilize the emotions
- Gyana Yoga- where we utilize the mind and intellect
- Kriya Yoga- where we utilize the energy

COVID-19 MUDRAS

- 1. Man Mudra**
 - ◆ Boosts your Immunity
 - ◆ Must be done for 5 – 10 Mins
 - ◆ must be seated
 - ◆ done with empty Stomach.
- 2. Praana Mudra**
 - ◆ increases praana Shakti
 - ◆ raises immunity
 - ◆ can be done in any time (walking)
 - ◆ Must be done for 5-20 min
- 3. Vetri Mudra (win)**
 - ◆ Gives confident
 - ◆ must be done for 5-10mins
 - ◆ Must be seated while Doing this.
 - ◆ Thumb must be in 90 degree.
- 4. Lingam Mudra**
 - ◆ Keeps viral node away
 - ◆ Must be done for 20-25 mins.
 - ◆ This heats up the body And prevents us from viral Node.

Except Praana Mudra, all other Mudras must be done by sitting on a mat or a sheet

History of Yoga

- The practice of yoga has been thought to date back to pre-vedic Indian traditions, possibly in the Indus valley civilization around 3000 BCE.
- Yoga is mentioned in the Rigveda, and also referenced in the Upanishads, though it most likely developed as a systematic study around the 5th and 6th centuries BCE, in ancient India's ascetic and Sramana movements.
- The chronology of earliest texts describing yoga practices is unclear, varyingly credited to the Upanishads.
- The Yoga Sutras of Patanjali date from the 2nd century BCE, and gained prominence in the West in the 20th century after being first introduced by Swami Vivekananda.
- Hatha yoga texts began to emerge sometime between the 9th and 11th century with origins in tantra.

Quiz

Here is a small quiz for you, sit back and enjoy.

Ground Rules:

- Only raise hand to answer, we will call out the person
- Only 10 secs will be given to answer
- No googling answers

EYE YOGA

Eye Yoga involves focusing on objects both close at hand and far away. It also involves moving your eyes from the left, upward, to the right and downward. These focusing movements and muscle training serve many purposes

Yoga for Eyes

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