

# Indian Institute of Science Education and Research Thiruvananthapuram.

## YOGA Action Plan 2021-2022

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Exercise of all kinds is important to mental and physical health; this is obvious. But what makes yoga perfect for students? Better sleep, improved focus and mindfulness are just a few of the plentiful benefits that students gain from engaging in yoga regularly. Too often, we find ourselves tired for the whole day and then miraculously can't sleep when we actually lay down for the night. This cycle repeats when we fill up with caffeine the next day and push through hours of classes, homework and tests, rarely taking time to care for ourselves. A few minutes of yoga helps to stretch out your body, hopefully helping to calm muscles and get yourself ready for sleep. Yoga in the morning can help you wake up and feel refreshed after a full night.

**The physical benefits of yoga are:**

- Strengthens muscles and tones body
- Increases range of motion and flexibility
- Boosts circulation

- Reduces inflammation
- Alleviates chronic pain
- Improves balance and stability
- Helps to aid in weight loss
- Helps to improve digestion
- Strengthens core muscles
- Helps to detoxify the body
- Improves posture
- Improves lung function and capacity

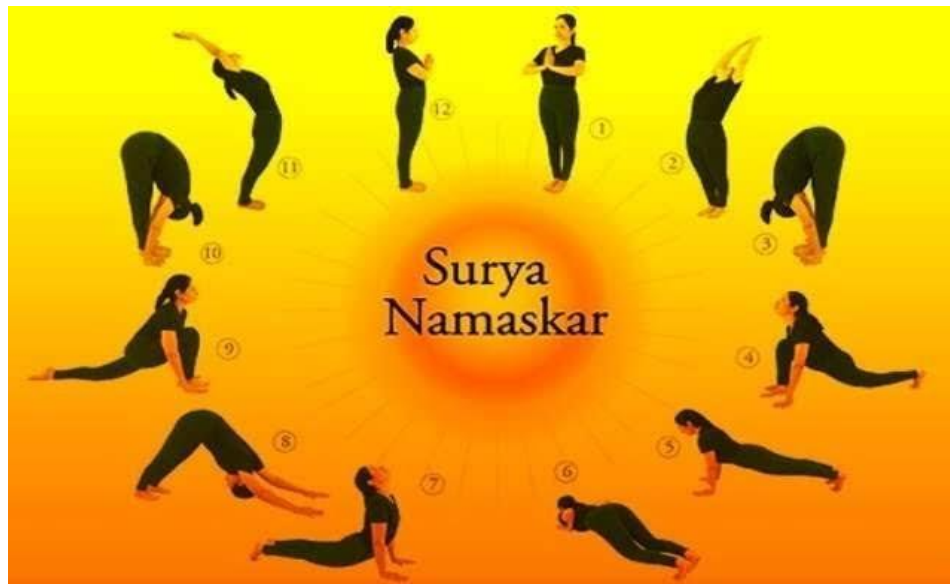
**The mental and spiritual benefits of yoga are:**

- Reduces stress and boosts mood
- Improves focus and concentration
- Helps with better sleep
- Can provide relief for panic attacks
- Anchors you into the present moment
- Helps to balance your chakras (energy centres within the body)
- Helps to build self-confidence and self-esteem
- Can connect you to others and make you feel more compassionate
- Helps you cultivate a gratitude attitude
- Helps you work through tough emotions
- Helps with cultivating more awareness and connection to self and spirit.

## **ACTION PLAN IN DETAIL**

**JUNE MONTH**

### **SURYA NAMASKARA PRACTISE**



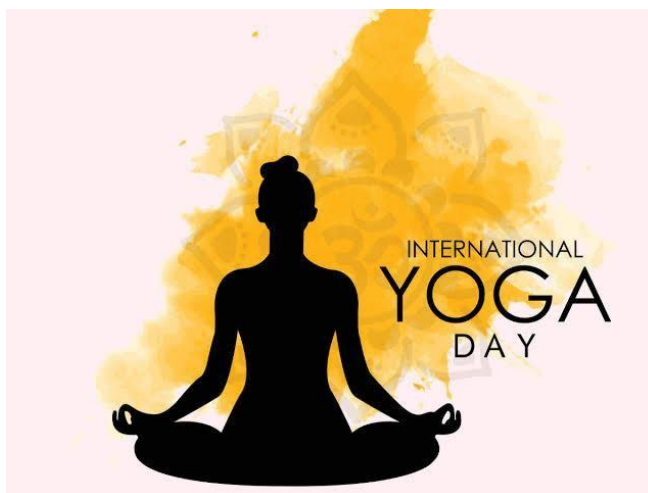
The practice of Surya namaskara as a whole gives a great number of benefits.

- It strengthens the back and helps balance the metabolism

- It stimulates and balances all the systems of the body, including the reproductive, circulatory, respiratory, nervous and digestive systems
- Its influence on the endocrine glands
- Increasing mental clarity by bringing fresh, oxygenated blood to the brain.
- Strengthens the nerves and muscles in the limbs and back
- Tones muscles and improves flexibility
- Improves digestion and promotes weight loss
- Increase energy and awareness levels
- Enables better absorption of nutrients
- Improves your skin's glow

***INTERNATIONAL DAY OF YOGA 2021 MONDAY,21 JUNE***

**JUNE 22-JUNE 30**



### **INTRA INSTITUTE YOGA COMPETITIONS**

Intra institute yoga competition in between June 22 and June 30

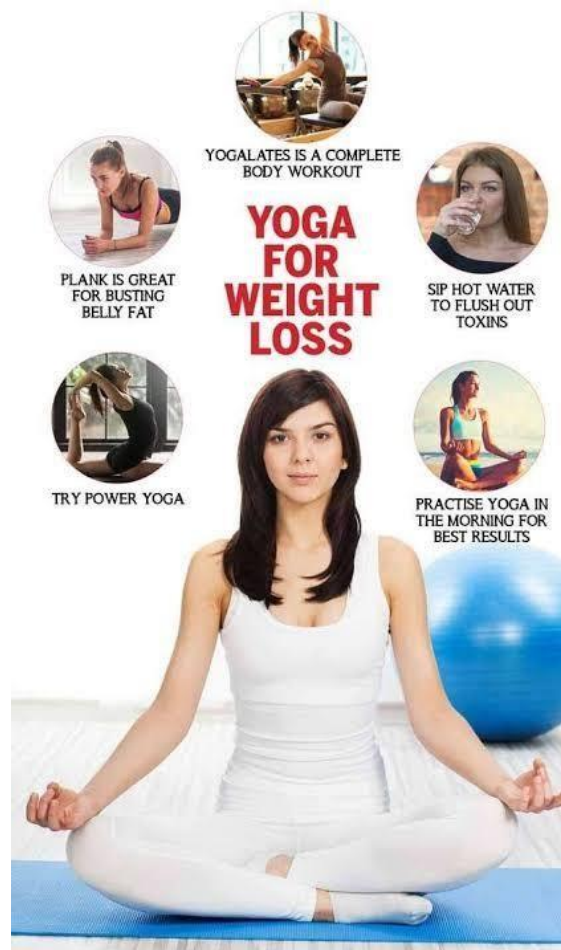
This competition will provide a platform to the students to exercise their yoga skills.

- Students from all batches should participate in the competition.
- Minimum 5 students from a batch

There will be a display of talent, confidence, strength and flexibility by the yoga performers.

These participants will have adjudged by yoga experts on the basis of flexibility, coordination, grace and correctness of posture.

## *JULY AND AUGUST MONTH YOGA FOR WEIGHT LOSS*



Practicing Yoga may also help you develop muscle tone and improve your metabolism. The practice of yoga supports physical, mental and spiritual development.

While yoga is not traditionally considered an aerobic exercise, there are certain types of yoga that are more physical than others. Active, intense styles of yoga help you burn the most calories. This may help prevent weight gain.



Practicing Yoga may also help you develop muscle tone and improve your metabolism

A regular Yoga practice can also increase mindfulness and reduce stress, which can help improve nutrition choices and contribute to a healthier life style.

### ***SEPTEMBER MONTH***

### **COUNSELLING PROGRAMME FOR STUDENTS ALONG WITH GENERAL MEDITATION**



Counselling helps students cope with depression and anxieties, It builds self-confidence and it opens up their perspective to explore opportunities for change.

Meditation improved memory and concentration, increased confidence and self-esteem, Greater creativity, Feelings of calmness and inner peace, Improved behavioral profile

## *OCTOBER MONTH*

### *YOGA FOR INCREASING STRENGTH, JOINT FREEDOM & FLEXIBILITY*



Yoga is different from “just” stretching by virtue of its emphasis on safe form and the duration and variety of stretches that address both major muscle groups and deep seated stealth muscles you might not even know you have.

Flexibility is improved through stretching and stretching feels good. When you stretch, you relieve stress by releasing tension.

Yoga classes are the ideal place to work on flexibility because you will receive instruction on the safest ways to incrementally boost flexibility

*NOVEMBER MONTH*

## YOGA FOR CARDIOVASCULAR FITNESS



Cardio Yoga is a popular style of exercise that combines yoga with cardiovascular, or cardio, exercises.

It has become increasingly popular among those who enjoy the relaxation benefits of yoga but demand more intensity.

Cardio yoga workouts involve performing yoga inspired movements at a quicker pace and with continuous flow to engage more muscle and challenge your cardiovascular, circulatory system.

Cardio yoga incorporates more dynamic movements that ramp up the intensity and elevate your heart rate.

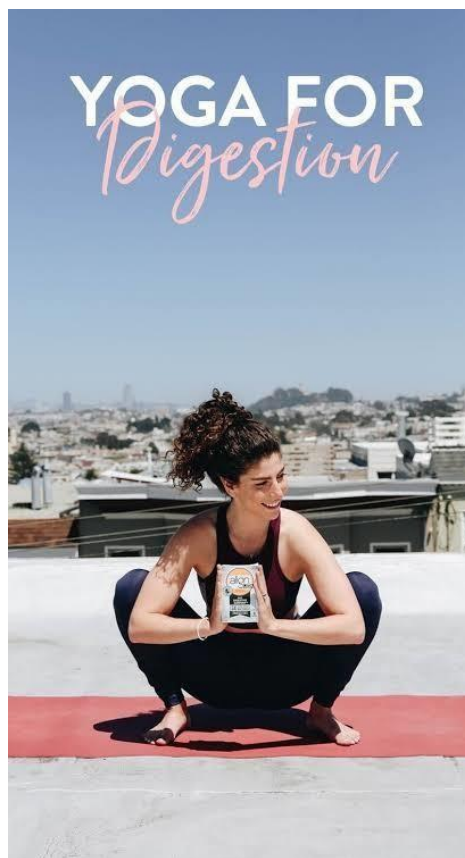
Practicing yoga may help lower blood pressure, blood cholesterol and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention.

Yoga may soothe an irregular heartbeat.

Asana practice improves the efficiency of the heart muscle and with this improved efficiency, the heart is able to pump a greater volume of blood with each heartbeat.

## *DECEMBER MONTH*

### **YOGA FOR DIGESTIVE HEALTH**



- The digestive fire or agni is stimulated. This increases the appetite and balances the metabolism.
- Asana stretch the body, massaging the abdominal muscles. This causes food to move efficiently along the digestive tract.

- Bowel movement is regulated and constipation relieved.
- Yoga asanas keep the mind active and happy. You are more likely to eat a balanced diet and this eases digestion
- Circulation of blood to the digestive organs increases, thus aiding digestion.
- Regular practice of yoga discourages fatty deposits.

## *JANUARY MONTH*

### **YOGA FOR MANAGING STRESS**



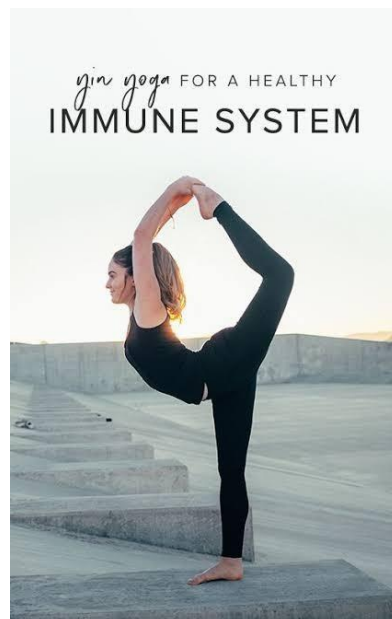
- Calming the mind
- Relaxing the body
- Building self- awareness
- Enabling you to be in the present moment

- Stretching your muscles and releasing tension
- Taking you away from the stressful situation
- Bringing attention to the breath
- Releasing emotional energy
- Releases our anxiety along with stress.

With all these awesome benefits to offer yoga definitely is a great way to approach stress in life.

## ***FEBRUARY MONTH***

### **YOGA FOR STRENGTHENING THE IMMUNE SYSTEM**



Certain Yoga positions can help support, balance and boost the immune system. It can also help fight oxidative stress which poses a risk to the healthy cells.

There are more 200 different viruses that can enter our body at any given moment. In our hectic, everyday lives, we were prone to runny noses, coughs, head colds, stomach aches and many other illnesses.

Proper hygiene and healthy eating habits can reduce the risk of common sicknesses, but we don't have to stop there. Yoga can also help us fight infections by boosting our immune system, reducing stress and strengthening our body's functions and systems.

### ***MARCH MONTH***

#### **A COMPLETE CLASSICAL YOGA PRACTICE**

With the regular practice of Classical yoga and pursuing Yoga way of living, one gains firmness and lightness of body, good health and a clear and balanced mind. There is an awakening of dormant energy, purification of impurities, creation of balance and removal of pains.

- Joint- Freeing Series is first done to evaluate joint freedom. Regular practice maintains limber joints and improves circulation.

- Strength exercises are first done to evaluate for potentially weakened muscles and analyse spinal freedom. Regular practice keeps the spine supple and will develop stamina in infrequently used muscles.
- Yoga asanas are practiced to increase sensitivity to stressed areas, distinguish stretching from strengthening, and tone overall body. Regular practice returns the body to improved posture by working to an aligned, stable base of support.
- Pranayama is given to heighten their capacity to be self- observant. Regular practice enables students to remain ever- mindful of the wave of the breath, to be more open during daily activities.
- Meditation challenges their ability to stay centered and self- observant. Regular practice brings meditation insights into daily life.

## ***APRIL MONTH***

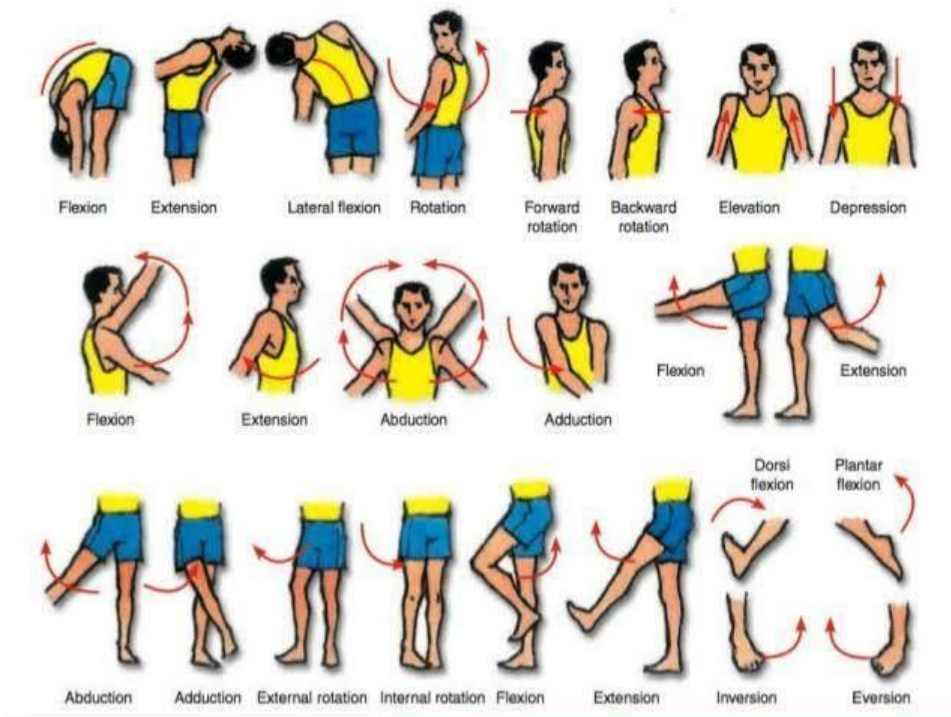
### ***STRETCHING & SUKSHMA VYAYAMA (Loosening Exercises)***

Stretching keeps the muscles flexible, strong, and healthy, and we need that **flexibility** to maintain a range of motion in the joints.

Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

This can help improve flexibility and reduce muscle tightness and pain. When stretching, focus on the major areas of body that help with mobility, such as your calves, hamstrings, hip flexors, and quadriceps. For upper body relief, try moves that stretch the shoulders, neck, and lower back.



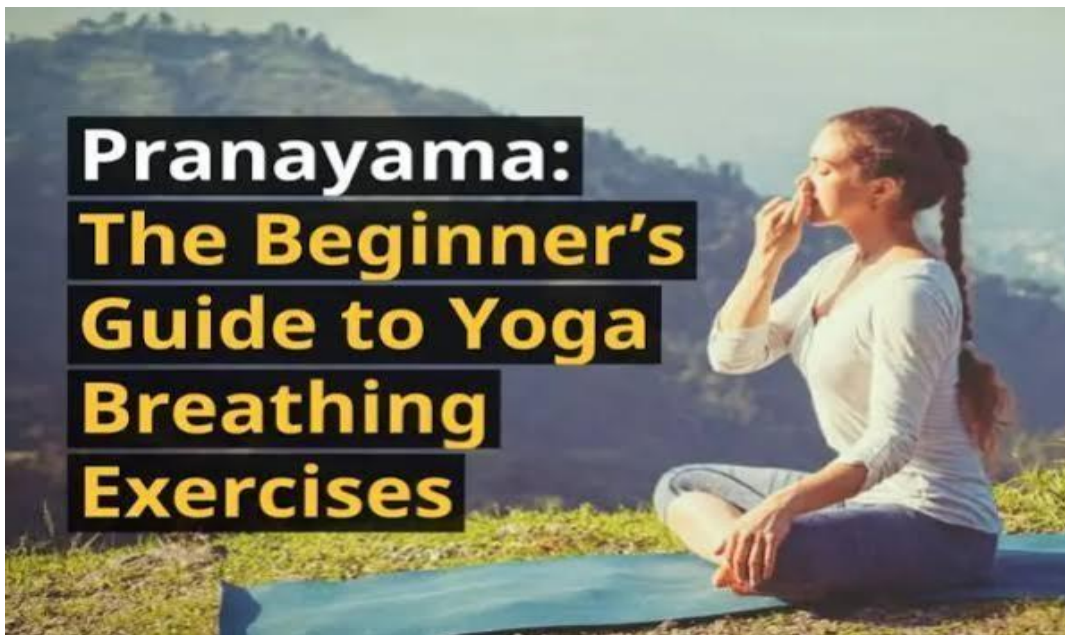


Sukshma vyayama is a specific ancient technique of yogic postures and dynamic movements that was introduced by Swami Dharendra Brahmachari.

Yogic Sukshma Vyayama techniques are considered to be extremely powerful, as they activate the subtle pranic body. Their benefits include developing memory, intellect, willpower, and sharpening the senses.

In Sukshma vyayama the whole body, from head to toe is treated, relaxed and rejuvenated. External and internal body parts undergo deep transformation in this type of yoga. These are scientific exercises that not only make us strong and supple, but also help remove impurities from the body and improve the memory, concentration and will power.

## ***BREATHING EXERCISES & PRANAYAMAS***



**Breathing exercises** can help you relax, because they make your body feel like it does when you are already relaxed. Deep **breathing** is one of the best ways to lower stress in the body. This is because when you **breathe** deeply, it sends a message to your brain to calm down and relax.

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold.

The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

## *MAY MONTH*

### **BEGINNERS GROUP OF ASANAS ALONG WITH PRANAYAMA**



Beginners Group of Asanas includes:

- Pawanamuktasana series
  - Part 1: Anti-rheumatic Group
  - Part 2: Digestive/ Abdominal Group
  - Part 3: Shakti Bandha Asans
- Yoga Exercises for the Eyes
- Relaxation Asanas

- Meditation Asanas
- Vajrasana Group of Asanas
- Standing Asanas

### **Intermediate group of asanas along with pranayama**



Intermediate Group of Asanas includes:

- Padmasana Group of Asanas
- Backward Bending Asanas
- Forward Bending Asanas

- Spinal Twisting Asanas
- Inverted Asanas
- Balancing Asanas

THANK YOU