GOVERNMENT DEGREE COLLEGE PEDDAPALLY



CERTIFICATE COURSE ON YOGA 2021-22

ORGANISED BY

DEPARTMENT OF TELUGU
GOVERNMENT DEGREE COLLEGE
PEDDAPALLY



SYLLABUS:

- I) INTRODUCTION OF YOGA
- II) FUNDAMENTALS OF YOGA
- III) YOGIC PRACTICES FOR HEALTH AND WELLNESS 4 GENERAL GUIDELINES FOR YOGA PRACTICE
 - 1. PRAYER. SADILAJA /CĀ LANA KRIYAS/LOOSENING PRACTICES
 - 2. NECK BENDING
 - 3. TRUNK MOVEMENT
 - 4. KNEE MOVEMENT

I) INTRODUCTION OF YOGA

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. International Yoga Day 2021: This year the theme is 'Yoga For Wellness' and for the practicing yoga for physical and mental well-being The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014 He stated:

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise

but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day. This year's theme will be "Yoga for Humanity".





II).FUNDAMENTALS OF YOGA

The basic fundamentals of Yoga is based on the concept that human beings are basically spiritual beings and aims to free us from the shackles of this worldly bondage that ties us down to our mundane existence of wants, wishes and desires. Yoga aims to make us realize our inner divinity which is much beyond our body mind and possession.

In order to attain this superior level of consciousness, it is important that as individuals we lead a moral life that is guided by the principals of law, order, truthfulness, virtue, chastity, compassion and kindness. It is only when we follow these basic guidelines that we can realize our true nature fully.

Yoga is a mind and body practice, which means one, has to exercise both the mind and the body to reap the benefits. Firstly we need to practice the yogic poses correctly every day, which would keep our body fit. Secondly we need to engage in daily meditations so that we can understand of our minds and discover our true consciousness.

Yoga is all about breaking the shackles of regularity, which binds us to a pattern of life. In order to become a perfect yogi an individual needs to replace undesirable habit patterns with positive ones. As part of the Yogic philosophy a yogi needs to let go all types of attachment, which alone holds the key to our liberation.

MAJOR 5 FUNDAMENTALS OF YOGA ARE:

- 1 Proper Exercise (Asanas)
- 2 Proper Breathing (Pranayama)
- 3 Proper Relaxation (Savasana)
- 4 Proper Diet and Nutrition.
- 5 Positive Thinking and Meditati

III).YOGIC PRACTICES FOR HEALTH AND WELLNESS 4 GENERAL GUIDELINES FOR YOGA PRACTICE

1.PRAYER

The prayers mantra is the creative projection of mind though the naad or sound. When you join a yoga TTC program you will get your yoga prayers sheets on the first day. These prayers are chanted to connect with your inner divine and to let go for every ego that can hinder or become a hurdle during your yoga practice.

2. NECK BENDING

Bring your hands to your legs, a block, or the floor. Tuck your chin in to your chest, and let your head and neck fully relax. You can gently shake your head from side to side, front to back, or make gentle circles. This helps to release tension in your neck and shoulders

3. TRUNK MOVEMENT

Trunk Twisting Pose is considered a warm-up yoga pose to prepare the body for more intense yoga poses / yoga flows. Trunk Twisting Pose benefits the following muscles and hence can be included in yoga sequences with the corresponding muscle(s) focus: Arms and Shoulders. Upper Back

4. KNEE MOVEMENT

5 yoga poses for knee pain

- 1. Uttanasana (Standing Forward Bend With Ankles Crossed)
- 2. Virabhadrasana III (Warrior III With a Bent Standing Leg)
- 3. Upavistha Konasana (Wide-Angled Seated Forward Bend)
- 4. High Lunge With Arms Extended Forward.
- 5. Anjaneyasana (Low Lunge)

CONCLUSION:

yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

Yoga improves strength, balance and flexibility.

Yoga helps with back pain relief.

Yoga can ease arthritis symptoms.

Yoga benefits heart health.

Yoga relaxes you, to help you sleep better.