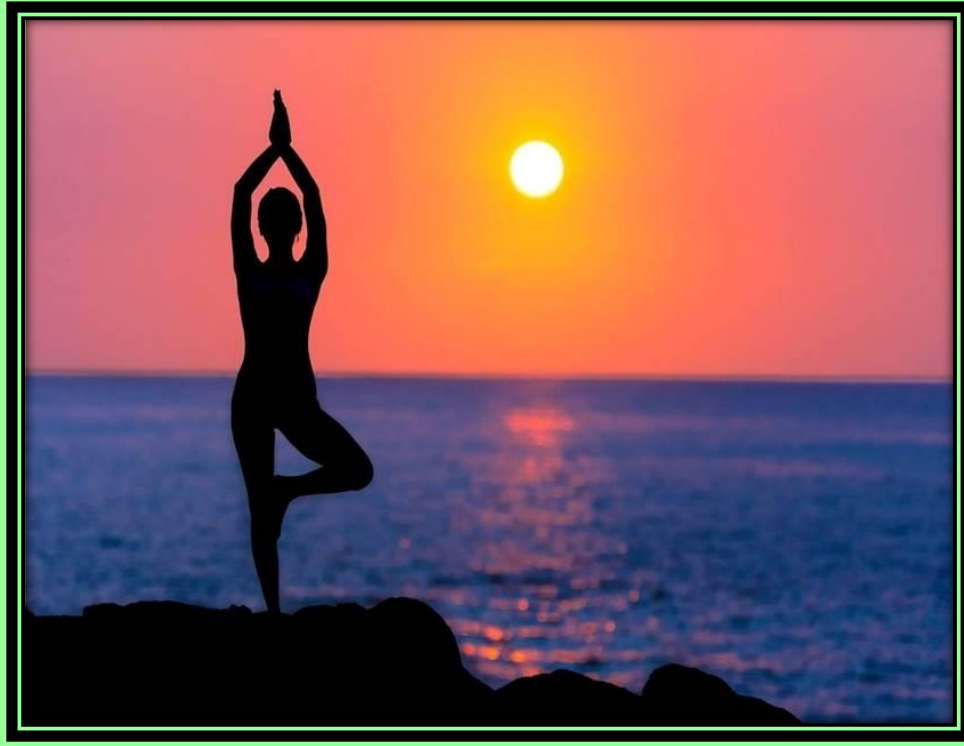


Purash Kanpur Haridas Nandi Mahavidyalaya



YOGA CLUB



Introduction to Yoga:

Yoga is a physical, mental, and spiritual practice originating from ancient India, dating back over 5,000 years. The word 'yoga' comes from the Sanskrit root 'yuj' meaning 'to unite' or 'to join'.

Objective:

1. To achieve unity of body, mind, and spirit through yoga
2. To maintain balance and harmony

3. To become aware through self-realization
4. To practise non-violence (ahimsa) and compassion
5. To learn breathing techniques through pranayama)
6. To perform physical postures (asanas) for fitness
7. To know meditation and relaxation
8. To get the following benefits of yoga:
 - Physical: flexibility, strength, balance
 - Mental: calmness, focus, clarity
 - Emotional: self-awareness, self-acceptance
 - Spiritual: connection to inner self and universe
9. To listen to the body and modify the physiological process

Activity Plan:

1. Regular Activity-

- Warm-Up (5-10 minutes)

1. Mountain Pose (Tadasana): Standing upright, feet hip-width apart (30 seconds)
2. Neck Stretch: Slowly tilt head to the side, bringing ear towards shoulder (30 seconds each side)
3. Shoulder Rolls: Roll shoulders forward and backward in a circular motion (30 seconds)
4. Wrist Circles: Hold arms straight out to the sides, make small circles with wrists (30 seconds)
5. Ankle Rotations: Lift one foot off the ground, rotate ankle in a circular motion (30 seconds each foot)

- Asana Practice (30-40 minutes)

1. Downward-Facing Dog (Adho Mukha Svanasana): On all fours, lift hips up and back, straightening arms and legs (30 seconds)
2. Cobra Pose (Bhujangasana): Lie on stomach, press palms into ground, lift chest and head off mat (30 seconds)
3. Warrior Pose (Virabhadrasana): Stand with feet wide apart, bend front knee, stretch arms out to the sides (30 seconds each side)
4. Triangle Pose (Trikonasana): Stand with feet wide apart, reach one arm up towards ceiling, slide other hand down leg towards ground (30 seconds each side)
5. Seated Forward Fold (Paschimottanasana): Sit on ground, extend legs straight out in front, reach for toes or shins (30 seconds)

- Pranayama and Relaxation (10-15 minutes)

1. Alternate Nostril Breathing (Nadi Shodhana): Sit comfortably, close one nostril with finger, inhale through other, switch and exhale (5 minutes)
2. Legs Up The Wall Pose (Viparita Karani): Lie on back, legs straight up against wall, relax and breathe deeply (5 minutes)
3. Savasana (Corpse Pose): Lie on back, arms and legs relaxed, focus on breath and release tension (5 minutes)

- Final Relaxation and Namaste (5 minutes)

1. Deep Breathing: Focus on slow, deep breaths, feeling calm and relaxed
2. Gratitude and Awareness: Reflect on practice, acknowledge body and mind
3. Namaste: End practice with a bow, hands together in prayer position

2. Occasional Activity-

Inter-school and inter-college yoga competition to encourage young students embrace traditional yoga.

Expected Outcome:

The outcomes of yoga are numerous and multifaceted. Here are some of the benefits of regular yoga practice:

Physical Outcomes:

1. Flexibility and mobility: Increased range of motion and reduced stiffness.
2. Strength and toning: Improved muscle strength and tone.
3. Balance and coordination: Enhanced balance and coordination.
4. Improved posture: Better alignment and reduced back pain.
5. Weight management: Weight loss or maintenance through increased metabolism.
6. Fitness and good health: Overall fit and healthy body.

Mental and Emotional Outcomes:

1. Reduced stress and anxiety: Decreased cortisol levels and improved mood.
2. Improved mood and emotional regulation: Enhanced emotional intelligence and resilience.
3. Increased focus and concentration: Improved attention and mental clarity.
4. Better sleep: Improved sleep quality and duration.

5. Increased self-awareness and self-acceptance: Greater understanding and acceptance of oneself.

Spiritual and Energetic Outcomes:

1. Increased sense of calm and inner peace: Greater feeling of connection to oneself and the universe.

2. Improved connection to body and breath: Greater awareness and appreciation for the physical body.

3. Enhanced creativity and inspiration: Increased imagination and innovation.

4. Greater sense of compassion and empathy: Improved relationships and social connections.

5. Increased sense of purpose and meaning: Greater clarity and direction in life.

Therapeutic Outcomes:

1. Improved management of chronic diseases: Reduced symptoms and improved quality of life for conditions like diabetes, hypertension, and arthritis.

2. Reduced chronic pain: Decreased pain levels and improved mobility.

3. Improved mental health: Reduced symptoms of anxiety, depression, and PTSD.

4. Improved immune function: Enhanced immune system function and reduced inflammation.

5. Increased overall well-being: Improved quality of life and sense of well-being.

It is to remember that yoga is a journey, and the outcomes may vary depending on the individual, their practice and their intentions.