



योग व्रित्तान्त



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From the Chief Editor's Desk



Dr. (Mrs.) Sapna Nanda

Principal, Govt. College of Yoga Education
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Dear Readers,

In the times of coronavirus, the scientific community has been deliberating seriously on the issue as to the extent to which emotional health can affect human physical health and vice-versa. Since the news about the virus probably tends to get worse and then improve, making it more prudent to listen to public health experts who can advise on the best way forward and take sensible measures that can help everyone.

The appropriate sensible strategies that can help all include get one's bearings, maintain social distancing, practice good hygiene, consuming home-made nutritious diet and using calming strategies that work for all and maybe try something new. Exercise has always been a great strategy for people struggling with feelings of anxiety and stress as it boosts both mood and the health.

Making healthy and reasonable choices, such as seeking therapeutic contributions from yoga, will make a huge difference in achieving the ability to remain as safe and healthy as possible during the pandemic. To fight the coronavirus pandemic, there is a great significance of Yoga and Ayurveda for the physical and mental well-being of people during the major global health crisis.

Regarding the specific effects of yoga for psycho-physical health, its use as an intervention in several treatments, such as anxiety, depression, sleep disorders, pain syndromes, cardiovascular, immunological, autoimmune problems, hypertension, diabetes and stress has been suggested by many sages of this ancient tradition already affirmed from their observations and experience.

Yoga's contributions to mental health are many as it helps to reduce the level of cortisol, a hormone released by the adrenal gland in response to stress, both physical and psychological, in the body having anti-inflammatory, metabolic and immunosuppressive functions, which is why it is important keep it at normal levels.

Some life situations, like this pandemic, may be beyond the control of individuals and can generate anxiety. However, learning to control the minds through meditative exercises provided by yoga practice can help achieve better physical and mental health. Moreover, Asana, Dhyana and Pranayama, could go a long way in mitigating the isolation anxiety that is gripping the communities across the world.

Sapna Nanda



Building Immunity through Diet

Dr. (Mrs.) Sapna Nanda

Principal, Govt. College of Yoga Education & Health, Chandigarh

To attain a disease-free state of body, immunity plays a very important role, besides other external factors like diet, exercise, rest and sleep as well as pollution free environment. Immunity is ability of the body to resist infection and the immune system is its disease fighting mechanism. It determines our strength and resilience to fight the infection going around. It is, thus, the defense mechanism of the body to fight the invading organisms.

There are certain physical barriers like skin, mucous, cilia, secretions, sweat, tears and mucous membrane etc. besides the systemic barriers like the organs that control production and maturation of defense cells. These are thymus, spleen, bone marrow, lymph nodes, tonsils, appendix etc. Specific immune response include T-cells and B-Cells (Lymphocytes) whereas non-specific immune responses are Interferon (Protein), Iron-binding Protein (lactoferrin, transferrin) and Phagocytes (granulocytes, monocytes & macrophages). All these work together to fight infection and bring immunity to the body. There are specific diets which strengthen our immune system, which includes the following:

- Probiotics: Maintain intestinal bacterial balance by activating macrophages, increasing levels of immunoglobins.
- Omega-3 fatty acids (fish oils): anti-inflammatory effect
- Whey Protein: Anti-oxidant property.
- Iron: IDA diminishes T-cells and production of antibodies. It leads to defects in immunity & phagocytic activity and an increased infection.
- Vitamin C: Citrus fruits and vegetables
- Antioxidants: Vitamins C & E, B-carotene, Fe, Cu, Se & Zn
- Natural super-foods: Garlic, Onion and Turmeric
- Natural Herbs and Spices
- Beetroot, bell pepper, pumpkin seeds and drumstick
- Coconut water with lemon
- Commercial formulations are also available.

Moreover, right eating pattern is equally important. Food should be consumed in cooked form. Care should be taken to maintain ideal pH of food. Consume seasonal fresh fruits and vegetables empty stomach. It is important to stay hydrated. This will ensure good immunity, disease free body and well-being.

राज्नी

हमें पैग़म देने की, कुदरत की क्या अदा है,
 कुछ तो हुई ख़ता, जिसकी मिल रही सज़ा है
 कैसे हैं ज़ख़्म जिनका, मलहम न मिल रहा है,
 बस तुझको है ख़बर ये, क्या मर्ज क्या दवा है
 जाँचें किधर हमें अब, कोई रास्ता दिखा दे,
 सज़दे में हम खड़े हैं, बस तू ही राहनुमा है
 अब तो बता दे हमको, किरमैं तेरी रज़ा है,
 राज्नी हैं हम उसी में, जिसमें तेरी रज़ा है

छात्र



समय पारंपरिक ज्ञान को पुनः अपनाने का

डॉ. गुणनिधि शर्मा

संस्कृत एवं योग अध्यापक
राजकीय योग शिक्षा एवं
स्वास्थ्य महाविद्यालय, चण्डीगढ़

आज कोरोना संपूर्ण विश्व के डॉक्टरों तथा वैज्ञानिकों के समक्ष एक अत्यंत कठिन चुनौती के रूप में खड़ा है। यद्यपि इस रोग की वैक्सीन अभी तक नहीं मिली है परंतु एक महत्वपूर्ण बात कोरोना काल में उभर कर सामने आई है। और वह है, ऐसे भीषण रोगों की रोकथाम में योग तथा आयुर्वेद के पारंपरिक ज्ञान पर आधारित जीवन शैली की प्रभावशाली भूमिका। विशेष रूप से अष्टांग योग के विभिन्न अंगों (यम नियम आदि) पर पूरे संसार का ध्यान गया है। जिस शौच अथवा स्वच्छता को मात्र पुराने लोगों का ढकोसला माना जाता था उसका पालन आज सब कर रहे हैं। संक्रमण के भय से हैलो का स्थान नमस्कार ने ले लिया है। हस्त प्रक्षालन (हैंडवाश) तथा बाहर से आने पर चरण प्रक्षालन के अनिवार्य नियम को पुनः अपना लिया गया है। रोग प्रतिरोधक क्षमता बढ़ाने के लिए आहार शुद्धि तथा प्रतिदिन के भोजन में च्यवनप्राश, हल्दी, जीरा, काली-मिर्च, लहसुन अदरक, मुनक्का आदि का सेवन करने के लिए स्वयं आयुष्य विभाग द्वारा कोरोना एडवाइजरी जारी की गई है।

दरअसल हम अपने प्राचीन ज्ञान को भूल बैठे थे। कोरोना एक रिमाइंडर है, याद दिलाने का प्रयास है प्रकृति की ओर से। आसन, प्राणायाम, ध्यान आदि द्वारा शरीर तथा मन को रोग मुक्त रखा जा सकता है। संतोष, संयम तथा स्वाध्याय से जीवन को अनुशासित करके व्यक्ति संक्रमण आदि रोगों से बच सकता है। वस्तुतः योग आयुर्वेद रोग की उत्पत्ति से पहले ही नियम पालन द्वारा स्वास्थ्य की रक्षा में विश्वास रखते हैं— **स्वस्थस्य स्वास्थ्यं रक्षणम्** (चरक संहिता)

अपनी सावधानी के द्वारा ही हम स्वयं को सुरक्षित रख सकते हैं। इन पारंपरिक यौगिक जीवन सूत्रों को अपनी दिनचर्या का हिस्सा बनाकर आज का व्यक्ति कोरोना ही नहीं बल्कि अपनी सभी समस्याओं से जीवनभर बचा सकता है।

DIGITAL ACTIVITIES IN WAKE OF 6TH INTERNATIONAL DAY OF YOGA

● 15th June, 2020	Poster Making Competition
● 16th June, 2020	Yoga Contest "Test your yoga practice".
● 17th June, 2020	Inter College Yoga Quiz
● 19th June, 2020	Webinar on Relevance of Yoga in Present Day Scenario
● 13th to 20th June, 2020	Preparatory Camp for Common Yoga Protocol

MAIDEN ENDEAVOURS

- Release of First Volume of College Magazine "Kalash-Essence of Yoga".
- Release of First Volume of e-journal "The Yogic Insight"
- Release of First Volume of Newsletter "Yog Vrittant".



Breath 'The life sustaining force'

Ms. Anupma Kaushal

Yoga Instructor cum Research Scholar
Govt. College of Yoga
Education & Health

In today's scenario Covid-19 scuffle the whole world but in this darkest phase we need to balance our emotions & energies. As balance starts with in yourself, in your way of thinking. Most of the problems in life are because of two reasons: Act without thinking or we keep thinking without acting. Emotions plays vital role in life and if they are not kept under check, can affect our body organs such as anger weakens liver, grief affect lungs, worry depresses stomach, stress haults heart & brain capacities and fear disrupts the kidney functions.

Life is a fusion of joy and sorrow. Life is a beautiful gift & the human body is an amazing creation of God. To sustain life, quality-air, water, food, rest and positive frame of mind is required. Among all 'air' has its own importance as we can survive without food & water for few hours to few days or months but we can't imagine life without 'Breath'. 'Prana', the ancient Sanskrit symbol is a beautiful reminder to do what comes naturally. It's the first thing we do when we come into this world and last thing we do when we leave it. Life is not measured by the number of breaths we take but the moments that take our breath away. Breath plays a vital role as our yoga scriptures describes the importance of Pranayama and below mention shloka beautifully describes the connection of mind and breath.

चले वांत चले चित्त निश्चले निश्चलं भवेत् ।।
योगी स्थाणुत्वमाप्नोति ततो वायुं निरोध्येत् ।।

Breath is the bridge which connects life to consciousness & unites your body to your thoughts. Whenever your thoughts get scattered, use your breath as the means to take hold of your mind again. At the times, of worry and stress or in every situation, we have a choice we can let the stress consume us or we can see it as a new challenge & focus on the positive. It's best for our health & sanity to choose the latter. Set a timer & give yourself a limited time to worry 'worry... but only few 10 min. Think of all the possible outcomes of a situation once the timer goes off. Let it go & visualize the positive. Focus on breath or deep breathing helps to reduce the anxiety, fear and stress and enhance the oxygen supply which is the utmost need of body. So focus on 'breath' as

Tasneem hameed says -

"Breath is symbol of life, deeper the breath greater the victory of life over threatening irritants."

COMMUNITY OUTREACH PROGRAMME

- Video Message by College Fraternity on Role of Yoga in the management of Covid-19
- Videos on Various aspects of Health and Nutrition uploaded on College YouTube Channel.
- Collaborating with PGIMER Yoga Scholars group in extending the messages on Yoga and Health by College faculty:

Dr. Sapna Nanda	Yogic Diet
Dr. Gunanidhi Sharma	Theory and Practice of Nad Yoga
Ms. Anupma Kaushal	Theory and Practice of Chakras Meditation, Demonstration on Bhujangasana and Bhoomi Asana
Ms. Sheeraj Kumari	Theory and Practice of Shalabha Asana
Mr. Sumant Batish	Theory and Practice of Hasta Mudras
Mr. Roshan Lal	Types of Meditation
Mr. Kulwant Singh	Practice of Five Tibetan Rites



Coping Covid-19 Anxiety

Mrs. Sarghi Kohli

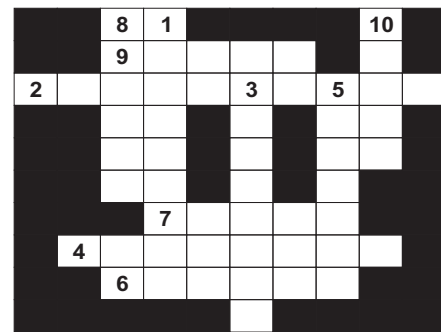
Yoga Instructor
Govt. College of Yoga
Education & Health

As the new Coronavirus (Covid-19) is continuing its spread across the world and new cases arise. Millions of lives have been affected and globally half the world's population is under social distancing measures. While we watch the events around the outbreak of Coronavirus unfurl, it is not unnatural to feel increasing stress, anxiety and panic. Whereas some fear of the unknown is a human instinct, panic arises when people overestimate a threat and underestimate their coping abilities.

In such a scenario, Yoga does play a key role in regulating emotions, calming down the nervous system and balancing energies. Yoga combines physical postures, rhythmic breathing and meditative practices to offer the practitioner a unique holistic body mind experience. The proven benefits of yoga are far beyond physical and it has been used for centuries in keeping the mind and body functioning. Indeed the science of health, harmony and happiness has attracted significant attention of the Medical community as an alternative healthcare practice. Yoga is the perfect health and wellness module which is comprehensive in nature. It strengthens and develops positive health, enabling one to withstand stress and anxiety better. The yogic practices help in normalising the perception of stress, optimising the reaction to it and releasing the pent-up stress and anxiety effectively. This process can be subtle or dramatic, but it enables one to objectively view oneself and gracefully react to the challenging situations in life.

Let's be real, we cannot always control everything but we can certainly fortify ourselves to deal with testing circumstances. To this end yoga is a refuge to cultivate tools and resources to be in graceful relationship with all that arises, come what may. In these unprecedented times, give yourself credit as you cope with it and recognise that dealing with this crisis can make you more resilient.

CROSSWORD



ACROSS:

2. Withdrawing the mind from senses.
4. Nasal cleansing shatkarma
6. Right nadi also called surya nadi.
7. Comfortable and stable posture
9. A branch of yoga founded by Matsyendranath

DOWN:

1. Author of 196 yoga sutras.
3. Limbs given by Patanjali
5. Heart chakra
8. Energy centers of the body.
10. Type of yoga that follows path of action.

Kritika Batra

Student B.Ed (Yoga) Ist Year

Glimpses of 2020



JANUARY 1: Auspicious beginning of the year with Hawan Ceremony



JANUARY 25: National Voters Day with Smt. Sunita Dhawan, Councillor



JANUARY 6: Inauguration of Online Public Enrolment by Sh. Rubinderjit Singh Brar, PCS, DHE, UT Administration, Chandigarh



JANUARY 26: Flag Hoisting by Smt. Sunita Dhawan, Councillor on Republic Day



JANUARY 10: World Dietetics Day Celebrations with Mrs. Lippi Parida



FEBRUARY 07: P.U. Zonal Skill in Teaching Aid Competition-Tanuja (B.Ed. II) : 2nd Prize

Glimpses of 2020



FEBRUARY 07: Academic Exchange Programme with Akal College of Education, Baru Sahib (HP)



FEBRUARY 29: Yoga Demonstration at Rose Festival



FEBRUARY 09-16: Overall Trophy Clinched for Maximum Participation at 'Chandigarh Urban Festival, 2020'



MARCH 07: Ms. Alka Singh, Lady Governor presiding over International Women's Day Celebration



FEBRUARY 18: Extension Lecture on Ayurveda and Health by Dr. Raman Kalsi, Punarnava Hospital, Baddi.



International Women's Day Celebrations with Renowned Women from Different Fields



Navigating Covid-19

Roshan Lal

Yoga Instructor
Govt. College of Yoga
Education & Health

Few months ago, everyone was busy in their lives dealing with their same old physical and mental problems. The same old schedule with the same old people. Then one day, almost every news channel started talking about the spread of new virus covid-19 all over the world. The strange fact is that the pandemic it has caused is much more than the virus itself. The researchers started working on where it started, symptoms, its causes and what not.

A lot of people were in the dilemma if they weren't the sufferer of this disease as the pandemic was influencing and almost every single person was suffering either from headache or cough or even a normal sneeze.

When the researchers were busy doing their research, there were people who wanted to work on it as per their culture. The Indian culture always work on the roots of the problem. As the symptoms of the covid-19 were just like any other flu, it was a difficult task to understand how to get rid of it. Rather than making a vaccine of that, people thought why not to boost the immunity of the body. The strong immunity will let the body to fight with this disease.

The first aspect which was taken into consideration was at the physical level. As the disease effects the respiratory system, the lung expansion is a necessity for the same. For the lung expansion, there are certain asanas that can be performed so that the oxygen can be delivered to every single part of the body. The asanas like Tadasana, Vrikshasana and Bhujangasana let the oxygen reach every part of the body.

The second aspect is the choice of food to boost the immune system. It is very important to know what we eat and what the body needs. If the choice of consumable food is right, the possibility of catching a flu or getting disturbed by any virus lessens. For boosting the tolerance of the body to the virus, the intake of Vitamin C can be increased. The consumption of lemon, green chillies etc helps to uplift the immunity.

Last but not the least is the third aspect which is nothing but taking care of the mental health. There is a saying "you reap what you sow", so whatever feed is provided to the mental health, the body responds to that. The stronger the willpower, the lesser the chances of getting sick. Now, the question arises that how to work on the mental health? The mind can be healthy if the thoughts can be managed which is a difficult task but not an impossible one. Regular practice of shatkriyas and pranayama can manage both the thoughts and the mental health. Consistent practice of these can improve the breathing technique. Kapalbhati, Nadishodhan and Anulomvilom can be practice regularly. Furthermore, the long humming bee sound known as the Brahmari pranayama can help to balance the waves of the brain and increases the will power. In addition to that, other meditative techniques can also be practiced like AUM chanting or Ana pana Sati yoga which calms the body and improves the mental as well as the physical health of the body.



कोविड-19 के संदर्भ में भारतिय संस्कृति की विश्व को देन

डॉ० महेन्द्र कुमार

योग शिक्षक
राजकीय योग शिक्षण व
स्वास्थ्य महाविद्यालय

इतिहास साक्षी है कि मानवीय विकास के दौरान अनेकों बार प्राकृतिक व मानव जनित बीमारियों, बुराईयों, समस्याओं तथा आपदाओं ने व्यक्तिगत स्तर, पारिवारिक स्तर, सामाजिक स्तर, राष्ट्रीय व अंतरराष्ट्रीय स्तर पर भयावह से भयावह रूप दिखाएँ हैं तथा भयंकर हानि पहुंचाई है। उसी परिपेक्ष में आज सम्पूर्ण मानव जाति कोविड-19 महामारी की गिरफ्त में आ गई है। इस के दुष्प्रभावों से बचने के लिए विश्व स्तर पर तरह-तरह के तरीके, विचार, सावधानियाँ, औषधियाँ तथा खोज पर कार्य हो रहे हैं। जब तक कोई ठोस व कारगर व्यवस्था, प्रबंधन, उपचार आदि नहीं हो जाता, तब तक विश्व के अन्य देश भी भारतीय जीवनशैली व परम्पराओं को अपना कर अपने जीवन में मास्क, परस्पर दूरी, सेनीटाईजर, हाथ जोड़कर नमस्कार इत्यादि बदलाव लाकर इस मुश्किल समय से निजात पा सकते हैं।

प्रत्येक जीव की भाँति मनुष्य के जीवन में भी आहार की मुख्य भूमिका है। भारतीय दर्शन, इतिहास, शास्त्र इत्यादि स्वस्थ व सात्विक जीवन के मार्ग दर्शन हेतु भरे पड़े हैं। जिनमें ताजा मौसमी, प्राकृतिक तथा शाकाहारी भोजन का निर्देशन मिलता है। इस भारतीय सनातन संस्कृति का अनुसरण आज भी लोगों द्वारा किया जाता है। प्रत्येक भारतीय घर में सदियों से आहार में हल्दी, जीरा, राई, लहसुन, अदरक इत्यादि का प्रयोग किया जाता है।

स्वस्थ व सार्थक जीवन के लिए अन्य पद्धतियों के साथ-साथ भारत में योगाभ्यास, योगोपचार चिकित्सा का महत्वपूर्ण योगदान है। आसन, प्राणायाम, शट्कर्म, सत्य, अहिंसा, अस्तेय, अपिरग्रह, ब्रह्मचर्य, शोच, संतोष, स्वाध्याय, ईश्वर प्राणिधान, तप, इन्द्रिय संयम, एकांत वास, जनसंग का त्याग, मौन व ध्यान इत्यादि हम भारतीयों को योगाभ्यास व योगशिक्षा, योग उपचार व योग पद्धति द्वारा पहले से ही मिले हुये हैं।

भारत में मानवता की बुनियाद भौतिकवादी न हो कर आदर्शवादी व अध्यात्मवादि रही है। इस प्रकार की दर्शनिक सोच के कारण इस महामारी के कारण प्रत्येक भारतीय के मन, विचार, धारणा में भारतीय संस्कृति व भारतीय चिकित्सा पद्धति जैसे आयुर्वेद व प्राकृतिक चिकित्सा में विश्वास बढ़ा है। अपने मूल को पहचान कर जीवनशैली में शामिल कुछ अतिआधुनिक सुख-सुविधाएं, खानपान, इच्छाओं के त्याग से व्यक्तिगत तौर पर व राष्ट्रीय स्तर पर सेवा व वित्तिय संकट इत्यादि से मानसिक तनाव से मुक्त रहा जा सकता है।

इस संकट की घड़ी में इस पीढ़ी ने सम्पूर्ण लॉकडाउन देखा। लेकिन इस से भी कुछ अच्छा करने व होने का शुभ अवसर मिला है। जैसे प्रत्येक इंसान अपने घर परिवार को अधिक समय दे पा रहा है। ध्वनि प्रदुषण में कमी, वातावरण में साफ हवा, नदियों में साफ पानी देखने को मिला।

हम पूर्ण आशा, आस्था के साथ कह सकते हैं कि भारतीय ऋषियों द्वारा प्रतिपादित "वसुदेव कुटुंबकम्" के दिये हुए मूल मंत्र से, सामुहिक प्रयास से मानव जाति अवश्य ही कोविड-19 की समस्या से शीघ्रतापूर्वक बाहर निकालेगी।

शुभ इच्छा।

Bhagwad Gita

"When meditation is mastered, the mind is unwavering like the flame of a candle in the windless place."

CROSSWORD ANSWERS

DOWN:
1. Patanjali
3. Ashtanga
5. Anahata
8. Chakra
10. Karma

ACROSS:
2. Pratyahara
4. Jalantet
6. Pingla
7. Asana
9. Hartha



What Is Meditation?

Mr. Kulwant Singh
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Meditation is a simple process, of watching your own mind.

Not fighting with the mind, not trying to control it either. Just remaining there, a choice less witness. Whatsoever passes you simply take note of it. With no prejudice for or against. You don't call it names that "This should not come to my mind" that "This is an ugly thought and this is a very beautiful and virtuous thought." You should not judge, you should remain nonjudgmental. Because the moment you judge, you lose meditation. You become identified. Either you become a friend or you become a foe. You create relationships. Meditation means Remaining unrelated with your thought process. Utterly unrelated, cool, calm. Watching whatsoever is passing. And then a miracle happens:

Slowly slowly one becomes aware, That less and less thoughts are passing. The more alert you are, the less thoughts pass. The less alert you are, the more thoughts pass.

It is as if traffic depends on your awareness. When you are perfectly aware even for a single moment, all thinking stops. Immediately, there is a sudden stop and the road is empty, there is no traffic. That moment is meditation.

Slowly slowly those moments come more and more. Those empty spaces come again and again and stay longer. And you become capable of moving easily into those empty spaces with no effort. So whenever you want, you can move into those empty spaces with no effort. They are refreshing, rejuvenating and they make you aware of who you are. Freed from the mind you are freed from all ideas about yourself.

Now you can see who you are without any prejudice. And to know oneself is to know all that is worth knowing. And to miss self-knowledge is to miss all. A man may know everything in the world but if he does not know himself, he is utterly ignorant. He is just a walking Encyclopedia Britannica. Freedom without awareness is only an empty idea. It contains nothing. One cannot be really free without being aware because your unconscious goes on dominating you, your unconscious goes on pulling your strings. You may think, you may believe that you are free but you are not free, You are just a victim of natural forces, blind forces. So there are two types of people. The majority follows the tradition, the society, the state. The orthodox people, the conventional, the conformists. They follow the crowd, they are not free. And then there are a few rebellious spirits Drop-outs, bohemians, artists, painters, musicians, poets. They think they are living in freedom but they only think. Just by rebellion against the tradition, You don't become free. You are still under the rule of natural instincts. You are possessed by lust, by greed, by ambitions. And you are not a master of these things you are a slave. Hence I say freedom is only possible through awareness. Unless one transforms one's unconsciousness into consciousness there is no freedom. And that is where only very few people have succeeded – a Jesus, a Lao Tzu, a Zarathustra, a Buddha. Just a few people who can be counted on one's fingers. They have really lived in freedom because they lived out of awareness. That has to be the work for every seeker: To create more and more awareness. Then freedom comes of its own accord. Freedom is the fragrance of the flower of awareness. An excerpt from Osho's "Eighty Four Thousand Poems".

QUIZ QUESTIONS

- 1. Yoga in Patanjali Yoga Sutra is defined as**
 - a. Yujyate anena iti yoga
 - b. Yogah chitta vritti nirodhah
 - c. Manah prasamana upayah yogah
 - d. Yogah karmasu kausalam
- 2. is the path of wisdom**
 - a. Raja yoga
 - b. Jnana yoga
 - c. Bhakti yoga
 - d. Karma yoga
- 3. Which of the following Kosha is shaped by thoughts, emotions, memories, habits and desires?**
 - a. Annamaya
 - b. Pranamaya
 - c. Manomaya
 - d. Vijnanamaya
- 4. is a Yoga practice for Annamaya kosha?**
 - a. Asana
 - b. Pranayama
 - c. Dharana
 - d. Dhyana
- 5. Location of our Ajna chakra is**
 - a. Crown of the head
 - b. Eyebrow center
 - c. Base of throat
 - d. Heart
- 6. Which of the following Asana can be practiced immediately after food?**
 - a. Siddhasana
 - b. Simhasana
 - c. Swastikasana
 - d. Vajrasana
- 7. is a very good Kriya practice to get rid of Nasal allergy?**
 - a. Vastra dhauti
 - b. Danda dhauti
 - c. Neti
 - d. Nauli
- 8. Which of the following 'Antahkarana' corresponds to our memory?**
 - a. Manas
 - b. Chitta
 - c. Buddhi
 - d. Ahamkara
- 9. Which of the following is not a practice of Bahiranga yoga?**
 - a. Asana
 - b. Pranayama
 - c. Pratyahara
 - d. Dhyana
- 10. Which of the following Pranayama can be done standing and sitting according to Hathayoga pradipika?**
 - a. Bhastrika
 - b. Ujjayi
 - c. Nadishodhana
 - d. Suryabhedha

Tanuja

Student B.Ed (Yoga) IInd Year

1. (b), 2. (b), 3. (c), 4. (a), 5. (b), 6. (d), 7. (c), 8. (b), 9. (d), 10. (b)

Answers:



Bandhas: The Energy Locks

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Lockdown! Quarantine! In the past few months we have come across these words number of times in different situations. These are the important words which are used for our security in the current situation of Covid-19 pandemic. 'Yoga' has come out to be a blessing in disguise in these testing times. Most of us are well aware of the asanas, pranayamas and meditations that are generally practiced by the people. There is an another branch of hatha yoga known as bandhas which are generally referred to as mudras in hatha yoga texts. Jalandhar, Uddiyana and Moolbandha are the 3 bandhas and Mahabandha, the fourth bandha is the combination of all the three other bandhas.

These bandhas can be referred to as the lockdowns within the body and are also used to save the energy, toning up of the muscles, provide necessary strength to the particular region, to channelize various nadis and systems of the body. These bandhas should be performed if one is having a good practice of pranayama. In the prevailing scenario, we use only essential commodities in our home. When the bandhas are performed along with pranayama (under expert guidance) we can reduce our average intake of breath i.e. 18 breaths per minute to around 8 breaths per minute. This, in turn helps to restore energy and stabilize our mental faculties.

So the bottomline is

Quarantine your breath and lockdown your energy.



Covid-19 And Yog Be Careful, Not Fearful

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मात्रास्पर्शास्तु कौन्तेरीतोष्णसुखः खदाः ।
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत । 12-14 ।।

It is said in Bhagwad Gita that the fleeting perceptions of happiness and distress, arising out of senses are non-permanent and come and go like the winter and summer seasons. So, one must learn to tolerate them without being disturbed. As Arjun was facing perhaps the most difficult time of his life during war, presently we all are also facing COVID-19 pandemic which is unfortunate and difficult time for us. However, this too shall pass. We all have experienced good or bad times in our lives and all that passed. What remains is how did we behave during that time.

First thing which grips a human, in time of crisis, is "fear". Fear, like any psychological condition, impairs decision making as well as brings physiological changes the body. In the sense of fear, cortisol and adrenaline hormones are released. The fear response also releases glucose into the bloodstream as a powerup to get you running for your life. It may prepare your body for immediate threat but a continuous state of fear and apprehension may deteriorate your health.

Yog and Pranayam aims at making a human more stable and calm. Daily practice of targeted asana as well as pranayam removes the sense of fear and apprehension which further promotes positivity in life. So, let us keep ourselves positive while taking all precautions but without fear and apprehension.



Ayurvedic Immunity Boosting Recipes

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'Kadha' is an Ayurvedic drink including herbs and spices which are boiled in water for a length of time, so that medicinal benefits are extracted. Kadha is especially helpful during the Vata, cold or dry season when allergies arise.

Once boiled you can take the Kadha multiple times during the day. If you often fall ill, it means your body's immunity is low. You can strengthen it with the help of this herbal Kadha which has a mix of several Ayurvedic herbs. These herbs pacify the Vata & Kapha, stimulates digestion, increases immunity and also detoxifies our body. Cardamom & black-pepper are helpful in flu and different allergic problems, cinnamon and ginger are also helpful in improving digestion which has a direct impact on our immunity, as our first line of defense is in the gut

Kadha

Ingredients:-

- One tea spoon cardamom
- One tea spoon black pepper
- One tea spoon cinnamon
- Three cups of water
- One tea spoon dried ginger,
- Honey-optional to taste.

Method:-

1. In a pot, add cardamom, cinnamon, dried ginger & black pepper in water.
2. Boil the ingredients until about one cup of solution is left.
3. You can add honey before consuming the liquid when it is warm but not too hot to drink.

Tulsi Kadha

Boost your immune system by taking this Kadha twice a day and protect yourself from minor Kapha Doshas.

Ingredients:-

- Cardamom small 2-3,
- Ginger one tsp
- Black pepper 5-6
- Two glasses of water.
- Clove 3-4
- Honey half tsp or to taste
- Amla one tsp.
- Cinnamon one small stick.
- Basil leaves 5-6

Method:

1. To begin with, take a pan, add two glasses of water in it and allow it to boil on high flame.
2. Crush all ingredients (except honey & basil leaves) in a mortar and pestle.
3. Now, add all those crushed ingredients along with basil leaves to the pan and cook on medium heat for about 10-15 minutes or until the decoction is reduced to half.
4. Next, strain the mixture in a glass and drizzle few drops (half tsp) of honey before drinking.

Tips:- Avoid adding too much black pepper and ginger in Kadha especially if making for children

"Immunity is your Natural Defence System to make it strong to stand strong".

Swami Vivekananda

"Do one thing at a time, and while doing it put whole soul into it to the exclusion of all else."