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From the Chief Editor's Desk



Dr. (Mrs.) Sapna Nanda
Principal, Govt. College of Yoga Education
& Health, Chandigarh

Dear Readers,

The Coronavirus Pandemic started this decade off on the wrong foot. We are still coming to terms with the health and economic cost of the outbreak as it continues its rampage across the globe. In a matter of months, this pandemic has altered the very fabric of society, redefining how we live, work, eat, buy, sell, communicate and socialize. Going back to the way we were before Covid-19 is not an option presently. The challenge and I think the opportunity is now to start the process of thinking and embracing the 'new normal'. The new normal is different and how we approach this volatile time depends on how we adapt.

In the absence of a cure or vaccine for Coronavirus, a healthy body and a strong immune system has become the final line of defence against infection. There is also a clear consensus in the medical community that healthier people are much more likely to fully recover after being infected by Covid-19. Staying healthy is no longer a luxury but has become a question of basic survival. We have ushered in a new era of change where investing in physical and mental health has become a necessity and to this end the timeless science of Yoga has been garnering a renewed appeal as being a proven tool for well being. The Bhagvad Gita defines Yoga as 'Samatvam' meaning thereby that yoga is harmonious and balanced state of equanimity at all levels- a perfect state of dynamic wellbeing wherein physical homeostasis, emotional balance and mental equanimity manifest in harmony. Thus, Yoga can give us the clarity of thought which we need in these times to look at things differently, think differently and act differently.

When faced with ambiguity and paradox, we often try to solve the perceived conflict and this can lead to frustration and wasted time and energy, instead learn to live with paradox and ambiguity; Life is not a series of binary choices. Life is a spectrum of colour and shades, not black and white. So learn to have all those paradoxical and ambiguous situations, because hidden in there are opportunities to find the new & exciting.

Sapna Nanda





The New Normal - Yogic Way

Shalu Gupta

Consultant Pharmacist & Yoga Teacher
Chandigarh

The COVID-19 Pandemic has brought a change and we are now living in a world where investing in physical and mental health has become a necessity rather than a personal choice. More and more people around the world are working remotely. Adults on an average are spending more than eight hours working online, and students including children are spending more than four hours studying online every day. Health care providers have seen a rise in work-related injuries that are unique to the home environment. Many of these problems can be prevented or alleviated by taking simple steps. The ancient science of Yoga has many solutions to protect our physical and mental wellbeing.

Eye Strain –

Prolonged exposure to gadgets can contribute to several issues related to eyes such as blurred vision, dry eyes, irritation, redness, itchy and watery eyes, headaches and double vision.

Yoga for Eyes:

1) Eye Movement - Picture a clock face in front, raise the eyeballs up to 12 o'clock. Hold them there for a second, lower them to six o'clock. Hold, do this 10 times without blinking if possible. Rub your palms together to generate heat and gently cup them over the eyes. Focus on breathing. Practice horizontal and diagonal movements followed by palming. The eyes need darkness to recover from the constant stress of light.

2) Eye Rolling - Slowly circle eyes in a clockwise direction, trace as large a circle as possible. Repeat three times in both directions.

3) Shifting Focus – Hold arm straight, thumb pointing up. Keeping eyes focussed on thumb, move it towards the nose. Pause for a breath, then lengthen the arm to its original position, maintaining focus on the thumb. Repeat 5- 10 times.

4) Distance Gazing - Rest your gaze on a distant object. Focus on the object as clearly as possible. Take a deep breath, and slowly shift your gaze to another distant object around. Adopt the “20/20/20 rule” when working on a computer for long periods of time; every 20 minutes, take 20 seconds to stare at an object 20 feet away from you.

Musculoskeletal Pain -

When you hunch forward at your desk, the chest collapses and compresses the heart, lungs, and diaphragm. Hunching also strains the back and neck muscles, causing them to overstretch and become weak.

Yoga Postures that can help:

- **Tadasana** – Best pose to learn correct way to stand.
- **Bhujangasana (Cobra Pose)** - Opens up the chest area and shoulders and strengthens back.
- **Marjariasana (Cat Stretch)** – Posture for the spine that helps make it more flexible.
- **Shishu Asana (Child Pose)** - Relaxing entire back and shoulders.
- **Veerbhadrāsana (Warrior Pose)** - Soothes the shoulder blades and also stretch hip flexors.
- **Utkatasana (Chair Pose)** - Excellent posture for lower back hips and knees.
- **Virāsana (Hero Pose)** – Reinforces good posture

Mental Health-

People including students are reporting mental health issues due to excessive use of gadgets. Too much exposure to screens of mobiles

and laptops leads to a feeling of isolation and anxiety and even depression.

Yoga poses that help in curbing anxiety:

- **Head on Knee pose (Paschimottanasana)** - relieves anxiety
- **Downward facing dog (Adhomukha Svanasana)** – calms the mind.
- **Standing forward bend (Uttanasana)** – calms and rejuvenates the body and mind.
- **Shoulder Stand (Sarvangasana)** - calms anxiety and irritability.
- **Plough Pose (Halasana)** – calms agitation by quietening the sympathetic nervous system.
- **Bridge pose (Setu Bandha Sarvangasana)** - calms the mind and reduces stress and irritability.
- **Child’s Pose (Shishu asana)** – has rejuvenating effect on the body and helps to calm the nerves.
- **Corpse Pose (Shavasana)** – calms the mind through complete relaxation.

Deep Breathing, mindful meditation, practicing gratitude and positive affirmations improve mental health and mood. Sunlight exposure is also extremely important, so spend time with nature to get Vitamin D. It’s an unusual situation, so be kind and realistic about what you can achieve given the circumstances, connect with near and dear ones and relax once the work is done.



Ojus

Dr. Bhupinder Gupta

Ayurvedic Consultant
Chandigarh

Ojus is a Sanskrit word that can be translated as 'vigour' or 'essence of vitality'. In a nutshell Ojus is the vital energy that rules our immunity, strength and happiness. A strong Ojus indicates good immunity and strong healing response

It is an anti-aging, immune-boosting, bliss factor that nourish all body tissues, production of Ojus promotes integrated vitality and nourishment to mind and body needs. Thus our aim is to promote healthy living by increasing our Ojus and ultimately vitality.

Ojus Vardhak Aahar

The qualities of Ojus are sweet, heavy, unctuous, cool and smooth so it makes sense that Ojus building foods would embody those qualities. Rule of thumb is to choose fresh, sweet and juicy foods. One way to build healthy Ojus is to nourish the body with healthy pran rich foods and to pay mindful attention to agni, our digestive fire. Balanced agni is crucial because it is only with the healthy and balanced digestive capacity that we are able to transform nutrients from the food we eat into the subtle essence of Ojus.

Ojus building foods includes :

- | | |
|------------------|--------------------|
| • Dates | • Bananas |
| • Almonds | • Figs |
| • Ghee | • Sweet potatoes |
| • Raw cow's milk | • Turnips |
| • Avocados | • Leafy vegetables |

OJUS Vardhak Aushadh/ Herb

- | | |
|---------------|-------------------|
| • Ashwagandha | • Saraswatarishta |
|---------------|-------------------|





Life After Covid-19

R.K.Garg
Yoga Practitioner
Chief Engineer (Retired)

Self-Isolation. Social distancing. Lockdown. Covid-19. Words once alien to us have now become everyday household occurrences. What's one thing we can learn from Coronavirus? Things can change rapidly... Life can be interrupted from being in cruise control to spinning out of control faster than we ever imagined.

However, what's also for sure is that the life that we get back to will be significantly different from the one we had before the outbreak--many feeling lonely, helpless and looking for support, for having lost the loved ones, or a job or a business to return to.

What began as a healthcare problem in China; prompted a simultaneous lockdown of all business across the globe, resulting in a great paralysis, the cessation of economics itself.

As long as there is no vaccine and there is no cure, many will refrain from the desire to touch or be touched. In just a few months, human contact has become one of the most feared gestures. The future will not be job-free, but instead, hands-free.

Here are some predictions for the changes that might occur:

The immunity passport will be the new travel document. If you are certified to be immune to the virus, you will get a pass to resume your daily routine, and if not, you will have to stay indoors. It might even become a requirement to travel to a country.

Houses, not apartments: In times of pandemic, it is necessary to reduce contact with everything that is used in multi-storey buildings: elevators, elevator buttons, door handles, surfaces and, above all, neighbors. After forced self-isolation on different floors above the ground, often without a balcony or terrace, we will all desperately want to have a house with a courtyard and a terrace.

Smart Homes: Manufacturers of smart home will not only control the temperature of the air in the house, but also its quality. Air from the outside will, of course, be filtered. Particularly, demanding families may also create a cleaning room featuring antiseptic dispensers. Additionally, homes will also be equipped with a lamp that generates ultraviolet radiation, which can kill some harmful organisms, viruses and bacteria.

No more public spitting Now that everyone has to wear mask in public places and maintain personal hygiene, spitting could be a thing of the past.

Changing the way we learn: With schools and colleges being shut, teachers across the world are using the power of the internet to deliver educational content to a student's house. This could signal a change in the way students learn in a school after the pandemic ends.

A new normal? The demand for commercial office space will plummet. The Homes will be the new office. There won't be as many cars on the road and public commutes will be easier. With fewer people travelling to work, busy restaurants in downtown locations will be forced to scale back. Businesses will adjust by learning new ways to showcase their products transforming their existing physical store into an online shop. Airlines will have to cut capacity. The big aircraft industry will suffer as fewer planes are made. With everyone travelling less, there will be less demand for oil

Wash your hands, stay at home and let's create a new worthy life that the planet will no longer want to lose.



“संक्रमण में योग यात्रा”

डा० अनीश गर्ग
योग एवं प्राकृतिक चिकित्सक
चण्डीगढ़

मैं अपने जीवनकाल में प्रथमतः इतना लंबा संक्रमण काल देखा। और इस कोरोना संक्रमण काल में भयग्रस्त मानव घरों में कैद होकर रह गया। भागदौड़ से भरी मशीनों की जिंदगी को अचानक विराम मिल गया। सबसे बड़ी हैरानी की बात यह रही कि भीतर दीवारों में सिमटते ही हवा शुद्ध हो गई, आसमान साफ दिखाई देने लगा और पृथ्वी अपने नैसर्गिक रूप में लौट आई। सबसे महत्वपूर्ण प्रयोग रहा “स्वयं के स्वास्थ्य में सुधार करना”। जो योग साधना दिनचर्या का मात्र हिस्सा थी वह मानवीय जीवन की संपूर्ण गतिविधि बन गई। और मानवीय रोग प्रतिरोधक क्षमता में आश्चर्यजनक बदलाव देखने को मिला। कोरोना काल के सभी आंकड़े उठाकर देख लीजिए कोई भी योग साधक इस संक्रमण का शिकार नहीं हुआ।

इस काल में योग साधना शारीरिक अनुभवों से बढ़कर स्वाध्याय की ओर अग्रसर होती हुई उच्चतम शिखर को प्राप्त हुई। इस दौरान स्वयं से स्वयं का साक्षात्कार करने के अवसर मिला। अष्टांग योग के आठों चरणों का भेदन हुआ। जैसा कि एक शायर ने लिखा है, “बना ली हैं दीवारें हमने घर के दरमियां...खो गया है घर कहीं दीवारों के दरमियां” यानी भीतर जो हमने विषयों की दीवार खड़ी कर रखी थी वो धीरे-धीरे ध्वस्त हो गई। इंद्रियों के बेलगम घोड़ों की लगाम लगते ही सूक्ष्म शरीर के दर्शन होने लगे। चेतन स्तर की रंगीनियों को भूलाकर अवचेतन के भीतर के प्रकाश का उद्वम होने लगा। बस यही प्राप्ति ही तो चाहिए भी जो इस भागमभाग भरे जीवन के चलते आज अछूती थी।

हालांकि यह संक्रमण का काल पूरी तरह से गुजरा नहीं है लेकिन यह संदेश लगभग हर भारतीय के भीतर ऐप की तरह डाउनलोड हो गया है कि “करोगे योग तो रहोगे निरोग”।



योग एवं रोग प्रतिरोधक क्षमता

मोहित वसदेव
सहायक प्रोफेसर (अतिथी शिक्षक)
पंजाब विश्वविद्यालय, चण्डीगढ़

कोरोना महामारी ने सारे विश्व का ध्यान “रोग-प्रतिरोधक क्षमता” की ओर आकर्षित किया। जहाँ सारा विश्व ‘रोग-प्रतिरोधक क्षमता’ को लेकर अनुसंधान कर रहा है, ऐसे समय में मनुष्य योग-बल का सहारा लेकर अपने को निरोगी रख सकता है। माधव निदान तथा अष्टाङ्गहृदय में कहा भी है कि “रोगाः सर्वेऽपि मंदेऽग्नौ” अर्थात् सारे रोग अग्नि की मन्दता के कारण उत्पन्न होते हैं। आयुर्वेद में शरीर और मन की अपना-अपना कार्य करने की शक्ति-क्षमता तथा रोग-प्रतिबन्धक शक्ति, इन दोनों के लिए ‘बल’ शब्द का प्रयोग है। बल को प्राण भी कहते हैं। शरीर की शक्ति को शारीरिक बल और मानसिक शक्ति को सत्त्व बल कहते हैं।

सहज (प्राकृत-स्वाभाविक), कालज और युक्तिकृत-भेद से बल तीन प्रकार का होता है। सत्यक् आहार और सम्यक् चेष्टा-व्यायाम (योग अभ्यास) से जो बल प्राप्त होता है उसको युक्तिकृत बल कहते हैं। अतः उचित आहार-विहार तथा नियमित योगाभ्यास से युक्तिकृत बल प्राप्त कर अपनी रोग-प्रतिरोधक क्षमता बढ़ा कर आरोग्य तथा समाग्न की स्थिति प्राप्त की जा सकती है।



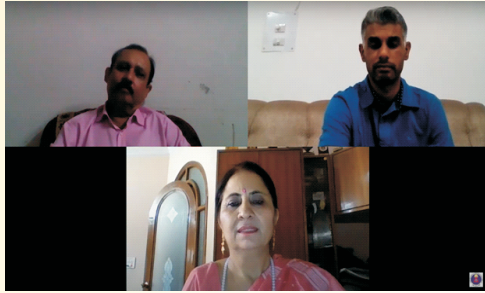
GCYEH Goes Online



June 19th, Webinar as Prelude to 6th International Day of Yoga presided by His Excellency Sh. V.P. Singh Badnore



September 22nd, Webinar on PCOS Awareness By Dr. Nirja Chawla, Gynaecologist



August 19th, Webinar on Ayurveda & Yoga By Dr. Rajiv Kapila, AYUSH



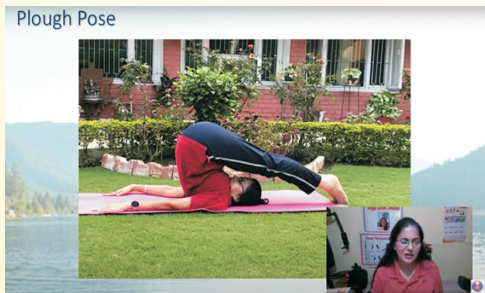
September 29nd, Webinar on World Heart Day By Dr. Sreenivas Reddy S, GMCH



September 7th, Webinar on Poshan Maah 'Eat Right, Bite By Bite' By Dt. Manisha Arora, GMSH



October 22nd, Webinar on Unlock Your Brain Potential with Yoga By Dr. Bhupinder K. Gupta, Ayurvedic Consultant



SEPTEMBER 11th, Webinar on Yoga for Mind-Ways to Keep our Brain Young By Mrs. Shalu Gupta



November 21st, Webinar on Yoga Education: A Panacea For Human Wellbeing By Prof. Karamjit Singh, Registrar, P.U.



September 14th, Webinar on Hindi Divas By Prof. (Dr.) Gurmit Singh HOD Hindi Dept., P.U.



November 26th, Webinar on Constitution Day by Hon'ble Mr. Justice Vijender Jain Former Chief Justice, Pb. & Hry. High Court

Glimpses of 2020



6th International Day of Yoga



Flag Unfurling Ceremony on Independence Day



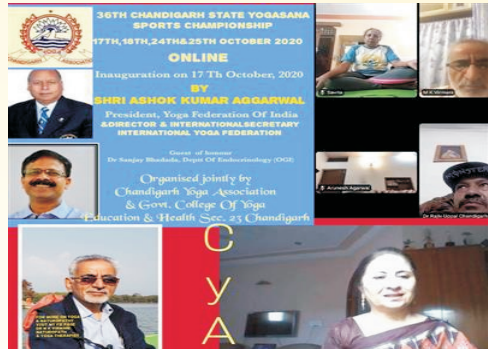
15th August : Tree Plantation by Sh. Mukesh Anand, Chief Engineer, UT



Covid Pledge Taking Ceremony



September 5th, Teachers Day Celebration



October 17th : Opening Ceremony



October 25th: Closing Ceremony of 36th Chandigarh State Yoga Championship-2020



December 2nd : Dr. Sapna Nanda Greeting Swami Ramdev along with Sh. Manohar Lal Khattar, Chief Minister, Haryana



December 14th : National Yoga Players after inauguration of practice camp by Dr. Sapna Nanda & Dr. M.K. Virmani



Potential role of Yoga in combating Covid-19 pandemic

Dr Neeru Malik

Associate Professor

Dev Samaj College of Education, Chandigarh

As per WHO, In India, from Jan 3 to 9:37am CET, 27 November 2020, there have been 9,309,787 confirmed cases of COVID-19 with 135,715 deaths.

The spread of Covid-19 has put the focus on building immunity and modern science lets us understand the workings of those yoga methods that have become the test of time, if done properly contributes immensely to immunity building. Our immune system illustrates our body's intrinsic ability to heal. It fights foreign invaders by sending an army of white blood cells through the bloodstream and a fluid called lymph through our lymphatic system. Lymph nodes become sensitive and swell in response to illness, stress, or infection; this is a sign that our lymphatic system is working to flush out infection-causing bacteria, viruses, dead or diseased cells, and other antigens substances that trigger an immune response. Asana and pranayama aid this filtering process by encouraging flow and movement of lymph.

During lockdown most of the individuals have experienced the feeling strong and often uncomfortable emotions during challenging times which is completely natural. And while it may be tempting to suppress anger, sadness, grief and frustration, mental health experts say that doing so can physically stress your body and negatively impact your immunity and well-being. When your body is under significant physical or emotional pressure, it has to work harder to find and maintain balance. To overcome this, fortunately, yoga can help us regain equilibrium during stressful seasons and transforms distress into eustress, known as beneficial stress that helps build resilience. So try to embrace feeling unsettled and rely on your practice to help you navigate these difficult emotions. "Due to muscular action, there is a great impact on lymphatic fluids. These have infection-fighting properties which are important in building immunity," says Dr. Deepashree M.R., wellness advisor at Atmantan, a luxury health resort near Mumbai.

Even the United Nations on its COVID-19 response portal, offers short yoga and meditation resources. In its publication, 'Global Action Plan on Physical Activity 2018-2030: More Active People for a Healthier World', the World Health Organization talks of yoga as a means to improve health, reflecting the growing awareness about its benefits. During the Covid-19 crisis people have lot of spare time for themselves and yoga, they experience the discovery of many aspects of yoga beyond the poses that enhance their quality of life.

Yoga is an Indian ancient system which prevails approximately 5000 years ago. It was first mentioned in Rig Veda, a collection of texts that consisted of rituals, mantras and songs which was mainly used by Brahmans, the Vedic priests. Yoga was slowly developed by Brahmans who eventually documented their practices and beliefs in the Upanishads that has over 200 scriptures. Yoga is primarily a spiritual discipline that concentrates on subtle science that focuses on achieving harmony between an individual's mind and body. The word Yoga is derived from the Sanskrit root "Yuj" which means join or unite. According to the Yogic scriptures, the practice of Yoga leads an individual to the union of consciousness with that of universal Consciousness. It eventually leads to a great harmony between the human mind and body, man & nature. Especially, Yoga popularity reign massively after

declaration of International Yoga Day by the United Nations in which 177 countries voted in favor of 21st June every year to be celebrated as International Day of Yoga. The beneficial role of Yoga in building the overall health (physical, mental, emotional and spiritual) of the individual was well documented in the previous published literature. Presently, the whole world is struggling with the Coronavirus disease (Covid-19) with no vaccine available till now. Yoga might have the potential in combatting with the virus by promoting the immunity level of the individual. Covid-19 is an infection which leads to variety of respiratory problem, heart problems, thickness of the blood/blood clotting and sicknesses, ranges from mild to moderate symptoms. People with medical condition like Diabetes, Hypertension, Cancer and Cardiovascular diseases develop the more severe symptoms of Covid-19. This global pandemic (Covid-19) also escalates the psychological problems like stress and anxiety among the individual.

Yoga might have the potential in improving the immunity level of the individual along with its promising role in improving the condition related with the respiratory illnesses. The beneficial role of Yoga in reducing stress and anxiety was also supported in previous literature. The soothing effect of Yoga on stress and anxiety helps in mental and spiritual health and is helpful in promoting immunity of the individual. Consequently, immunity level of the individual helps in fighting the infections. However, the dysfunctional immune system is one of the key features of Covid-19. The previous studies done in past also shows that yoga which is a combination of asana, pranayama and meditation helps in building immunity which results into reducing the vulnerability of the infections. Pranayama, which is a set of breathing exercises shows the beneficial impact on respiratory system and need to be included in the daily regime of the people. The trend of Yoga classes through online mode is also increasing enormously which was seen as a convenient tool in the present pandemic by following the social distancing norms. The people can practice Yoga at home and work place with the help of variety of online modes of Yoga classes. The role of Yoga in Covid-19 situation needs to be elucidated by the extensive research. Currently, we need to focus upon the preventable part of Yoga by focusing on the already understood role of Yoga shown in previously published literature on regulating stress and immunity level of the individual in the Covid-19 condition.

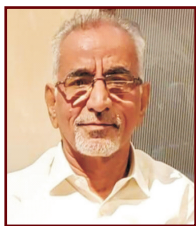


एक श्रद्धांजलि

आज अस्पताल का एक सफेद कोट शहीद हो गया,
फरिश्ता जो हमें बचाने आया था, जाने कहाँ गया।।
रोज़ वो आकर सबकी, उखड़ती साँसे चलाता था,
घर जाकर, अपने बच्चों को छू भी न पाता था।।
क्या कहें जाकर, अब उसके परिवार को,
कभी न चुका पायेंगे, उसके इस उपकार को।।
उसको दें श्रद्धांजलि, सफेद कोट का करें सम्मान,
करे न उससे कोई हमला, मानवता को ये अपमान।।
हमारी जिंदगी और मौत के बीच, खड़ा जो बनके ढाल,
आया था वो बनके फरिश्ता, मगर था वो भी इंसान।।

शालू

ROLE OF YOGA AND NATUROPATHY IN PREVENTION AND TREATMENT OF COVID-19



Dr. M K Virmani

Chairman
Chandigarh Yoga Association

The studies reveal that the effect of COVID19 is different on different people, thereby suggesting that those with great vitality are able to fight it strongly. Since Yoga and Naturopathy work on enhancing the vital power (also called immunity), both have acquired great role and attracted the world's attention towards itself. The Ministry of Ayush has also circulated guidelines for improving vital force as a safeguard against the virus. A few of the important guidelines are as under:-

Improving Mucosal Immunity

1. Gargling with hot saline water.
2. Nasal irrigation with warm saline water followed by ghee application to nostrils to reduce nasal congestion.
3. Neti Kriya followed by Kapal bhati kriya twice a week to reduce airway reactivity.
4. Aromatherapy to improve mucosal immunity. Aromatic oils for inhalation such as peppermint oil, eucalyptus oil and tulsi.

Naturopath Nutrition

1. With balanced diet consisting of plenty of fruits and vegetables.
2. Food rich in proteins, glucose, vitamins C & D are recommended for faster recovery from viral infections.
3. Intermittent fasting or lemon juice fasting a day in a week to reduce oxidative stress, improve autophagy and improve immune homeostasis.
4. Regular exercise to improve circulation and immune homeostasis and keeping the allergies away.

Reducing Stress

1. Psychological stress can increase susceptibility to infections. Regular practice of Yoga is beneficial in combating stress.
2. Loosening, breathing exercises 5 minutes, Surya Namaskar 6 rounds-6 minutes, yogic relaxation techniques-5minutes, Kapalbhati- 5 rounds followed by Nadishodhan pranayama-9 rounds, Ujjai Pranayamas 9 rounds and Baramari 3 rounds.

Improve Sleep

Poor sleep can increase susceptibility to respiratory infections. Regular healthy sleep hygiene with 8 hours of sleep is essential to modulate immunity. Hot foot immersion with cold compress to head for insomnia. is recommended.

Improve Fitness

1. Regular moderate intensity exercise such as walking 30 minutes daily prevents incidence of respiratory infections.
2. Endurance exercise to improve stamina and cardio respiratory infections.

Measures for Symptom Management

1. Steam inhalation with tulsi, peppermint and eucalyptus oil.
2. Nasal irrigation with warm saline water. Or Neti Kriya-jalneti followed by Kapalbhati.

Sore Throat

Hot saline water gargles, Gargling with neem water decoction with honey. Coriander and turmeric kashayam with black pepper.

Expectorant Cough

Chewing ginger. It is rich in cineole which is an anti inflammatory, antispasmodic, antitussive expectorant.

Dry Cough

Ginger kashyam with honey, cloves, cinnamon, turmeric and pepper for dry cough in milk.

Headaches

1. Hot foot immersion for headaches with cold compress on head.
2. Aromatherapy with tulsi or lavender oils.

Fever

Cold chest pack, cold sponging.

Chest Congestion

Cold chest pack, Hot fermentation to chest and upper back. Hot foot immersion. Steam inhalation with tulsi or eucalyptus oil.

Malaise and Fatigue

1. Natural vitamin C glucose and Vitamin D.
2. Lemon water with honey to boost immunity.

Stress, Anxiety and Depression

1. Aroma therapy with lavender, basil or lemon grass oils (Inhalation/Steam inhalation)
2. Yoga therapy module:- Hands in and out breathing, hands stretch breathing,
3. Bhujangasana breathing, Shalabhasana breathing, tiger breathing.
4. Surya Namaskar, Ardha chakrasana, Trikonasna Sulabha matasyasana, Makarasana, Bhujangasana, Shalabhasana. Ardha matseyenderasana, Shashankasana with Om chanting.
5. Pranayamas- Bhastrika, Ujjayi, Nadishodhan, Bhramari (9 rounds each)
6. Yogic relaxation techniques- Muscles relaxation, breath awareness relaxation, deep relaxation.

AYUSH has also recommended some do's and donts which are as under:-

Do's

1. Drink plenty of warm water, lemon or fresh citrus juices with honey or jaggery.
2. Add spices in your daily food (jeera, turmeric, ajwain, cinnamon, cloves, cardamom etc.
3. Food low in oils and fats like dalia, idly, khichadi etc.
4. Have protein rich (dal khichadi, boiled legumes) and fibre rich foods, millets, vegetable soups.
5. Have plenty of colored fruits and vegetables; have boiled vegetables as curry or sambhar,
6. Consume alkaline rich foods.
7. Have zinc and selenium rich foods like oats, spinach, beans, milk, cheese, pumpkin seeds, cashews etc.

Dont's

1. Avoid cold beverages, canned juices and aerated drinks, coffee.
2. Avoid refined sugar
3. Avoid confectionary and bakery products.
4. Avoid sweets, chocolates, ice creams.
5. Avoid oily snacks and junk foods.
6. Reduce salt intake.
7. Reduce the amount of vegetable oils.
8. Avoid food in eateries.
9. Avoid smoking and alcohol.

In case we follow these instructions and change our life style, we can protect ourselves from any types of infections including COVID19. Those who have recovered from COVID 19 must also follow these instructions as the recent research has shown that the virus has a tendency to infect again.

Whether or not we get vaccines or medicines for Novel CORONA, change in our life style is bound to safeguard ourselves.

Remember- Prevention is always better than cure.



Test Your Knowledge

Q1.The word “Nadi” is derived from the word “Nad” which means

- A. To flow B. To blow
C. To Run D. To carry

Q2.What is not the three Gunas?

- A. Sattva B. Rajas
C. Tamas D. Ekagra

Q3.The meaning of prana is

- A. Vital Energy B. Air
C. Oxygen D. All of the above

Q4.Shatkarmas are the techniques used for

- A. External Cleansing
B. Cleansing of GIT
C. To remove the excessive doshas from all parts of the body
D. To clean the mind

Q5. Name the Chakra that is situated in the heart region.

- A. Muladhara B. Manipur
C. Vishudhhi D. Anahat

Q6. Which of the kriya is beneficial for reducing excess fats from the body.

- A. Neti
B. Trataka
C. Kapalbhathi
D. None of the above

Q7. Which veda mentions about the elements of yoga?

- A. Atharva Veda B. Rig Veda
C. Sama Veda D. Yajur Veda

Q8.The word “Yoga” comes for Sanskrit. What is the literal meaning of this word?

- A. Hindu system of philosophy & meditation
B. Inner peace & tranquility
C. Joining together
D. Controlled breathing

Q9. What is the meaning of word 'Hatha'?

- A. Fire and water B. Sun and moon
C. Yin and Yang D. Earth and wind

Q10.Karma Yoga is the path of?

- A. Intellect B. Actions
C. Emotions D. Willpower

Saryu Swatantra
B.Ed. Semester III

Answers:

1. A, 2. D, 3. A, 4. C, 5. D, 6. C, 7. B, 8. C, 9. B, 10. B

Immunity Boosting Recipes

Orange and Grapefruit Citrus Explosion Juice

With an explosion of vitamin C, this juice acts as a very reliable immunity booster and is most beneficial when consumed fresh. A deficiency of vitamin C can lead to impaired immune response, inability to fight infections and delayed wound healing. It is an essential vitamin and helps build body's fighting capacity against pathogens.

Ingredients

- * 1 orange, peeled
- * 1 grapefruit, peeled
- * ½ lemon, juiced
- * 1 cup pineapple juice
- * ½ cup coconut water
- * 1 tsp ginger, peeled and grated
- * 1 tsp apple cider
- * 2 tbsp raw honey
- * Small pinch of cayenne pepper (optional)

Method

- * Pop all of the ingredients into a high powered blender and blend until everything is combined.
- * There may be a bit of citrusy 'foam' on top when you serve. You can scoop this out or just mix it into the juice and enjoy.

Turmeric Tea

Turmeric is a staple spice which you will find in all Indian Kitchens. In India, we have been using Turmeric for centuries. These bright yellow roots are even added in Ayurvedic medicines. Nowadays turmeric kadha has become an essential part of “new normal” regime as an immunity builder to fight against covid 19 pandemic.

Ingredients

- * Lemon grass 2 leaves
- * Tulsi leaves 10-15 leaves
- * Choti elaichi 2 pieces (small cardamom)
- * Moti elaichi 1 piece (black cardamom)
- * Laung 1 (clove)
- * Giloy
- * Turmeric

Method

- * Boil 4 cups of water
- * Add 1 to 2 teaspoons of ground, grated, or powdered turmeric, lemon grass springs, tulsi leaves, small and black cardamom, clove and giloy (stem or leaves)
- * Allow the mixture to simmer for approximately 10 minutes
- * Strain the tea into a container and allow it to cool for 5 minutes

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