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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 “stay fit” mantra seems to have found renewed salience in the present pandemic context in India and globally as people find themselves amidst fear and uncertainty. The call to nurture ourselves has emerged as an exhortation to stay healthy during the ongoing times. It has also significantly managed to bring the attention to our immune system as we encounter the growing number of deaths across the globe. There is a clear understanding that those with a compromised immune system are more vulnerable to the onslaught of the virus. In the present scenario, “boosting”, “supporting” and “strengthening” the immune system through lifestyle practices of Yoga, diet and meditation have garnered a new appeal in the lives of people.

Yoga, as a system of mind–body medicine has gained eminence and acceptance worldwide over a span of time. Yogic practices have been professed, proclaimed and proven to be highly effective and time tested natural immunity booster that can help in disease prevention and health promotion. A holistic uplifting approach of yoga works at all the levels of an individual, thereby reducing the stress level, a primary reason for the weak immune system. Yoga’s primary objective is lifestyle intervention, giving knowledge about the art of right living so that one achieves complete well-being. This wellbeing can be achieved by adopting a healthy lifestyle, nutritious diet, maintaining regular Yoga practice, getting plenty of sleep and minimizing stressors.

The unprecedented challenge of the times has thrust new reckonings upon us. Yet, this is also the time to interrogate understanding of the body and immunity. In this context, Yoga and allied practices are key to achieving our full potential. To reap the immune-boosting results of Yoga, be sure to maintain a daily practice with consistency and perseverance.

Sapna Nanda





Role of Three Upastambha of Ayurveda for Immunity Building In Covid – 19

Manish Kumar
Project Research Assistant, Government College of Yoga Education and Health.

The ancient Ayurvedic literature Charaka Samhita draws a parallel between the human body and a structure. For the support of any structure, pillars are required. Sthambha is the Sanskrit word meaning pillar. According to Ayurveda, healthy health requires three Sthambhas (i.e. pillars) and three Upastambhas (supporting pillars) to be in perfect working order. Trayopastambha is a compound of the words Traya and Upastambha. Upastambha means supporting pillars and Traya means three. The three Doshas Vata, Pitta, and Kapha make up the three Sthambha. Aahaara (Food), Nidra (Sleep), and Bhramacharya (Celibacy) are the three Upastambha.

There are three poles for a balanced healthier existence, according to Classical Ayurvedic reference:-

1. Ahara (Food) 2. Nidra (Sleep) 3. Brahmacharya (Shukra raksha and happiness).

1. Ahara (Food) – Ayurveda's first and most important pillar is a well-balanced diet. A well-balanced diet provides humans with adequate amounts of proteins, carbohydrates, vitamins, and lipids. Ahara is mostly a preventative force. Ayurveda is the first line of defence in the establishment and maintenance of optimal health, as well as the alleviation of sickness symptoms.

According to Ayurveda, there are eight key aspects to keep in mind when ingesting any type of food.

- | | | |
|---|----------------|------------------|
| 1. Nature | 2. Preparation | 3. Combination |
| 4. Quantity | 5. Habitat | 6. Dietary Rules |
| 7. Condition of the person eating food. | | |

2. Nidra (Sleep) - Sleeping for long periods of time or sleeping late in the morning disrupts the daily rhythm and has a negative impact on health. Lethargy, a burning sensation in the eyes, a headache, and bodily aches are all symptoms of insomnia (a lack of enough sleep). When the mind and sense organs become tired, sense organs are unable to conjugate with their objects, and this exhaustion of the mind and sense organs results in sleep. The qualities of mind are Satva, Rajas, and Tamas. Tamas quality promotes sleep, whereas Satva guna promotes awakening.

3. Brahmacharya (Shukra raksha and happiness) - Shukra Raksha is represented by the word Brahmacharya. Shukra is the excellent quality of the last digestive product of meal. One of Ayurveda's three foundations is Brahmacharya. Brahmacharya is a Sanskrit word that means "great-awareness movement. In a Brahmacharyashram, the term "Brahmacharya" refers to a person's commitment to obtaining an education. This knowledge or education that is required to obtain eventual means, such as a business, a career, or a trade, must be maintained during this period, hence Brahmacharya is defined as abstinence from all other distractions.

Physical, mental, ethical, social, and spiritual well-being are all addressed in Ahara, Nidra, and Brahmacharya. The Ayurvedic principle of "Ati Sarvatra Varjayet," in which "Ati" refers to excess in any situation in life, including Ahara, Nidra, and Brahmacharya. All of this points to the three triads' enhanced functioning. Spirituality is enhanced by the practice of these three sub pillars, which includes strength, longevity, vitality, money, wisdom, undying fame, virtues, and commitment to the truth.



Modern Lifestyle Diseases and Yoga

Pooja Heer
Student
B.Ed. (Yoga) IInd Year

Lifestyle diseases can be defined as diseases linked with one's lifestyle. They are noncommunicable diseases. They are caused by lack of physical activity, unhealthy eating, alcohol, drugs etc. which can lead to heart disease, stroke, obesity, type 2 diabetes, cancer etc. Many people nowadays consume more meat, dairy products and alcoholic beverages. They have also developed sedentary lifestyles and greater rates of obesity. According to a report published by ICMR (Indian Council of Medical Research) in 2017, 3 of the 5 leading individual causes of disease burden in India were non-communicable. Yogic remedies for lifestyle diseases

Diabetes:

Asana: General – Surya namaskara, tadasana, yogamudrasana, shashankasana, supta vajrasana, paschimottanasana, bhujangasana, ardha matsyendrasana, halasana, sarvangasana, matsyasana, gomukhasana, shavasana.

Pranayama: Nadi shodhana, bhramari, bhastrika, ujjayi.

Shatkarma: Laghoo shankhprakashalana, kunjaj, neti.

Diet: Food restrictions should be followed.

Meditation: Ajapa japa, yoga nidra.

Hypertension:

Asana: ananda madirasana, siddhasana, shavasana

Pranayama: Nadi shodhana (without kumbhak) sheetali, seetkari, ujjayi, bhramari.

Meditation: Yoga nidra, meditation.

Obesity:

Asana: vajrasana, surya namaskara, dynamic pada hastasana, druta halasana, vipareeta karani asana, matsyasana.

Pranayama: All pranayamas, especially bhastrika, sheetali or seetkari.

Diet: Avoid oily, fried or starchy foods, oscillating between fasting and overeating, eating between meals.

Insomnia:

Asana: shashankasana, shavasana, sirshasan, chander Namaskar.

Pranayama: Bhramari, ujjayi, abdominal breathing in shavasana before going to sleep.

Shatkarma: Trataka.

Meditation: Yoga nidra before sleep.

Thyroid and Parathyroid:

Asana: Surya namaskara, inverted asanas especially sarvangasana, halasana, matsyasana, supta vajrasana, yogamudrasana, all backward bending asanas especially grivasana.

Pranayama: All pranayamas, especially ujjayi, bhramari, bhastrika with bandhas, moorchha pranayama.

Mudra: Pashinee and vipareeta karani mudra.

Bandha: Jalandhara bandha.

Shatkarma: Neti, kunjaj.

Meditation: Yoga nidra, ajapa japa.



Maiden Endeavours

1. Tricity's first Solid Waste Management Project launched at GCYEH
2. With the initiative of Yoga Eco Club of the college, Clean and Green Chandigarh Project has been launched.
3. GCYEH received its first ever Research Project under SATYAM sponsored by Ministry of Science and Technology.



Aum- The Essence of The Vedas

Neha Sharma
Student

PGDYT, Semester-II

The Pranava or Aumkara has a unique place in the culture and religions of India. It is taken as the essence of the Vedas. To quote the kathopanishad (Yajur Veda) :

**Sarve veda yatpadam amananti,
Tapamsi sarvani ca yadvadanti,
Yadicchanto brahmacharyam caranti,
Tatte padam sangrahe na bravimyomityetat.**

"I tell you briefly of that goal, which all Vedas with one voice propound, which all the austerities speak and wishing for which people practice Brahmacharya. It is this, viz. Aum."

As Pranava is the Brahman itself, the works on Pranava in Indian literature, Hindu religious scriptures and Buddhist and Sikh scriptures are vast and are very widely referred to by all secondary literature.

The entire Mandukya Upanishad is a treatise on Aumkara with its matras of A, U and M, equating them with, the wakeful, dream and dream-free sleep states of consciousness, the fourth unexpressed standing for the Turiya. Gaudapada's karika and Shankara's commentary on the text throws significant light on Pranava.

It is in the Taittiriya Upanishad that we find the reference to the vyahritis, namely, Bhuh, Bhuva, Svaha, being equated with the A, U and M of Pranava, the fourth state being equated with Maha.

The Chhandogya Upanishad expatiates on the application of Pranava in vedic rituals, as one getting the performer of sacrifices, both the worldly and spiritual rewards.

Therefore, it is natural that the Vedas themselves should praise Pranava and ask students to chant it twice for every mantra. (Panini -Ashtadhyayi).

The Aitareya Brahmana of Rig Veda, the Satapata Brahmana of Yajurveda and the Gopata Brahmana of Atharva Veda praise Pranava and describe it as composed of Vyahritis churned out of the Vedas themselves.

The Upanishads invariably describe Pranava as verily the Brahman itself, a fact reinstated by the wonderful summary of the Upanishads- Bhagawad Gita.

The later Upanishads namely the Yoga Upanishad, the Vaishnava Upanishads and the Saiva Upanishads take up the theme and identify Pranava with the ultimate state of consciousness, Vishnu or Shiva.

Therefore, apart from the main Upanishads, namely Isa, Katha, Chhandogya, Mundaka, Mandukya Prasna and Taittiriya which praise Aumkara, the other upanishads, Dhyana Bindu, Nada Bindhu, Yoga Chudamani, Yoga-tattva, Amrita Nada Upanishad describes in extenso the beneficial results of meditation on Aumkara.

The Pranavopnishad, Atharvasirsa Upanishad, Brahmavidya Upanishad, Narada Parivrajaka Upanishad, Akshyupanishad, Maitrayanupanishad, Atmaprabhodopanishad, Brahmabindu Upanishad, Jabaladarsanopnishad, Chamdilayopnishad, Parabrahmopnishad, Mandalabrahmanopnishad, Rudrahridayopnishad, Nrisimhapurvatapinupanishad, kshurikopnishad, Narayanopnishad and Akshmalikopnishad give in great detail the procedures of meditating on AUM, the intermediate stages, the experiences and the ultimate spiritual benefits. They form verily the manual of meditation on Aumkara.

The relation between a name and the form it stands for is the subject of great discussion in philosophy and all its branches including spiritual philosophy. In Yoga practices, this relation is of immediate and practical value. Patanjali, the great Yoga teacher, could see that the relation between a form and the name is closest in Pranava and has made use of this quality in his method of meditation. Hence his significant Sutra :

Tasya vacaka: Paranava:

(His manifesting word is AUM).

In Yoga Shastra, the role of AUM as a soothing, relaxing and unbroken thought to meditate upon, leading the Sadhaka from a state of single pointed concentration, to a thought free state, to a state of silence, to a state of Prapancha Upashama, to a state of 'Pranavyavahara Prashamana' has been given great importance. In all methods of continuous expanding of consciousness, AUM is the object of meditation.

Gayatri, the most powerful among the mantras, is an expanded version of AUM. Every deity it has its own Gayatri, the best-known being the Surya Gayatri. It is used variously in Japa, homa, etc., thus linking the philosophical and spiritual content of AUM with the ritualistic aspect of the Vedas.

The Vedas lay great emphasis on Aumkara Dhyana along with self-control and self-enquiry. Eashwara is in the form of Aumkara. The Rig Veda describes AUM as the Imperishable Brahman, the abode of all the worlds and all the Devas. All the Brahmanas of the Vedas describe Aumkara as the source of entire creation. The knowledge of Aumkara is a pre-condition of all Vedic knowledge. The Vedas praise Pranava as a symbol of acceptance and accord. According to Panini, every Veda Mantra should be started with AUM and should conclude with AUM while chanting. The vedic literature uses the name of AUM, Udgitha, Pranava, Svara and Akshara as the different names of Aumkara. The Chhandogya Upanishad praises Aumkara as Udgitha and calls it the Essence of five elements of the creation and it is the quintessence of the essences, the Supreme.

A famous Mantra of Mundaka Upanishad praises AUM thus:

"AUM is the bow, the soul is the arrow and Brahman is called its target. It is to be hit by an unerring man. One should become one with the target like an arrow.

"Within that (heart) in which are fixed the nerves like the spokes on the hub of a chariot wheel, moves this aforesaid self by becoming multiformed. Meditate on the self thus with the help of AUM. May you be free from hindrances in going to the other shore beyond darkness."

The Katha Upanishad terms Aumkara as the Essence of all the Vedas.



हे प्रकृति

हे प्रकृति, मानव जाति का शत-शत कोटि प्रणाम,
बस जीवन का, एक और मौका दे दो तुम वरदान ।।
भीड़ में इतनी तेज़ी से, दौड़ रहा था हर इंसान,
ठहर गया, अब समझ गया रफ्तार का अंजाम ।।
नादान था वो, ना किया तुम्हारे नियमों का सम्मान,
लेकिन अब वो समझ गया है, सृष्टि का संविधान ।।
अब ना भरेगा ऐसी उड़ान, हो गया है उसको ज्ञान,
बस एक बार तुम रोक लो ये आने वाला तुफान ।।

शालू

Glimpses of 2021



Commencing the new year with Hawan Ceremony



Five Day Workshop on "Yoga-The Scientific Way of Living"



World Dietetic Day Presided over by Dr. Amandeep Kang, DHS, UT Chandigarh



Celebration of 11th National Voter's Day
Chief Guest : Mrs. Madhvi Kataria, IAS, Addl. Chief Electoral Officer, Punjab



Flag Hoisting by Sh. Sarpreet Singh Gill, IAS
Education Secretary, UT Chandigarh on Republic Day



His Excellency V.P. Singh Badnore
Governor of Punjab releasing the book
authored by Dr. Sapna Nanda



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



Tricity's First Solid Waste Management Project
Inaugurated by Sh. Debendra Dalai, IFS, CCF



Philanthropic Event Organised in collaboration
with NGO "New Thought New Hope"

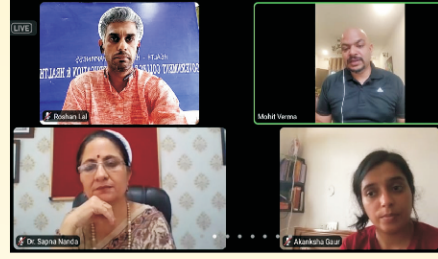


Three Day Workshop on
Heartfulness Meditation Conducted
by Brig. Narinder

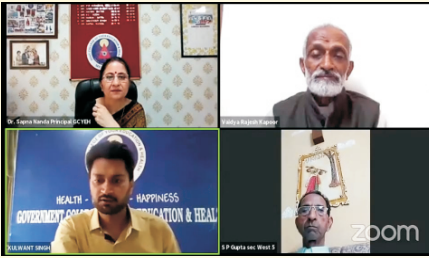
Outreaching the Masses Digitally



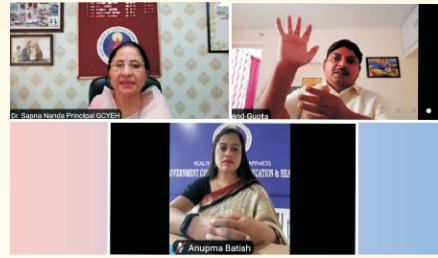
International Webinar by B K Sister Shiwani
Presided by Sh. Manoj Parida, IAS,
Adviser to Administrator UT Chandigarh



Webinar on "Drug Abuse" by
Mr. Mohit Verma, Asst. Prof.
Public Administration Department



Webinar on "Immunity Boosting" by
Vaidya Rajesh Kapoor,
President Seva Sikh Sansthan



Webinar on "Enhancing Immunity
and Wellness through Alternative Therapies"
by Dr. Parmanand Gupta,
Chief Coordinator ASPEUS



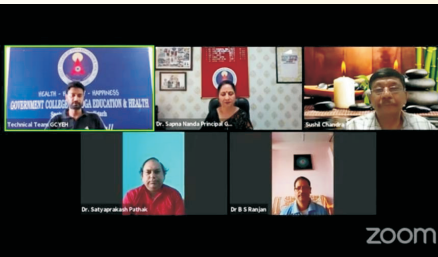
Webinar on "Understanding the Science
of Yoga" by Dr. Ishwar Basavaraddi, Director,
Morarji Desai, National Institute of Yoga



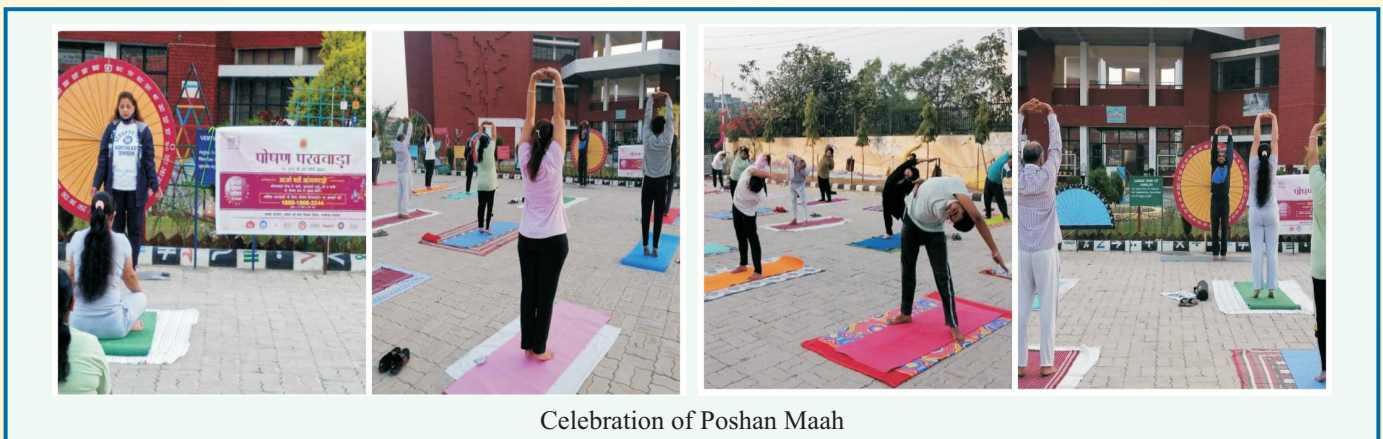
Workshop on "Psycho-social support
for Covid-19" by Mr. Samarth Sharma
MGNCRE, Govt. of India



Webinar on "Principles and Practices
of Yoga Therapy"
by Mrs. Amudha Narayanan, YogaTherapist



One week National Workshop on "Yoga-An Elixir
for Holistic Health and Wellbeing"



Celebration of Poshan Maah



Self-Realisation Through Yoga

Kritika Batra
Student,
B.Ed. Yoga, IInd. Year

Self- realisation is an art that requires complete willingness and surrender towards finding the 'self'.

This not only involves analysing one's strengths, weaknesses, opportunities and challenges/threats (something that we refer to as SWOC OR SWOT Analysis in psychological terms) but also pushes one to find the 'self' on a subtle level. This is where the soul (atman) lies- in it's purest, untouched form. When one realises that the body is just a gross element of a much deeper state of existence (the soul) that lies within, one realises that he is a very small part of an infinite ocean of consciousness. In other words, everything that has 'soul' in it has originated from that single 'Universal Soul or Consciousness' (paramatman) .Everything is connected and is ONE. This is self- realisation.

Achieving this through Yoga is not only possible, but is inevitable as it is the essence of the word 'Yoga' which comes from Sanskrit root 'yuj' which means 'to unite' or 'to join' one's consciousness with the ultimate consciousness (atman ka paramatman se milan).

According to yogic philosophy, the following 4 paths help realising the self:

- Jnana Yoga - the path to knowledge
- Karma Yoga - the path of selflessness
- Bhakti Yoga - the path of love and devotion
- Raja Yoga - the path of self control

Other than following these 4 paths, yogic practices like pratyahara (turning the senses inwards), dharna (concentration), dhyana (meditation) and samadhi (complete integration) - last four limbs of Patanjali's ashtanga yoga, definitely help in understanding the hidden secrets and shed- off all that no longer serves the 'atman' (soul).

All this can be summed up in a single quote - " self- realisation occurs when a person is attached to nothing but connected to everything."



Poshan Pakhwada Activities

16th to 31st March, 2021

1. **16th to 31st March, 2021:** Advance Yogasana camp for school students and public.
2. **22nd to 24th March, 2021:** Three day Yoga camp for girls at ASHIANA.
3. **23rd March, 2021:** One day special Yoga session for inmates and workers at Dadu Majra and Ramdarbar Anganwadi centers.
4. **25th to 27th March, 2021:** Three day Yoga camp for children at Snehalya.
5. **30th-31st March 2021 :** Yoga Camp for Public at GMHS Sector 49-D, Chandigarh



Yoga: TheTeacher of Patience

Akanksha Gaur
Student
PGDYT, Semester-II

Yoga means Yuj which is taken from Sanskrit that means Union. The Yoga has been the "Way of living the life". It has taught the different ways and techniques to make our lives better in physical, mental, social and other aspects. In ancient times; when the technology was hardly expected to be vast, people were connected to the nature and its union taught them the way of living the life i.e., Yoga. The seed which is grown under the soil takes its own time to grow from a plant to tree. The patience which that generation has possess is invisible in the generation at present as they have hardly seen that seed growing patiently. At this stage of life where the patience lacks, Yoga helps to be connected to that nature which is directly proportionate to the patience in this generation.

Either by just giving a look to the "Yog Darshan" or by decoding it, the understanding definitely helps to gain the patience. Just like an asana isn't performed in a day, the practice to have the steady posture too requires patience. To sit in a steady posture and change the behaviour of the breath with the help of pranayama needs patience. The important is getting up everyday and performing the same schedule, unaware of the results demands patience.

The Yoga has always been "The teacher of Patience". That patience which was already inside everyone but was missed due to unconsciousness, can be awaken through Yoga.



Activities in Prelude to 7th International Day of Yoga

1. **24th May, 2021:** Webinar by Dr. Ishwar Basavaraddi, Director Morarji Desai National Institute of Yoga on "Understanding the Science of Yoga".
2. **24th May-21st June 2021:** Surya Namaskar Challenge starting from 12 minutes and increasing by one minute daily.
3. **01st-20th June 2021:** Preparatory sessions for common yoga protocol by the Yoga Instructors of the College (Morning and Evening) on the college's Facebook page and Youtube Channel.
4. **7th-12th June, 2021:** One week National Workshop on Yoga-An Elixir for Holistic Health and Wellbeing in collaboration with Department of Yoga Studies, HPU, Summerhill, Shimla.
5. **14th-17th June, 2021:** Inter College Competitions - Posters/Collage Making, Quiz Contest, Declamation Contest, Surya Namaskar Yogasana Competition.
6. **18th-20th June 2021:** Three day workshop on "HOME YOGA" for parents and children at GCYEH.
7. **19th June 2021:** Webinar by Dr. Mohit D. Gupta, Prof. of Cardiology, GB Pant Hospital, New Delhi on "Magic and Power of Yoga for Healthy and Happy Life".



Yoga and the Pandemic

Saryu
Student
B.Ed. (Yoga) IInd Year

Yoga, is a word that became popular across the world in the last few years. Yoga is not only beneficial for the body but also for the mind. It helps to improve blood flow and helps in building mind clarity. For ages, yoga was known to be beneficial for our physical & mental health. It not only help us to stay calm but also help us to lose weight.

During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds.

During this time, it is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga at home.

WHYYOGA?

Continuous anxiety or stress can manifest many health conditions such as high blood pressure, muscle tension, breathing issues, etc. Stress is the element that triggers our sympathetic nervous system causing all these health issues and in such situations, yoga can help us to stay calm. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. There are a lot of yoga poses which help us to manage our blood pressure level and anxiety. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peace.

YOGA DURING THE PANDEMIC

To live through this pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul. There are different forms of yoga that can help us to stay physically strong and mentally balanced. It could also be something you can motivate others in your family & social circle to do, as it could help them get through these times easily & healthily.

Shishuasana, setubandhasana, Bhujangasana, dhanurasana and Halasana are good poses to increase immunity. Pranayamas like Bhramari, Bhastrika, Kapalabhati etc helps to increase your lung capacity. The breath also influences your mental and emotional state. When you consciously breathe more slowly and deeply, your mind also becomes calm and relaxed. And this happens very quickly. You can regain control over your mental and emotional state in a few minutes! So you have the reins to activate your body's innate ability to relax in the form of conscious breathing! This is pranayama. Meditation is the delicate art of doing nothing and letting go of all efforts to relax in your true nature, which is love, joy, and peace. The practice of meditation gives you deep rest. It is essential to reduce stress levels during these hard times and maintain mental hygiene. Just like a normal walk in the park or 30 minutes of hard-core gym exercising, Yoga brings its own flavour and benefits to the table, which can be performed by people of all ages, and provides you with a holistic sense of health, which is especially required during these times.



TEST YOUR KNOWLEDGE

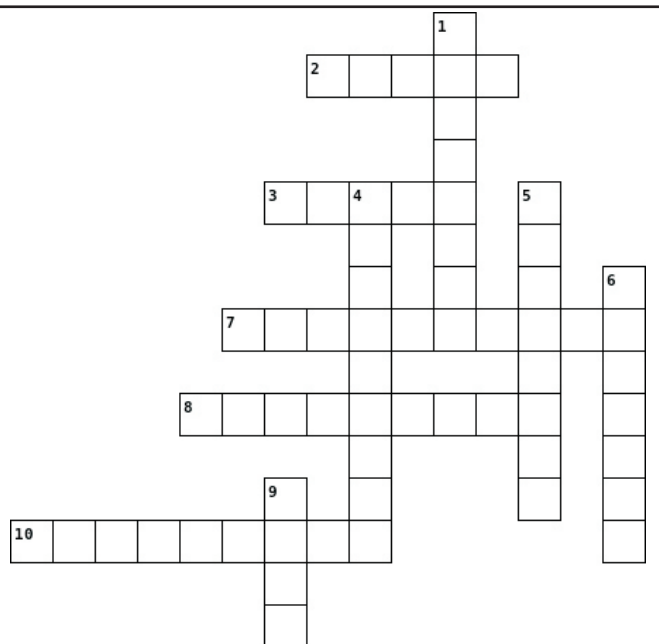
- _____ is the first collection of Sanskrit sutras on the theory and practice of yoga.
 - Gherand Samhita
 - Shiv Samhita
 - Patanjali Yog Sutra
 - Hatha Yog Pradipika
- The nadi associated with solar energy is _____. It leads the masculine and analytical principle in the person.
 - Ida Nadi
 - Pingala Nadi
 - Sushmana Nadi
 - Kundalini
- Which mudra destroys all diseases of the rectum and prevents premature death?
 - Chin mudra
 - Ashwini Mudra
 - Yog mudra
 - Nabho mudra
- _____ in ashtanga yoga deals with withdrawal of the senses.
 - Samadhi
 - Dharna
 - Dhyana
 - Pratyahara
- This asana helps regulate insulin secretion in diabetic people.
 - Ardhamatseyndrasana
 - Dhanurasana
 - Halasana
 - Konasana
- The first Yog guru is _____.
 - Gorakhnath
 - Matsyendranath
 - Adiyogi
 - Ramdev
- Practicing _____ helps remove insomnia.
 - Vajrasana
 - Vakrasana
 - Taadasana
 - Shashankasana
- Jal-kapal shatkarma cleanses the _____ from the throat and the nasal passage thus balancing the kapha dosha.
 - Mucus
 - Saliva
 - Bile
 - Blood
- The Reproductive system is associated with _____ Chakra.
 - Anahata
 - Swadisthana
 - Mooladhara
 - Ajna
- Swami Vivekanand used to practice this shatkarma to increase his concentration and one pointedness.
 - Neti
 - Kapalabhati
 - Trataka
 - Nauli

Shubham
Student B.Ed. (Yoga) IInd Year

ANSWERS-

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

YOGA PUZZLE

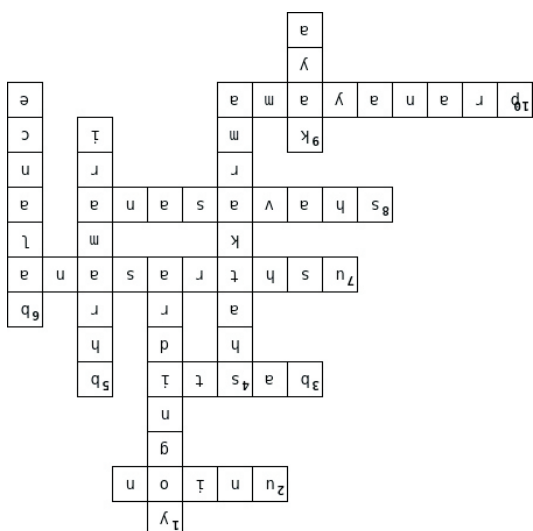


Across

2. meaning of word yog
3. yogic enema
7. the camel pose
8. supine relaxing pose
10. Breathing techniques to regulate the prana

Down

1. meditation that helps attain aims.
4. Internal cleansing techniques
5. bee sound pranayama
6. vrikshasana helps improve _____ of body and mind
9. yogmudra is a type of _____ mudra



RECIPES

MULTISEED LADOO



Calcium Rich Recipe

Serving -2

Ingredients -

Honey - 10 Grams
Flax Seeds 5-10 Grams
Sesame Seeds 10 Grams
Pumpkin Seeds 10-20 Grams

Method

- Take a pan and heat the honey on a low flame
- Take sesame seeds, pumpkin & flax seeds
- Roast them on a separate pan
- Grind the roasted pumpkin seeds separately
- Add honey to the roasted seeds and take ladoo out of it
- Coat it's outer layer with the grinded pumpkin seeds

Nutritive values per serving

Energy 173.9 kcal
Protein 4.81 g
Carbohydrates 39.4 g
Calcium 112.08 mg
Fat 9.42 g

HARE BHARE KABAB



Calcium Rich Recipe

Serving -2

Ingredients -

Bengal Garam Dal - 40 g	Peas - 10 g
Rice Flakes - 25 g	Oil - 20 g
Ragi Flour - 40 g	Salt Black Pepper - According to Taste
Coriander Leaves - 20 g	Chat Masala
Potato - 10 g	

Method -

- Clean, wash the dal thoroughly under the running water.
- Add the washed dal into the pressure cooker with enough water
- Use them once they are soft. Keep it aside.
- Soak the rice flakes in cold water for 2 min. Add this to the bowl containing dal
- Chop the coriander leaves and boil the potato, peas together
- In a bowl, mix all the ingredients except oil
- Knead them into a dough
- Shape the dough into kababs and shallow fry in oil

Nutritive values per serving

Energy 603.4 kcal	Carbohydrates 68g	Protein 14.79 g
Fat 23.19 g	Calcium 207.2 mg	