

VAC Name: Yoga
(VAC/SNC-06)



PANNA DHAI MAA SUBHARTI NURSING COLLEGE
SWAMI VIVEKANAND SUBHARTI UNIVERSITY, MEERUT



Value Added Course

Course Coordinator:

HoD:- Medical Health Nursing

On

YOGA

From
October
2018

Beneficiaries: GNM & B.SC (N) I Year (2018 Batch)

Venue:

Multipurpose Hall, Panna Dhai Maa Subharti Nursing College

Date: 8-16 October 2018 (8-10am)

YOGA

What is YOGA?

Yoga is the physical, mental and spiritual practices which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.

Origin:

Yoga is the stilling of the changing states of mind.

The origins of Yoga are a matter of debate. It may have pre-Vedic origins.

Terminology In Vedic Sanskrit, the meaning of word Yoga is "to add", "to join", "to unite" or "to attach".

Purpose:

The ultimate goal of Yoga is Moksha (liberation) through the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

History:

Several seals discovered at Indus Valley Civilization sites depict figures in positions resembling a common Yoga or meditation pose. Reception in west , Gurus from India introduced Yoga to the west following the success of Swami Vivekananda in the late 19th and early 20th century. In 1980's , yoga became popular as a system of physical exercise across the western world. This form of Yoga is often called Hatha Yoga.

Benefits:

Many studies have determined the effectiveness of Yoga as a complementary intervention for cancer , asthma and heart disease.

In a national survey, long-term Yoga practitioners in the United States reported musculo-skeletal and mental health improvements.

Yoga techniques:

There are different yoga techniques. The most common among them are: Surya namaskar, Meditation, Pranayama

Surya namaskar : It is a salutation to the sun. It is known to ease stress and give you peace of mind besides increasing your levels of concentration.

Dhyana(meditation) : It is the state of mind wherein there are no sensory thoughts. It leads to a deeper level of relaxation, reduces anxiety, decreases muscle tension and headache.

Pranayama : It means “a pause in the movement of breath”. It increases the spiritual power and confers cheerfulness and inner peace.

1. Astanga Yoga (eight fold Yoga) Φ Yama Φ Niyama Φ Asana Φ Pranayama Φ Pratyahara Φ Dharana Φ Dhyana Φ Samadhi
2. Yama (The five Commandments for Social Discipline) 1. Ahimsa (Non-violence), 2. Satya (Truth) 3. Asteya (Non-stealing) 4. Aparigraha (None-accumulation of wealth etc..) 5. Brahmacharya (Continenence / Celibacy) The society is at peace if these social restraints are practiced by every citizen. Astanga Yoga (eight fold Yoga)
3. Surya Namaskara → A good example of Asanas can be seen in the practice of Surya Namaskara (Salute to the sun). It only involves forward and backward bending but the practice can also include additional elements such as breath synchronisation, mantra repetition, Chakra concentration. → This takes the simpler version to a more absorbing sophisticated version. → The following pages describe the full practice which is essentially a classical method of preparation, for advanced Yogas such as Kundalini Yoga and Kriya Yoga.

Surya Namaskaras

Asanas (Postures)

Position 1 - Pranamasana (Prayer Pose) | Breath Exhale | Chakra Anahata | Surya mantra Om Mitraya Namaha | Bija mantra Om hram | Muscles postural, from soles of feet to crown of the head | Organs/glands cerebellum, thymus | Benefits establishes balance, concentration ,calmness | Spiritual raising consciousness to higher levels of awareness

Position 2 - Hasta Utthanasana (Raised Arm Pose) | Breath Inhale | Chakra Vishuddhi | Surya mantra Om Ravaye Namaha | Second mantra Om hrim | Muscles back, shoulders, arms, chest, abdomen | Organs/glands kidneys, intestines, lungs, adrenal glands , thyroid / parathyroid, | Benefits opening emotionally, corrects poor posture | Spiritual Invoking the grace and power of higher forces

Position 3 - Padahastasana (Hand to Feet Pose) | Breath Exhale | Chakra Swadhisthana | Surya mantra Om Suryaya Namaha | Second mantra Om hroom | Muscles hamstrings, buttocks, back,

neck, shoulders | Organs/glands GIT, kidneys, thyroid | Benefits improves digestion, circulation & respiration | Spiritual surrender to the powerful forces of gravity

Position 4 - Ashwa Sanchalanasana (Equestrian Pose) | Breath inhale | Chakra Ajna | Surya mantra Om Bhanave Namaha | Second mantra Om hraum | Muscles legs, buttocks, abdomen, thorax and neck | Organs cerebellum | Benefits sense of balance, centre of gravity | Spiritual removes darkness from delusions

Position 5 - Parvatasana (Mountain Pose) | Breath exhale | Chakra Vishuddhi | Surya mantra Om Khagaya Namaha | Second mantra Om hraum | Muscles legs, buttocks, abdomen, thorax and neck | Organs cerebellum, tones spinal nerves | Benefits sense of balance, centre of gravity, improves circulation | Spiritual Salute to the one by whom time is measured

Position 6 - Ashtanga Namaskara (Salute With 8 Points) | Breath retain breath (out) | Chakra Manipura | Surya mantra Om Pushne Namaha | Second mantra Om hraha | Muscles legs, buttocks, abdomen, thorax and neck, shoulders, forearms | Organs recharges solar plexus, stimulates metabolism, Adrenal glands, Kidneys | Benefits strengthening and nourishing the body | Spiritual Salute to the giver of strength

Position 7 - Bhujangasana (Cobra Pose) | Breath inhale | Chakra Swadhisthana | Surya mantra Om Hiranya Garbhaya Namaha | Bija mantra Om hram | Muscles stretches abdomen ms, anterior neck ms strengthens posterior back ms | Organs kidney and liver, digestive system | Benefits Good for asthma, constipation | Spiritual praying to the awakening of creativity

Position 8 - Parvatasana (Mountain Pose) | Breath exhale | Chakra Vishuddhi | Surya mantra Om Marichaye Namaha | Bija mantra Om hrim | Muscles legs, buttocks, abdomen, back and neck | Organs thyroid | Benefits stretches spinal nerves, circulation | Spiritual salutations to the lord of the dawn

Position 9 - Ashwa Sanchalanasana (Equestrian Pose) | Breath inhale | Chakra Ajna | Surya mantra Om Adityaya Namaha | Bija mantra Om hroom | Muscles stretches hip flexor ms, strengthens quads loosens tight hips | Organs massages abdominal organs, nervous system | Benefits nervous system, pineal gland | Spiritual salutations to he who illumines

Position 10 - Padahastanasana (Hand to Feet Pose) | Breath Exhale | Chakra Swadhisthana | Surya mantra Om Savitre Namaha | Bija mantra Om hraum | Muscles stretches hamstrings, buttocks, back,

Posterior neck, shoulders ms | Organs/glands GIT, kidneys, thyroid | Benefits improves digestion, circulation & respiration | Spiritual salutations to the benevolent mother forces of gravity

Position 11 - Hasta Utthanasana (Raised Arm Pose) | Breath Inhale | Chakra Vishuddhi | Surya mantra Om Arkaya Namaha | Bija mantra Om hraum | Muscles back, shoulders, arms, chest, abdomen | Organs/glands kidneys, intestines, lungs, adrenal glands , thyroid/parathyroid, | Benefits opening emotionally, corrects poor posture | Spiritual salutations to he who is fit to be praised power of higher forces

Position 12 - Pranamasana (Prayer Pose) | Breath Exhale | Chakra Anahata | Surya mantra Om Bhaskaraya Namaha | Bija mantra Om hraha | Muscles postural, from soles of feet to crown of the head | Organs/glands cerebellum, thymus | Benefits sense of balance, centre of gravity, concentration | Spiritual salutations to he who leads to enlightenment

Conclusion: Yoga , as a mindfulness practice, can help correct basic limitations of the mind by improving self awareness, self control and self esteem.

VALUE ADDED COURSE ON YOGA

Introduction:

Yoga has been found to improve quality of life, reduce stress, anxiety, insomnia, depression and back pain. It has also been found to lower heart rate and blood pressure. And, perhaps not surprisingly, **yoga** has been shown to improve fitness, strength and flexibility, according to the alternative medicine center.

Value added course on Yoga:

The value added course on yoga was conducted at Panna Dhai Maa Subharti Nursing College at Multipurpose Hall for the Bsc Nursing Ist year students. The programme was conducted on 8th of October 2018. The total number of students registered is 63 and all the students were participated, completed the course and awarded the certificate. The course code is VAC/SNC 06. This course main aim is to practice yoga in daily life and to reduce the stress and to improve the quality of life.



Students Participating during Yoga Session

Pananda
PRINCIPAL
Panna Dhai Maa
Subharti Nursing College
MEERUT

Panna Dhai Maa Subharti Nursing College
2018-2019

Value Added Course on “Yoga”

List of Students

S. No.	Student Name
1.	Aadil Ayoub Khan
2.	Aakib
3.	Abhinav Kumar
4.	Abhishek
5.	Aditya Pal
6.	Akshita Malik
7.	Anukriti Sharma
8.	Arjun Bhardwaj
9.	Arpan Sharma
10.	Ashish Kumar
11.	Bharti
12.	Chand Mohammad
13.	Grishika
14.	Himani Singh
15.	Jyoti
16.	Kirti Bhardwaj
17.	Bhanu Priya
18.	Bharti
19.	Chanchal
20.	Himanshi
21.	Komal
22.	Laxi
23.	Neha Chaudhary
24.	Nida
25.	Prachi Panwar
26.	Prathavi
27.	Preeti Nagar
28.	Shiba Khatoon
29.	Shivani
30.	Shivani
31.	Shweta
32.	Tannu
33.	Varsha
34.	Krishan Chandra
35.	Prajapati
36.	Kritika Kumari
37.	Loveleen

38.	Monika
39.	Nadeem
40.	Nadeem
41.	Parteek Kanojia
42.	Payal
43.	Payal Chauhan
44.	Peeyush Kumar Pal
45.	Prachi Choudhary
46.	Prince Chaudhary
47.	Sachin
48.	Sakib
49.	Sakshi Dhariwal
50.	Savan
51.	Shaily
52.	Sibha Parveen
53.	Shubham
54.	Swati Phaugat
55.	Tanishka Ruhela
56.	Tanishka Saini
57.	Tanu Tomar
58.	Tanya
59.	Tanya Smith
60.	Umar Ramzan
61.	Vinay Upadhyay
62.	Yawer Amin Paddy
63.	Yuvraj

Pannada

Principal
Panna Dhai Maa
Subharti Nursing College,
MEERUT



**SWAMI VIVEKANAND SUBHARTI
UNIVERSITY, MEERUT**
**PANNA DHAI MAA SUBHARTI NURSING
COLLEGE**



Certificate of Participation

This is to certify that Ms. /Mr. / Mrs Bharti of B.Sc Nursing has attended the value added course (SNC-VAC-06) Yoga organized by Faculty of Nursing, Swami Vivekanand Subharti University during academic session 2018-19

Famanda

HEAD OF THE INSTITUTION

Faculty of Nursing

Swami Vivekanand Subharti University, Meerut

उत्तिष्ठत जाग्रत पाण्डुरात्तिलोत्त



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UNIVERSITY, MEERUT**
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