

◇ GREETINGS TO EVERYONE ◇

THE **NSS UNIT** OF SIES GRADUATE SCHOOL OF
TECHNOLOGY WILL BE CELEBRATING YOGA DAY BY
ORGANISING A YOGA SESSION ON 21/06/2020



FEW BASIC YOGA ASANAS THAT CAN HELP YOU GET STARTED

FOR BACKPAIN

1. Bhujangasana (Cobra Pose)

Benefits:

- Strengthens the spine.
- Stretches chest and lungs, shoulders, and abdomen.
- Tones the buttocks.
- Stimulates abdominal organs.
- Helps relieve stress and fatigue.
- Opens the heart and lungs.
- Soothes sciatica.
- Therapeutic for asthma.



2. Balasan (Child Pose)

Benefits:

- Gently stretches the hips, thighs, and ankles.
- Calms the brain and helps relieve stress and fatigue.
- Relieves back and neck pain when done with head and torso supported.



3. Setu Bandha Sarvangasana (Bridge Pose)

Benefits:

- Stretches the chest, neck, spine, and hips.
- Strengthens the back, buttocks, and hamstrings.
- Improves circulation of blood.
- Helps alleviate stress and mild depression.
- Calms the brain and central nervous system.
- Stimulates the lungs, thyroid glands, and abdominal organs.
- Improves digestion.



4. Ustrasana (Camel Pose)

Benefits:

- Reduces fat on thighs.
- Opens up the hips, stretching deep hip flexors.
- Stretches and strengthens the shoulders and back.
- Expands the abdominal region, improving **digestion** and elimination.
- Improves posture.
- Opens the chest, improving respiration.
- Loosens up the vertebrae.
- Relieves lower back pain.



5. Cat Pose (Marjaryasana) – Cow Pose (Bitilasana)

Benefits:

- Improves posture and balance.
- Ideal for those with back pain.
- Strengthening your spine.
- Stretches the back torso and neck.
- Provides a gentle massage to the spine and belly organs.



FOR NECKPAIN

1. Uttana Shishosana (Extended Puppy Pose)

Benefits:

- Stretches the spine and shoulders.
- Calms the mind and invigorates the body.
- Improves flexibility, especially in the spine.
- Relieves symptoms of chronic stress, tension, and insomnia.
- Strengthens and stretches the arms, hips, and upper back.



2. ArdhaMatsyendrasana

Benefits:

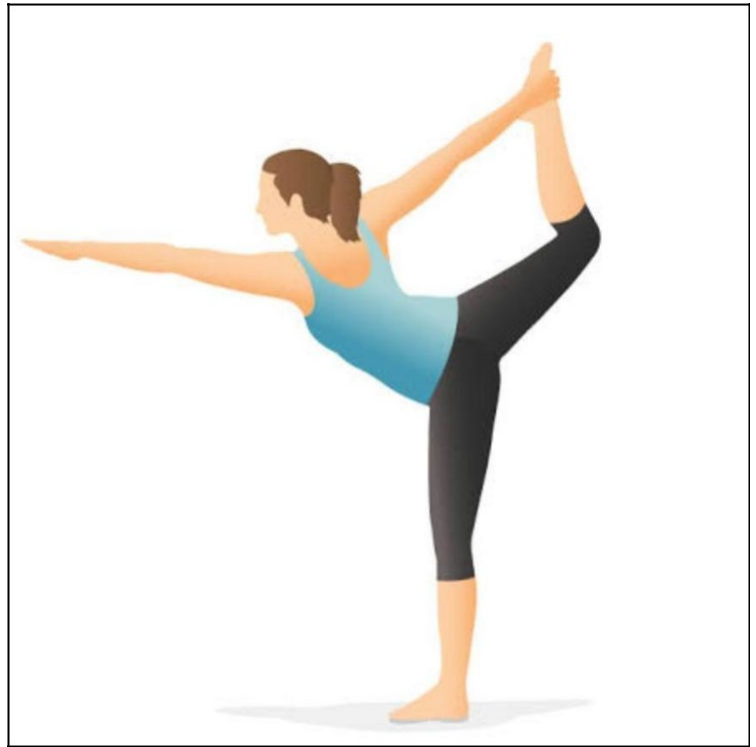
- Increases the elasticity of the spine, tones the spinal nerves and improves the functioning of the spinal cord.
- Stretches the muscles on one side of the body whilst compressing the muscles on the other side.
- Relieves back pain and stiffness from between the vertebrae.
- Useful for slipped disc.



3. Natarajasana

Benefits:

- Practicing this asana gives strength to your chest, ankles, hips, and legs.
- This asana increases your metabolism and helps in **weight** loss.
- It gives your groin, abdominal organs, and thighs a good stretch.
- Your **posture** is improved, and **balance** is increased.
- It helps better your digestion.



4. UtthitaTrikonasana or Extended Triangle Pose

Benefits:

- Stretches and strengthens the thighs, knees, and ankles.
- Stretches the hips, groins, hamstrings, and calves; shoulders, chest, and spine.
- Stimulates the abdominal organs.
- Helps relieve stress.
- Improves digestion.
- Helps relieve the symptoms of menopause.



FOR OBESITY

1. Nauka Asana

Benefits:

- Naukasana strengthens the abdominal muscles.
- It strengthens the muscles of the arms, thighs and shoulders.
- It improves the health of all organs in the abdomen especially the liver, pancreas and kidneys.
- It helps in regulating blood flow at sugar level.



2. Adho Mukha Savasana

Benefits:

- Regular practice of Adho Mukha Svanasana tones the muscles of the body and helps in weight loss.
- Another benefit of Practicing Adho Mukha Svanasana is that it increases the circulation to the brain.
- Adho Mukha Svanasana lengthens the spine, strengthens the muscles of the chest increasing lung capacity.
- It rejuvenates and body and makes you feel energized.



3. Pawanmukt Asana

Benefits:

- It strengthens the abdominal muscles and massages the intestines and internal organs of the digestive system, therefore releasing trapped gases and improving digestion.
- It strengthens the back muscles and tones the muscles of the
- arms and the legs.
- It improves circulation of blood in the hip area.
- It eases the tension in the lower back.
- It stimulates the reproductive organs and massages the pelvic muscles.
- It helps burn fat in the thighs, buttocks, and abdominal area.
- It helps to stretch the back and neck.



4. Titli Asana

Benefits:

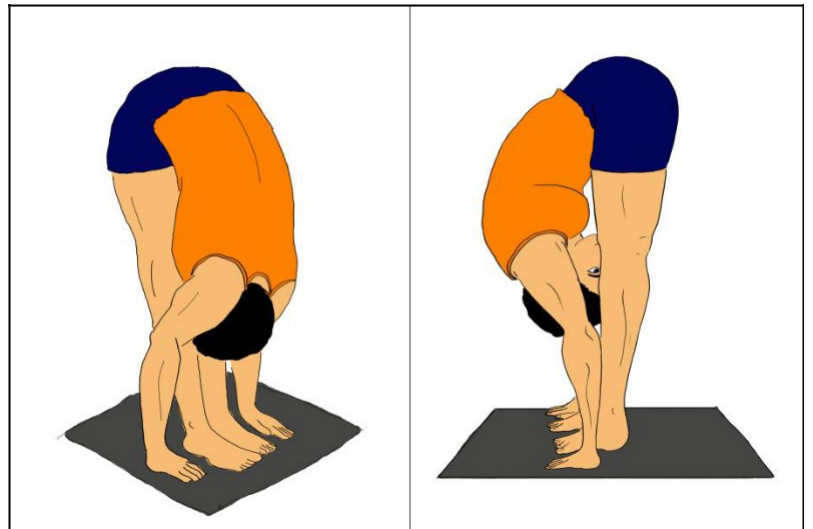
- Prepares your legs for cross-legged pose/lotus pose (padmasana) which involves meditation.
- Stretches your inner thighs and knees.
- Reduces fatigue and helps relieve anxiety and **stress**.
- Helps in preparing for delivery.
- Aids digestion and proper bowel movements.



5. PADAHASTASANA

Benefits:

- Relaxes neck and shoulders by relieving tension.
- Balances vata dosha.
- Improves digestion.
- Balances opposites in the body to promote overall well-being.
- Calms the mind and soothes central nervous system.
- Stretches hamstrings, back body.

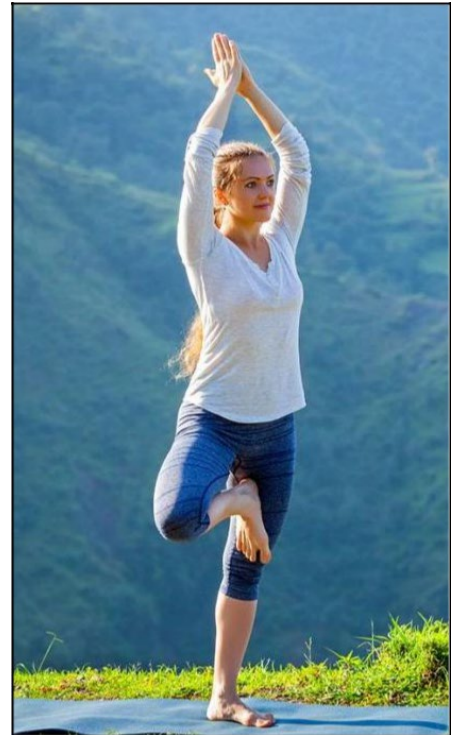


FOR CONCENTRATION

1. Vrikshasan (Tree pose)

Benefits:

- Tree Pose stretches the thighs, groins, torso, and shoulders.
- It builds strength in the ankles and calves, and
- tones the abdominal muscles.
- The pose also helps to remedy flat feet and is therapeutic for sciatica.



2. Tadasana (Mountain Pose)

Benefits:

- Improves Your Posture.
- May Help Increases Height.
- Boosts Mental Awareness.
- Improves Breathing.
- Promotes Weight Loss.
- Boosts Energy Levels.
- Improves Your Mood.
- Provides Relief From Sciatica.



3. Vajrasana

Benefits:

- Helping keep the mind calm and stable.
- Aiding in digestion.
- Relieving or preventing constipation.
- Helping to relieve knee pain.
- Helping reduce menstrual cramps.
- Curing digestive acidity and gas formation.



4. Bhramari Pranayama

Benefits:

- It is the best cure for stress.
- It lowers one's blood pressure, thus relieving hypertension.
- It releases cerebral tension.
- It soothes the nerves.
- It stimulates the pineal and pituitary glands, thus supporting their proper functioning.
- It dissipates anger.



5. Yoga Nidra

Benefits:

- Improve your sleep and reduce Insomnia.
 - Detach from your thoughts.
 - Release tension and pain.
 - Connect with yourself.
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