CHAPTER-3

PROCEDURE

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In this chapter the procedure adopted for the selection of subjects, criterion measures, reliability of data, design of the study, collection of data, administration of the test, Implications of training programme and the statistical techniques used for analyzing the data will be discussed. Yoga can possibly recuperate the body on numerous levels. Having read Candace Pert's book, "Particles of Emotion:-the Science behind Mind body Medicine" that our body is genuinely our intuitive personality; I knew I was starting to recuperate myself of numerous issues physically, rationally and sincerely from my yoga rehearse. This filled my longing to know more and offer what I knew with others. The most imperative part of yoga is that it enhances adaptability. At first apparently inconceivable stances got to be less demanding and simpler. My a throbbing painfulness began to vanish as all my sash and ligaments got to be looser and suppler. Despite the fact that my muscles turned out to be more adaptable, they additionally expanded in quality in the meantime. Work got to be simpler and I discovered another mental quality which I had not experienced since youth. Numerous asanas made them lift my own particular weight, as Downward Dog and Plank Pose. This has reinforced my arms and in light of the fact that I am bearing expanded weight in my bones, I am likewise helping myself over the long haul to avert osteoporosis. The influence of the mind on the body can also be proved on the strength of equally convincing evidence. The aspect of mind which most powerfully affects the body and especially the nervous and endocrine systems is its emotional side. In order to understand how we are affected by emotions, mild or violent, we have simply to know what emotions are and how they enter into our very being. Love, anger, greed infatuation, elation, hatred, jealousy, envy, fear, disgust, distress, regret, remorse, despondency, despair, confidence, hope, shame, pity, admiration, reverence, devotion, gratitude are all emotions. Emotions of high intensity that last only for a short time are called passions. Thus the emotion of anger when becomes violent, the affected person flies into the passion of rage. The emotion of disgust when intensified develops into the passion of horror. Most of us have moods. They are emotions and differ from person to person. When mood becomes so habitual that it becomes a characteristic of an individual ,the nitiscalled temperament. Although a few of us may be free from passions, every one of us has its own
temperament and moods. Thus, none of us is entirely free from emotions. These emotions are found to affect our body more or less profoundly according to the degree of their intensity. Thus, if the emotions are violent and sudden they may leads to death. When the emotions are not powerful, but are less violent, they may not lead to death, but they may affect the nervous system in such a way that can cause disease as a consequence. Naunyn states that after the barrage of Strasburg in the year 1870, numerous instances of diabetes grew as an outcome of trepidation and uneasiness realized by it. The effect of emotions on the adrenals glands cause to produce higher blood pressure, which favors the development of arteriosclerosis and other diseases of the circulatory system, etc.

The development of such research work done by researchers in the field of human life made their life more complex and competitive. In the past, studies conducted by scholars were considered as trial and error and dependent on the acceptance of concerned people. But the modem development of science, helped immeasurably by the early ideas and thoughts expressed has become an essential and integral part of the new era today. Change is a characteristics of the times through which we are passing. Life of people, their philosophy, way of living, are undergoing changes. These societal changes have their impact on educational programmes, which have opened up new vistas undreamt of by human beings a few years ago.

India is a country with a rich historical tradition and culture. Though every culture has its own unique approach towards health, the best and the easiest way to keep oneself in fit form, is exercise. The most ancient Rishis and sages knew the secret of good health and practiced various techniques not only to keep them fit but also free from diseases. However, these ancient practices died a slow death and the only known form of exercise was working in the fields and doing household chores.

Modern life has removed man from nature's benign and rhythmic influence. The internal rhythms, the inherent clock-work-like nature of the nervous and
endocrine systems, have become imbalanced through the effect of stress and tension, resulting in feeling of discomfort and lack of well-being and leading to diseases. The brain waves of most normal people clearly indicate lack if integration between the part of the brain. This shows lack of concentrated harmony between parts.

Examination has demonstrated that being physically idle expands the danger for sickness, inability and even demise. The vast majority of the wellbeing issues are connected to being dormant. We want to live longer and even in old age we hope to sustain a high level of functional fitness. At the beginning of the twentieth century, hardly a small percentage of the population was doing activity and exercise for the development of functional fitness. Global warming and pollution cause hypo kinetic diseases and diseases related to bones. If functional fitness is well maintained, then we can say good bye to various diseases. This also indicates that individuals can experience health benefits while changing from a sedentary lifestyle to an active lifestyle. It is important to identify any physical limitations (cardio-respiratory fitness, muscular strength and endurance, flexibility, and so on) that could place them at risk of bodily harm.

In today's technologically advanced world, there are many kinds of professions. Every profession requires different abilities, skills, domain knowledge and attitude and so on. One's profession has a huge position to play in the lifestyle of an individual, basically because of the nature and kind of the job. Professions many a times dictate the routine of an individual.

Yogic practices getting popular are looked upon. It is systematic for the improvement of physical fitness of an individual. Yet, we lack in experimental evidence about the utility of physical and yogic exercises for promoting physical fitness.

Despite this fact, many people misunderstand yoga, even in India. If we were to take a cross-section of society and make a general survey of the public opinion about yoga, we would find many misconceptions about yoga. In order to
bring yoga to life and to really gain profit by it, one must take it to heart in every sense of the word, and live it as an essential part of individual's daily life.

The Human body is a wonderful instrument created by the God. The body is the prime thing among four essential things; Body, Heart, Soul and life. “A Sound Mind in Sound Body” signifies a lot in human life. In Hinduism, the body is considered as fundamental among four important things for living very good life - religion, Arth, Kam and eternity that are used for achieving “Purusharth”. In ancient times, humans used to fulfill their basic needs for sustaining life and keeping the healthy by running, climbing on mountains and trees; jumping on the river-flows etc. while in modern times, due to available facilities, they avoid maintaining their health socially and mentally thereby putting his life in trouble.

It’s in this soul that an unassuming manual for Yogasanas be arranged to give directions and in addition cautioning. The act of Yogasanas is interested in all age gatherings and even to the individuals who experience the ill effects of physical and enthusiastic afflictions. The nourishment we eat, the water we drink, the air we inhale and the way we respond to changing environment and circumstances, all components impact our life.

The study of yoga additionally takes full discernment of these variables on the grounds that it takes a gander at life in its totality. It underscores the natural solidarity in the middle of man and his surroundings, and in the middle of order and prosperity. It tries to restore the feeling of parity and balance that a thousand seemingly insignificant details in the earth look to aggravate or annihilate. Yoga is for everyone, each spot, and each age-bunch. The message of yoga is noisy and basic " Take great consideration of yourself and all else is dealt with".

“The body must be lively so as to comply with the spirit:-a great worker should be powerful. The weaker the body, the more it summons, the more grounded it is, the better it complies - in order to think, we must exercise our limbs, senses and organs, which are the instrument of intelligent. In order to
derive all the advantages possible from these instruments it is necessary that the body which furnishes them should be robust and sound” - Plato.

The modern world people are moving fast for their survival, so that they are not even getting time for doing physical activity or any recreation. This daily routine led to many diseases like obesity, heart problem etc. To overcome this situation people have to keep time for some co-curricular activities. Tremendous advancement has been achieved in the field of science & skill bringing about tireless transforms in the social economical and political system causing distribution of human energies at all levels.

Physical activities have been recognized as a means of attaining and maintaining proper human form and lead a benefiting life. The present form of physical activity is the basic form which has been prevalent since ancient times. Though the purpose is different, the ancient man practiced them to earn their livelihood. The modern man pursues the same type of activities for fitness, recreation and wellbeing.

In ancient times, humans used to do simple and routine efforts to develop physical fitness so that he could sustain his life. In that time, the efforts for developing physical fitness were made with objectives for the safety and security of life. When humans started living in group, they concentrated on physical fitness for the protection of the group, food, to become a leader and sustainability of his leadership. Over the times, when scientific horizons developed, thereby the development of new philosophies, methods, devices and inventions have also grown. In the modern age, special awareness for developing physical fitness has increased in developed countries. Sant Arvind believes that the body is the temple of the Soul, the ultimate goal of exercise is to obtain maximum fulfillment of the body using whatever equipment we have. In the base of Indian Culture lie values like, “sharirmadhyamkhalu dharma sadhanam” which means that the body is a useful medium used for achieving complete human development. Such strong belief was well-known in ancient India. It can be known how India was advanced.
in the field of education through the Great religious books like Ramayan and Mahabharata as well as other books based on Vedas written by Charak and other learned authors.

The famous philosopher Plato amply described the importance of physical fitness in the following words: “Absence of action devastates the great state of each individual while development and orderly physical activities spare it and protect it”. Physical fitness has always been one of the foremost goals of physical education. The measurement of physical fitness and methods of developing fitness have been topics of national concern through the years. Physical exercises, as stated earlier, are the principal means of training. Therefore it is most importance for the coach and sportsman to know the purpose or effect of the exercises to be used. There are too many exercises and it is impractical to discuss the effect of each exercise separately. It is purposeful to classify the exercises into groups according to their effect.

Physical wellness is the capacity to complete day by day errands with force and readiness without undue weakness and with abundant vitality to take part in relaxation time interests and to meet the above normal physical quality, stress, strong continuance and circulatory perseverance, solid force, dexterity, speed and adaptability and added to create engine wellness. At that point motor, arm-eye, foot eye co-appointment is required for general engine capacity. Fitness means that your body is in such a good condition that you feel on top of the world, you move gracefully and you look well. You have the confidence, energy and endurance to enjoy yourself now, and to accomplish your goals in the life later. The person who is physical fit will be able to carry out the essential of his job without undue fatigue and will still have an ample reserve of vitality to appreciate relaxation and to meet unforeseen crises. Fitness is characterized by man’s ability to function efficiently with in his potentialities.

The road to good health is a long journey. It starts at birth, even earlier when we are in the womb of mother; she takes care of our health by good prenatal care like life style, walks, proper vaccination and a positive healthy mind. The health
of the individual is determined by the genetic and environmental factors. Good health depends on lifestyle right from childhood like physical activity, games, nutritious diet, discipline and good habits. By keeping good human values, and by creating a kind of sympathetic, sincere, hard working citizen out of oneself and thereby building up an overall smart, good looking public makes up a healthy nation.

The activities such as running, jumping, leaping are considered is fundamental human movements but at the same time are considered basis to all types of games and sports. There is no such game, which does not involve activities like running, walking, jumping and leaping. Thus, it automatically becomes clear that the degree to a particular game or sport training, excessive concentration would be given on the fitness because high level of fitness would be more helpful in emergency conditions. Physical fitness is a positive and dynamic quality, which extends from birth and death. Since an individual is indivisible and full of totality his all discrete parts will be affected by the all phases of human existence.

For the particular physiological frameworks of the body to be lit, they must capacity all right to backing the specific diversion that the player is playing. Since distinctive diversions make diverse interest upon the organ as for neurological, respiratory, circulatory, metabolic and temperature directing capacities, physiological frameworks will be exceptionally versatile to work out. The reaction of every framework is discrete. Every undertaking has its major physiological segments, and wellness for the assignment obliges powerful working of suitable frameworks.

Earlier, physical fitness was considered the key to success in sports. But in the recent year, psychological foundations have been acknowledged strong underlying components for performance in sports, yoga aims at bringing about an integration of the psycho-physical processes, Yogic practices are intended to stabilize the psycho-physical instrument with the goal that there is less inclination towards a lopsidedness in due face of outer and inner stimuli.
Yoga today is basically a lifestyle that coordinates the method for fitting the body, psyche, and soul. It is about a progression of stances, breathing activities and reflection Yoga and contemplation are expanding their fame with the anxiety filled and wellbeing cognizant among the individuals everywhere throughout the world.

Yoga today is turning out to be exceptionally prevalent, as individuals know the advantages of yoga and it helps them to feel better in them, as well as to keep up their body shape. There are distinctive yoga stances and breathing activities in yoga today for making the body healthier. Yoga today is one of the most ideal routes for unwinding the body and psyche furthermore to keep up your body fit as a fiddle.

Yoga is not only a progression of activity all the while invigorating and unwinding the body; it is a method for orchestrating the psyche, body and soul and is an extraordinary instrument of change. Asana helps to open and prepare the body for the long hours of meditation. Yoga asana stretches and incites the spine to encourage the upward movement of the kundalini. Hatha yoga refers yoga as a force, which includes codes of moral conduct, asanas, breathing practices, concentration and meditation. These are the tools to achieve union with the cosmic universal power and the state of yoga.

The gravity of the problem has led the researchers to find out the most efficient ways of dealing with various mental health problems in different perspectives i.e. medical, psychotherapeutic and miteu. Medical Professionals has come forward to deal with the problems pharmaceutically, but anybody would disagree of the huge cost involved along with the side effects and difficulty in universal cure, because of varied nature of problems from individual to individual. Any therapy that is costless, with no side effects and of universal application, not only in terms of applications to variety of illness, but also to different individuals with numerous interlinked problems is sure to find place among due world's best healers. Psychologists have devised various psychotherapeutic strategies but with
no permanent prognosis. Relapse mental problems are well established phenomena. Miteu therapists have emphasized the relevance and utility of socio-cultural environmental changes to correct individual's mental health problems. Miteu approach is based on the principle that community is diseased not the individual. Mental health problems are reflections of problems and disharmonies in socio-cultural contexts, but practically it is highly difficult to apply the miteu approach in any case.

In today's universe of data and bury planetary voyages a large portion of the individuals think that it hard to dedicate time towards their wellbeing and wellness. This has prompted intense increment in wellbeing issues and states related anxiety the most obvious executioner in current days. Not at all like the early piece of the century when infectious sicknesses were the main executioners, today's wellbeing issues are generally identified with way of life.

Concerning competitors or games persons, yoga can be an intense upgrade in consistent preparing activities. Including yoga in a normal preparing system aids create quality, adaptability, scope of movement, focus, and cardio-vascular wellbeing and lessens anxiety, strain and snugness. The most noteworthy advantage of adding yoga to a preparation system is its impact on execution. It permits a competitor to prepare harder and a larger amount due to movement is more noteworthy and the trepidation of harm diminishes.

A few individuals think it is divine others discover it emphatically addictive and an effectively compelling substitute for negative propensities. Whether borne of motivation or by experimentation, yoga strategies substitute for the sorts of exercises our initial human predecessors probably done throughout simply living out in their arboreal lives. It is lovely to say that in the event that regardless we stayed nearby trees every one of our lives like different primates, then 70% to 90% of us would not wind up agony from unending back, neck and head torment. Clearly it requires significant investment for our body to tuck itself in here and round out there. Tissues need to develop. Others have to therapist. This is the reason it is critical to drink
loads of water and eats measure of wholesome nourishment alongside standard moderate activity. In difficult those muscles to redesign themselves, we are actually getting out loads of trash from our tissues.

As we begin rehearsing basic asanas we will quickly figure out what needs consideration the most while giving it the consideration it calls for. The impacts are prompt and the outcomes continue turning out to be more evident. The more extended and all the more frequently we participate in the immaculate liberal mending craft of yoga. The more it will have a recuperating impact on us. Yoga is no less otherworldly than the force of life itself. It opens life's marvel and unleashes concealed energies. Through this workmanship everybody can encounter the Divine and appreciate the euphoria of opportunity from agony and obliviousness separated from different charitable prizes like life span and bliss. It has required some investment for us to twist ourselves up in a tangle. Actually it requires significant investment to disentangle. In the event that we are as yet breathing, it is never too early or late to begin yoga.

The modern man cannot afford to complacent and forget its importance as it not only maintains his efficiency and happiness, but also it is the way of his survival in a highly competitive environment. The right kind and right amount of physical exercise develops organic and muscle power, stamina, vigor and the activity skills related to his development. There is a direct relationship between physical exercise and physical fitness.

By uniting thought, breath and stance, yoga adjusts the mental, physical and enthusiastic bodies. Yoga practice gives an arrival to the integrated self and thereby helps the individual to experience the truth of life. Yoga practice is a small reversal of consciousness. Yoga practice facilitates the mind to remain calm and observe the present moment; yoga extends the heart and gives a feeling of wholeness and peace.

Yoga is a technique/ system of holistic development of human personality. This technique when properly utilized will enhance sports performance of person
who has interests and potential talents is well established through research evidence. The major component of yoga i.e. yogic asana is included in the schedule of conditioning as well as in "warm up" procedures by many elite athletes. Besides a few research studies have brought about specific outcomes of asanas for sports performance. To have more prose in the area, the current learn focuses on the effect of yoga’s and asanas a physical & psychological fitness in relation to sports performance. Indian system of yoga asanas may help to neutralize these stresses, fatigue and low performance etc. is the best.

A player is physiologically fit for the game if he possesses the required perception, emotional stability, motivation, intelligence and educatibility to accomplish the task. By creating tension, elevated heart rate and blood pressure, and endocrine disturbances, anxiety can become a barrier to performance. This adds to the stress of the task and therefore, contributes to the player's unfitness for it. No players are without anxieties in their lives and these players are more physiologically fit for arduous work. It is vital for whole person to have total effectiveness in the Physical fitness, which includes, sound neuro-muscular, cardiovascular and other organic systems by the physical exercise. speed fitness is a imperfect and another stage of total fitness; its scope is limited because it is easier to define it in relation with total fitness and physical fitness. Motor fitness is usually thought of as a readiness or preparedness and also concerned with the ability to move the body all the more proficiently more than a sensible period of time.

Well-known Philosopher Khalil Zebran says, “Your body is a harp of the soul from which you can either create tuned music or toneless noise that is up to you”. It is said that, 100 years ago, only 6% machinery was utilized while 94% human force was used that is considered as strong proof of human strength in respective eras. However in the present time, quite adverse situation is witnessed.70% Class of Human Society is engrossed in non-hardworking jobs and occupations as a result of which people are more lazy and dull. The mental burden has enhanced due to the increasing needs causing number of mental diseases like
stress, frustration, anxiety etc. and for getting rid of all these things, people have begun to use various medicines and drugs. Physical fitness is a great individual wealth which cannot be bought but can be earned by regular exercise. The Physical fitness cannot be obtained from a market but only through heritage or training. Humans need Physical fitness to achieve some specific goals. In western culture, the same significance of sports used to be given and Greek stands on the first place among them. History says, In Athens, small kids were rolled through the hill for making them stronger. Athletics and Olympics games have also originated in Greece.

The greediness for the wealth has made our hearts unkind. The life values have destroyed. The life running along with the speed of a clock creates mental stress. This stress causes adverse results. Constitutional diseases like diabetes, cancer and acidity, blood high pressure etc. have enhanced. Only Physical exercise can provide a solution to all these physical diseases and mental problems, exercise effects positively on the body parts, muscles and inner system, exercise makes major differences in vision and humans approach towards life. In the 21st Century, the human is in great need for inevitably maintaining his physical and mental health. Today, physical fitness has decreased due to high usage of various modern physical facilities like Vehicles, lift, Air-Conditioned offices, fully furnished and equipped homes and idle and inactive life. In fact, we see the person who exercises regularly can nurture his mental and physical growth because of his common sense. In the present time, Human, after understanding the physical fitness and its importance, is moving forward to the exercises in order to make the body more strong, healthy and useful. Numerous evidences of Research prove that the person with good physical fitness can work longer tirelessly and moreover it creates efficiency in other internal body systems like Cardiovascular, digestive system, breathing system, urinary system etc. All the physical and sensing forces like muscle force, motion force, tolerance as well as punctuality and joint forces like persistency improve and develop. At the growing age, it can balance a slackness gradually coming in internal body systems.
The modern age is a machine age, the age of science and technology. Most of the modern societies are obsessed with power and more time and energy are wasted in trying to discover more powerful and destructive weapons. Every age in history has been known for its art, music and culture. It seems that unless we wake up and take appropriate measures in the right direction, our age will be known in times to come as age of heart attack, cancer and violence.

The complexity of human life has increased in modern time with the tremendous development of science and technology. On one side the competition has increased and to be with the development the situation of failure has also risen in the competition. Human being acknowledges his limitation to cope the stress of modern living. We are in the age of technology, experiencing stress at every stage. Man has learned to harness atomic energy, but is unable to control his own senses and his own mind. The danger of atomic weapons lies not in the powerful destructive devices themselves, it arises because of the uncontrolled minds of the men who are corrupted by their power.

According to Indian scripture, human life has been considered as a valuable opportunity to achieve the prime goal of life i.e. dharma, artha, Kama and moksha. To achieve this one need a healthy and calm life. Whole ancient culture tried to achieve all four prime goals of life, so that they had a smooth, sound, safe, steady and healthy life style. On the other hand, today mankind is trying to gain good financial status to fulfill all the physical desire. Therefore today metaphysical societies are facing unsteady, weekend, hard and every day changing life style. The miserable gift of stressful hectic life style, irregular diet habits and environmental degradation has made man a victim of diseases. One such potent gift is Hypertension. Yoga can easily and safely be practiced with considerable ease both by young and old, without involving much strain on their nerves, time and energy. Yoga develops will power and inner stamina.

One must admit that all these medical measures have their limitations. The tranquilizers are habit forming and hence they are not be used for a very long
time without risking the development of drug addiction in a certain percentage of patient. The reserving group of drugs, if used for long period, has also caused many disabilities in individual cases, such as depression suicidal tendencies, and loss of libido, allergic manifestation, and breast cancer.

The main drawback of drug therapy is the cost of drugs and their side effects. In most cases of hypertension the patient has to continue the drug long time. Hence there is an urgent need for a newer approach to the problem of hypertension. Mankind has constantly attempted to accomplish wellbeing and satisfaction through every single accessible mean. The direness of getting a perfect system for keeping up wellbeing and achieving mental peace has get to be extraordinary in perspective of the huge increment in the anxiety and strain of life particularly in urban ranges. Tragically hypertension is the immediate result of anxiety. Yoga is a systematic science of liberation, liberation from physical limitation, mental and intellectual limitation and it ultimately makes a man free from all kind of bondage.

Many psychologist and medico-scientist now realize that yoga manages human identity in general i.e. body, psyche and soul together. It has consequently incredible possibility of creating them and coordinating the part identity the main driver of all mental and passionate lopsidedness, torments and agonies. Hence yoga is equipped for annihilating anxiety created mental and psychosomatic disorder like hypertension by stilling the turbulent personality and by tackling the physical, mental, passionate and profound energies.

Yoga is a way of life and it has massage for human body, mind and the soul. The expression yoga is derivative from the Sanskrit word "YUJ" significance, "to unite", "to combine", or to “integrate and therefore may be considered to refer to a "state or union or integration". Yoga generally understood as the union of the soul with the cosmic, that constitutes ultimate fulfillment of man. Yoga is presently also interpreted as the ultimate integration of human personality. (Anantraman et al., 1976)
Yoga is generally supposed to deal with only the mind and spirit, but a diligent reading of the yoga sutra of Patanjali will convince anyone that they treat the body and mind as a whole. Yoga, a school of Indian philosophy, closely related to as sankhya, which in addition to its philosophical tenets, includes a whole system of practice through which philosophical truths can be tested in actual experience as the students perfect himself, physically, mentally and spiritually. It is a universal exact science of developing human personalities. (Anand, 1996)

Yoga is a special form of Yoga, in which Kundalini, a special spark, is made to rise from Muladhar Chakra in the pelvis to the Sahasarara Chakra in the neo-cortex of the brain. The ascension helps activate and integrate all the centers of consciousness, called Chakras which control different physiological and psychological functions of the body, which in turn helps the person make optimum use of his full potentials. Since, Kundalini-Yoga activates and integrates all the nerve centers of the body with the seven layers of the neo-cortex of the brain, the ideal process for a qualitative and quantitative evaluation of Kundalini-Yoga is to do Power Spectrum Analysis of the electrical activity of the brain with the help of an Encephalogram (EEG). In a normal, awake and alert person, we notice predominant alpha rhythm (8-13 Hertz) in the occipital region of the brain with closed eyes and the restful mind. The rest of the brain does not show any predominant alpha rhythm.

When a person does mental calculations, the alpha rhythm of the brain is replaced by the faster beta rhythm (more than 13 Hertz) and when the person opens his eyes; only beta rhythm can be seen with fluctuating alpha rhythm (8-13 Hertz) and lower amplitude, which results in reduced power. This normal physiological action is called de-synchronization of the brain. A Kundalini-Yoga expert can produce predominant alpha rhythm of a uniform frequency and high amplitude throughout the brain with open and closed eyes. This leads to synchronization of all the centers of consciousness, control of the reactive centers of the brain and coherence of the brain electrical activity. In this state of the brain, the person can
realize his True Nature and optimize his full potentials. The ionosphere, the outermost layer of the atmosphere of the earth, which according Indian scriptures stores the knowledge of the past, present and future events, according to Schumann, a French physicist and mathematician, is known to vibrate with 7-10 Hertz frequency. AKundalini-Yogi expert with uniform alpha rhythm (8-9 Hertz) in the brain can easily log on to the ionosphere and download the secrets of Nature as well as get scientific answers to all the inquisitive questions of the mysteries of human life.

1.SELECTION OF THE SUBJECTS:-

For the function of this study forty five male Athletes studying at graduate level in college of Ahmadabad city in the year 2013-2014 had been chosen through random sampling method. They played at inter college level athletic competition was framed as chosen criteria. The age of the subjects extended from 18 to 25 years. The period of subjects were computed from the date of conception as recorded in their foundation. Medical examination of the subjects had been done in order to ensure that they all medically and physically fit. Every the topics were specified clear explanation regarding the purpose, planning, process and the basic requirements of the research study. All the subjects will agree voluntarily to undergo the testing and yogic training programmes explained to them by the researcher.

In order to avoid ambiguity, a clear picture and a thorough orientation of the rigid requirements of the experimental procedure, testing as well as yogic training schedule were explained to the subject, so that they could extend full cooperation and effort for the successful completion of the study.

Random sampling technique will adopt for assigning the subjects to three experimental and one control group. Each group consisted 15 subjects .The experimental groups will be…

(A) Asana group
(B) Meditation group

(C) Control group

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<th>Name of the Group</th>
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<tr>
<td>(A) Asana Group</td>
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<td>(B) Meditation Group</td>
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<td>(C) Control Group</td>
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1. **CRITERION MEASURE:**

The following criterions of measurement were selected for this study.

1. Systolic Blood Pressure was measured by Sphygmomanometer and the score was taken in mm/Hg.
2. Vital capacity was measured by spirometer in liter.
3. Resting Heart rate was measured by stethoscope in numbers
4. LDL Cholesterol was measured in mg/dL
5. HDL cholesterol was measured by lab. test in mg/Dl

LDL is regularly called awful cholesterol and lower levels of LDL mirror a lessen danger of coronary illness. HDL gets cholesterol out of the framework and abnormal state of it is connected with a diminished danger of coronary illness. HLD is frequently called great cholesterol.

2. **RELIABILITY OF THE DATA:**

The reliability of data was ensured by establishing the instrument reliability, tester's competency and reliability of test and subject’s reliability.

**Instrument Reliability:**

The Sphygmomanometer had been used for measuring blood pressure and the Stethoscopes for recording heart sound provided will calibrated and synchronized. The Sphygmomanometer and Stethoscopes would be provided from
registered medical stores. The lipid profile test was conducted in a reputed and registered pathological laboratory in Ahmedabad. Therefore all the instruments used for measuring Blood pressure and Blood cholesterol of the subjects were considered reliable and precise enough for the collection of data needed for the study.

**Tester's Competency and Reliability of Test:**

The tester competency was evaluated together with the reliability of the test. The blood pressure test was administered in the presence and supervision of Prof. J.K. Savalia, Co-coordinator M.D.Sharirik Shikshan Mahavidyalaya, Sadra, Gujarat Vidyapith and with proper guidance of Dr. Dharmesh Patel. All the measurements were taken by the researcher himself with the help of doctors under the supervision of guide. To determine the reliability of Blood Pressure tests two scores were compared with two scores which were taken by Dr. Dharmesh Patel and the reliability was found in between 0.94-0.96. M.D. Pathologist conducted the Lipid Profile tests in the reputed pathological laboratory and the scores of the report were taken as reliable data.

**3. DESIGN OF THE STUDY:**

Irregular gathering outline was embraced for the present test study; Forty five subjects were assigned equally to three groups randomly. The two experimental groups namely A, and B were assigned experimental treatments randomly; whereas no special training was administered to the control group C. Out of the three experimental groups the first group was given training of asana so, the group was named asana group. The second group was given training of Meditation, so the group was named Meditation group, and finally with utmost care the training sessions were conducted five days in a week, i.e. Monday to Friday. The pre-test & post-test were taken before & after an experimental period of twelve weeks.
4. COLLECTION OF DATA:

The necessary data was collected by administering the tests for the chosen components. All the tests were administered in the Laboratory. Before the administration of tests the subjects were given a chance to practice the prescribed tests so that they become familiar with the tests and knew exactly what was to be done. The use of accoutrement was explained to them above-mentioned to the administering of tests. The information was gathered previously, then after the fact twelve weeks of preparing project. Previously, then after the fact preparing above notice test was taken via scientist on subjects. After taken test whatever the information get is noted via analyst.

5. ADMINISTRATION OF TEST:-

To test the hypothesis of study systolic blood pressure, vital capacity, resting heart rate and cholesterol was measured in standard pathological laboratory.

Systolic Blood Pressure:-

At the point when your heart pulsates, it pumps blood round your body to give it the vitality and oxygen it needs. As the blood moves, it pushes against the sides of the veins. The quality of this pushing is your circulatory strain. On the off chance that your circulatory strain is too high, it puts additional strain on your supply routes (and your heart) and this may prompt heart assaults and strokes.

Blood is conveyed from the heart to all parts of your body in vessels called corridors. Circulatory strain is the power of the blood pushing against the dividers of the supply routes. Every time the heart pulsates (around 60-70 times each moment very still), it pumps out blood into the courses. Your pulse is grinding away's most astounding when the heart thumps, pumping the blood. This is called systolic weight. At the point when the heart is very still, between thumps, your circulatory strain falls. This is the diastolic weight.
Pulse is constantly specified as these two numbers, the systolic & diastolic weights. Mutually are essential. Generally they are composed one more than or prior to the other, for example, (120/80mmHg). The top number is the systolic and the base the diastolic. At the point when the two estimations are composed down, the systolic weight is the first or top number, and the diastolic weight is the second or base number (for instance, 120/80). In the event that your pulse is (120/80mmHg), you say that it’s "(120 more than 80)."

Circulatory strain changes amid the day. It is least as you rest and rises when you get up. It additionally can rise when you are energized, apprehensive, or dynamic.

Still, for a large portion of your waking hours, your pulse stays essentially the same when you are sitting or stopping. That level ought to be lower than (120/80mmHg). At the point when the level stays high, (140/90) or higher, you have hypertension. With hypertension, the heart meets expectations harder, your conduits get destroyed, and your shots of a stroke, heart assault, and kidney issues are more noteworthy.

**What causes it:-** In numerous individuals with hypertension, a solitary particular reason is not known. This is called crucial or essential hypertension. Examination is keeping on discovering reasons.

In a few individuals, hypertension is the afteffect of another restorative issue or solution. At the point when the reason is known, this is called auxiliary hypertension.

**What is hypertension:-** A pulse of 140/90 or higher is viewed as hypertension. Both numbers are imperative. On the off chance that one or both numbers are generally high, you have hypertension. In the event that you are being dealt with for hypertension, regardless you have hypertension regardless of the possibility that you have rehashed readings in the ordinary reach.
There are two levels of hypertension: Stage 1 and Stage 2 (see the graph underneath).

Classes for Blood Pressure Levels in Adults* (In mmHg, millimeters of mercury)

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic (Top number)</th>
<th>Diastolic (Bottom number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Stage 2</td>
<td>160 or higher</td>
<td>100 or higher</td>
</tr>
</tbody>
</table>

* For grown 18 and older who:-
  • Are not on pharmaceutical for hypertension
  • Are not having a fleeting genuine sickness
  • Do not have different conditions, for example, diabetes and kidney disease.

Note:- When systolic and diastolic blood weights fall into distinctive classifications, the higher classification ought to be utilized to arrange pulse level. Case in point, 160/80 future stage 2 hypertension.

There is a special case to the above meaning of hypertension. A circulatory strain of 130/80 or higher is viewed as hypertension in persons with diabetes and unending kidney sickness.

• **Purpose**: To quantify systolic and diastolic circulatory strain of the subjects.

• **Equipment**: Sphygmomanometer.
• **Administration:**- Laboratory was utilized for test.

• **Scoring:**- The score was taken in

**Vital Capacity:**-

Essential limit alludes to the most extreme measure of air the individual is equipped for removing from their lungs after greatest inward breath. This is equivalent to the whole of inspiratory store volume, expiratory store volume and tidal volume. You can gauge a man's indispensable limit utilizing a normal or wet spirometer. Consolidating this with other physiological estimations you can quantify the indispensable ability to help figure out whether a patient is experiencing a basic lung ailment. Note that activities can help to increment fundamental limit while smoking reductions it.

**Vital Capacity:** - the volume change of the lung between a full motivation and a maximal lapse. The move may be performed in diverse ways:-

1. The move is performed rather gradually…

   • The crucial limit is evaluated amid an inspiratory move. Beginning from end-tidal volume the subject lapses maximally and hence makes a full motivation. This is the inspiratory key limit.

   • The crucial limit is evaluated amid an expiratory move. Beginning from end-tidal volume the subjects makes a full motivation and hence breathes out maximally. This speaks to the expiratory imperative limit, or 'moderate key limit' in the Anglo-American writing.

2. The move is performed with maximal power…

   • If the subject first fills the lung without limitations (i.e. to aggregate lung limit), and afterward breathes out compellingly and totally to leftover volume, the volume change of the lung is the constrained basic limit; it would be more right to talk about constrained expiratory key limit.
• If the subject first breathes out completely to leftover volume, and afterward breathes in compellingly and completely to aggregate lung limit, the volume change of the lung is the constrained inspiratory capacity.

**Normal Vital Capacity:**
Typical grown-ups have an essential limit between 3-5L. The imperative limit an individual shows will fluctuate taking into account their stature, weight, sex, age and ethnicity. A low essential limit is connected with a handicap, heftiness or endless respiratory illness.

**Can Exercise Increase Vital Capacity:**
Practicing will increment basic limit in light of the fact that the muscles require extra supplements when they perform intense activity, which requires the lungs to take in more oxygen. The lungs will need to grow further to take in this additional oxygen which will increment essential limit. Predictable activities can likewise enhance the general strength of your lungs.

**Effects of Smoking on Vital Capacity:**
Key limit is utilized by specialists do decide the amount of air the lungs are fit for holding. This is measured by having a man breathe out, then breathe in as much as they can and measuring the amount of air was breathed in. Smoking is found to abatement this level, notwithstanding for those that have not been smoking for long. A study demonstrated that fundamental limit diminished most when people began smoking amid their immature years, influencing pre-adult young ladies fairly more than young men.
How to Increase Vital Capacity:-

An assortment of games requires the members to take in a lot of air to be effective. There are techniques that can be utilized to build the measure of air the lungs take in and the productivity of catching oxygen. Honing these activities every day can build lung limit over the long haul.

1. Counted Breathing:-

Hold your breath and gradually unwind the muscles in the face and midriff, then include to 100 your warmth and let your breath out when you can't hold it any more. Every time you perform this procedure attempt to hit a higher number, utilizing your past advancement as a benchmark. Take 3-4 breaths, breathing out gradually and afterward rehash the activity. At that point rehash the activity 3-4 more times. Performing this method consistently can help to build long haul essential limit.

2. Breathing Techniques:

Breathing profoundly can help the lungs ingest more air over the long haul. To perform this procedure, breathe in profoundly, permitting the lungs to fill around 85 percent. Try not to puff out the cheeks, yet keep the face free and unwind to compel the stomach and stomach muscles to work. Breathe out gradually until the lungs are purged. It may take some practice to finish this system effectively. Permit the stomach to plummet, unwinding the muscular strength so the lungs are extended. Broaden the arms and hold them far from the body to open the midsection and take in a full breath. The accompanying feature diagrams how to perform this method effectively:-

Note: Performing breathing activities amid ordinary exercises is likewise useful. Take in for 2 to 20 seconds and afterward breathe out for 10
to 20 seconds, gradually expanding this rate. After some time you will observe that you can build your breathe out rate to 45 seconds to two minutes. This activity can be honed at the workplace, while staring at the TV, doing printed material, at school or some other time amid the day.

3. Physical Workout:

**Underwater Workout:**

Practicing in water will add extra imperviousness to your regimen that will expand the measure of oxygen supplied through the blood. Extending and lifting in the water are useful, however it may set aside eventually for this to feel good as weights will feel lighter in the water. Submerging yourself up to your neck in water while practicing can pack the midsection cavity so you will take shorter, speedier breaths, and you can expand your lung capacity amid this time.

**Cardiovascular Exercises:**

Taking part in 30 minutes of cardiovascular movement is sufficient to enhance lung capacity and in this manner your essential limit. Heart stimulating exercise, cycling, running or swimming are all viewed as perfect exercises to pump more oxygen into the framework and enhance course all through the body. Blending high power sprints with moderate action amid your workout can help the lungs work all the more productively to stay aware of the interest.

**High Elevation Workout:** Working out at higher rises implies there will be less oxygen accessible, constraining the lungs to work all the more productively to get the measure of oxygen your body needs to capacity. High elevation preparing at around 8000 feet (2,500 m) above ocean level will compel the lungs to work much harder, a condition that your body will have the capacity to keep up
as you move down to lower lifted territories. This will build your lung limit over the long haul. Simply be mindful so as not to over-strive as this can bring about height disorder.

4. Playing a Wind Instrument:

Wind instruments give a consistent workout to the lungs that can be agreeable. The saxophone, trumpet, oboe, trombone, tuba, woodwind, clarinet and others will help people figure out how to control their breathing and extend the alveoli to take noticeable all around important to make the instrument capacity. Joining a walking band or Bugle Corps will give sufficient practice and great activity while serving to enhance lung capacity. Figuring out how to sing can likewise function the stomach to enhance lung capacity.

**Reason:** To quantify imperative limit of the subjects.

**Hardware:** Spiro meter.

**Organization:** Laboratory was utilized for test.

**Scoring:** The score was taken in liter.

**Resting Heart Rate**

**What is a Normal Heart Rate**

Heart rate, otherwise called heartbeat, is the quantity of times a man's heart pulsates every moment. A typical heart rate relies on upon the individual, age, body size, heart conditions, whether the individual is sitting or moving, medicine utilize and even air temperature. Indeed, even feelings can have an effect on heart rate. For instance, getting energized or terrified can build the heart rate. However, in particular, getting fitter brings down the heart rate, by making heart muscles work all the more productively.
"Your heart is a muscle and simply like fortifying different muscles by doing exercises, you can do likewise with your heart," said Dr. Mary Ann Bauman, an internist at Integris Baptist Medical Center in Oklahoma City.

Learning about your heart rate can help you screen your wellness level, and it may help you spot creating wellbeing issues in the event that you are encountering different manifestations.

"In the event that you are a competitor and you're preparing, or on the off chance that you are having indications, for example, dazedness, then knowing your heart rate is imperative," Bauman said. "Yet, when in doubt, unless some individual is having issues, it’s not critical to dependably realize what your heart rate is."

**How to measure heart rate:**

The simplest spots to quantify your heart rate are on the wrists or one side of the neck. For a precise perusing, put two fingers more than one of these regions and include the quantity of beats 60 seconds. You can likewise do this for 20 seconds and reproduce by three, which may be less demanding, Bauman said. Utilizing your thumb may be befuddling on the grounds that occasionally you can feel a heartbeat in the thumb, she said.
**Resting heart rate:**

Your resting heart rate is your heartbeat when you are serenely lying or sitting. It is best to gauge your hidden heart rate it in the morning by you gets up, as per the American Heart Association. For grown-ups 18 and more established, an ordinary resting heart rate is somewhere around 60 and 100 thumps for every moment (bpm), contingent upon the individual's physical condition & age. For kids ages 5 to 15, the typical resting heart rate is somewhere around 70 to 100 bpm, as indicated by the AHA.

Be that as it may, a heart rate lowers than 60 don’t fundamentally mean you have a restorative issue. Dynamic individuals frequently have lower heart rates in light of the fact that their heart muscles don't have to fill in as difficult to keep up a consistent beat. Competitors and individuals who are exceptionally fit can have resting warmth rate of 40 bpm.

A resting heart rate lower than 60 could likewise be the aftereffect of taking certain prescriptions. "Numerous meds individuals take particularly solution for circulatory strain, for example, the beta blockers; will bring down your heart rate".

In the event that combined with manifestations, a low heart rate may flag an issue. "A low heart rate in someone who is having tipsiness & unsteadiness can show to they have an anomaly that requirements to be taken a gander at".

**Maximum and target heart rate:**

There is no complete restorative counsel on when a resting heart rate is too high, yet most therapeutic specialists concur that a reliable heart rate in the upper levels can put an excess of weight on the heart and different organs. In the event that a man has a high heart rate very still and is encountering different indications, specialists may analyze his or her heart capacity, Bauman said.

•
Knowing your heart rate amid workout sessions can help know whether you are doing an excessive amount of or insufficient, the AHA says. At the point when individuals practice in their "objective heart zone," they pick up the most advantages and enhance their heart's wellbeing. At the point when your heart rate is in the objective zone you know "you are pushing the muscle to get more grounded," Bauman said.

A man's objective heart rate zone is between 50 percent and 85 percent of his or her greatest heart rate, as indicated by the AHA.

Most generally, greatest heart rate is ascertain by subtracting your age from 220: 220 - Age. For a 30-year-old person, for example:-220 - 30 = 190.

The objective zone for a 30-year-old individual would be somewhere around 50 and 85 percent of his or her greatest heart rate:50 percent level:
- 190 x 0.50 = 95 bpm
- 85 percent level:-190 x 0.85 = 162 bpm

The equation for greatest heart rate functions admirably for individuals under 40 yet for more established individuals it may overestimate their most extreme heart rate, Bauman said. For more established individuals, a superior recipe for the greatest heart rate is:

\[ 208 - (0.75 \times \text{Age}) \]

You can either physically figure your heart rate amid activity or utilization heart rate screens that wrap around the midsection, or are incorporated in games watches.

Then again, this shouldn't imply that that practicing without getting the heart rate up to the objective zone has no advantage, Bauman said.

"Such a large number of individuals simply aren't doing any activity that I stress less over them coming to their objective heart rate and all the more about them getting out and moving their body," Bauman said.
Lowering a rapid heart rate:
Heartbeat rates can spike because of anxiety, anxiety, drying out and overexertion. Taking a seat and taking moderate, full breaths can for the most part bring down your heart rate. Practicing and getting fitter will normally lower heart rate, as well.

Arrhythmia, tachycardia and other conditions:
Various conditions can influence your heart rate. An arrhythmia causes the heart to pulsate too quick, too moderate or with a sporadic musicality.

Tachycardia is by and large thought to be a resting heart rate of more than 100 thumps for every moment, as indicated by the National Institutes of Health, and for the most part brought about when electrical flags in the heart's upper chambers fire anomalous. On the off chance that the heart rate is more like 150 bpm or higher, it is a condition known as supraventricular tachycardia (SVT). In SVT, your heart's electrical framework, which controls the heart rate, is askew. This by and large obliges medicinal consideration.

Bradycardia is a condition where the heart rate is too low, normally under 60 bpm. This can be the aftereffect of issues with the sinoatrial hub, which goes about as the pacemaker, or harm to the heart as a consequence of a heart assault or cardiovascular infection.

High blood pressure vs. high heart rate:
A few individuals confound hypertension with a high heart rate. Pulse is the estimation of the power of the blood against the dividers of conduits, while heartbeat rate is the quantity of times your heart pulsates every moment.

There is no immediate relationship between the two, and hypertension does not so much result in a high heartbeat rate, and the other way around. Heart rate goes up amid strenuous movement, however a vivacious workout might just humbly build circulatory strain.
Reason:- To quantify heart rate of the subjects.
Hardware:- Stethoscope
Organization:- Laboratory was utilized for test.
Scoring:- The score was taken in numbers Heart rate was tallied from one moment.

6. Effect of Cholesterol:-
Cholesterol blood tests are done to help evaluate your danger of creating coronary illness or stroke. In the event that your danger is high then you will ordinarily be encouraged to take a statin drug to bring down your cholesterol level. Bringing down your cholesterol level diminishes your danger, regardless of the fact that your cholesterol level is ordinary. Different components that can diminish your danger incorporate not smoking, picking solid sustenances, a low salt admission, standard physical movement, keeping your weight and waist size down and savoring liquor control. Guaranteeing your pulse level is not raised (or taking prescription to lower it in the event that it is high) is additionally imperative.

What is cholesterol:-
Cholesterol is a fat synthetic (lipid) that is made in the cells in your body. A wide range of cells make cholesterol however cells in the liver make around a quarter of the aggregate. Albeit numerous nourishments contain cholesterol, it is inadequately consumed by the gut into the body. Accordingly, cholesterol that you eat in sustenance has little impact on your body and blood cholesterol level. A certain measure of cholesterol is available in the circulatory system. You require some cholesterol to keep sound. Cholesterol is conveyed in the blood as a component of particles called lipoproteins. There are distinctive sorts of lipoproteins, however the most important to cholesterol are:-
• Low-thickness lipoproteins conveying cholesterol - LDL cholesterol. This is regularly alluded to as awful cholesterol. This is the one chiefly included in framing atheroma. Atheroma is the primary fundamental reason for different cardiovascular maladies (see underneath). The dominant part of cholesterol in the blood is LDL cholesterol, yet how much changes from individual to individual.

• High-thickness lipoproteins conveying cholesterol - HDL cholesterol. This is regularly alluded to as great cholesterol. This may forestall atheroma shaping.

**HDL cholesterol:** How to boost your 'good' cholesterol:

Your cholesterol levels are a vital measure of heart wellbeing. For HDL cholesterol, otherwise called your "great" cholesterol, the higher the better. Here's the means by which to support your HDL.

Despite the fact that your specialist may have instructed you to bring down your aggregate cholesterol, its imperative to raise your high-thickness lipoprotein (HDL) cholesterol, which is known as the "great" cholesterol. It may sound like a blended message, yet diminishing "awful" low-thickness lipoprotein (LDL) cholesterol and expanding HDL cholesterol may bring down your danger of coronary illness.

**Understanding HDL cholesterol:**

Cholesterol is a waxy substance that is found in the majority of your cells and has a few valuable capacities, including serving to manufacture your body's cells. It's brought through your circulation system joined to proteins. These proteins are called lipoproteins.

- **Low-density lipoproteins.** These lipoproteins convey cholesterol all through your body, conveying it to diverse organs and tissues. However, in the event that your body has more cholesterol than it needs, the abundance continues flowing in your blood. Over the long haul, circling LDL cholesterol can go into your vein dividers & begin to develop below the
vessel lining. Stores of LDL cholesterol particles inside of the vessel dividers are known plaques, and they start to slender your veins. In the long run, plaques can limit the vessels to the point of blocking blood stream, bringing about coronary vein malady. This is the reason LDL cholesterol is frequently alluded to as "awful" cholesterol.

- **High-density lipoproteins.** These lipoproteins are frequently alluded to as HDL, or "great," cholesterol. They go about as cholesterol foragers, getting abundance cholesterol in our blood & taking its backs to our liver where it’s separated. The higher your HDL level, the less "terrible" cholesterol you'll have in your blood.

Simply bringing down your LDL cholesterol may not be sufficient for individuals at high danger of coronary illness. Expanding HDL cholesterol additionally can lessen your danger of coronary illness.

Albeit larger amounts of HDL can be useful in diminishing your danger of showing at least a bit of kindness assault, specialists alert that you ought to additionally consider other danger elements for creating coronary illness. It's conceivable that HDL may not be as useful for a few individuals as others in view of hereditary qualities, the extent of the HDL particle & dissimilar protein’s in your blood. Converse with your specialist in case you're worried about how expanding your HDL cholesterol may influence you.

**Set your target HDL cholesterol level:**

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood or millimoles (mmol) per liter (L). When it comes to HDL cholesterol, aim for a higher number.
<table>
<thead>
<tr>
<th></th>
<th>At risk</th>
<th>Desirable</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td>Less than 40 mg/dL (1.0 mmol/L)</td>
<td>60 mg/dL (1.6 mmol/L) or above</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td>Less than 50 mg/dL (1.3 mmol/L)</td>
<td>60 mg/dL (1.6 mmol/L) or above</td>
</tr>
</tbody>
</table>

In the event that your HDL cholesterol level falls between the at-danger and alluring levels, you ought to continue attempting to expand your HDL level to diminish your danger of coronary illness.

In the event that you don't have a clue about your HDL level, approach your specialist for a benchmark cholesterol test. On the off chance that your HDL worth isn't inside of an alluring range, your specialist may prescribe way of life changes to help your HDL cholesterol.

**Cholesterol blood levels:**

The following levels are generally regarded as desirable:

- **Total cholesterol (TChol)** - 5.0 mmol/L or less. However, about 2 in 3 adults in the UK have a TChol level of 5.0 mmol/L or above.
- **LDL cholesterol after an overnight fast** - 3.0 mmol/L or less.
- **HDL cholesterol** - 1.2 mmol/L or more.
- **TChol/HDL ratio** - 4.5 or less. That is, your TChol divided by your HDL cholesterol. This reflects the fact that for any given TChol level, the more HDL, the better.

As a rule, the higher the LDL cholesterol level, the greater the risk to health.
However, your akin of cholesterol has to be beheld as allotment of your all-embracing cardiovascular bloom risk. The cardiovascular bloom accident from any accustomed akin of cholesterol can vary, depending on the akin of your HDL cholesterol and on added bloom accident factors that you may have.

**Cholesterol tests and diagnosis:**

High cholesterol can alone be diagnosed by claret testing. Doctors' guidelines accompaniment that anybody over the age of 20 years should accept their cholesterol levels arrested already every 5 years.

The cholesterol analysis is done afterwards a aeon of abnegation - no food, alcohol or pills for 9 to 12 hours - to accredit an authentic account of LDL cholesterol from the claret test. The screening aswell gives advice about absolute cholesterol, HDL cholesterol and triglyceride levels.

The guidelines set cholesterol levels that advice actuate the alone affection risk, as follows:

**LDL Cholesterol**

- Optimal:-less than 100 mg/dL
- Near-optimal:-100 to 129 mg/dL
- Borderline high:-130 to 159 mg/dL
- High:-160 to 189 mg/dL
- Very high:-190 mg/dL and above.

Guidance is also set out for the other measures in the lipid profile:

**LDL Cholesterol**

Desirable:-less than 200 mg/dL
- Borderline high:-between 200-239 mg/dL
- High:-240 mg/dL or above.

**HDL Cholesterol**

- Low:-below 40 mg/dL
- High: -60 mg/dL or above.

**High-density lipoproteins:-**

The two most important types of lipoproteins are high-density lipoproteins (or HDL) and low-density lipoproteins (or LDL). You've probably heard people call LDL cholesterol "bad cholesterol" and HDL cholesterol "good cholesterol" because of their very different effects on the body:

- Most cholesterol is LDL cholesterol, and this is the kind that's most likely to clog the blood vessels, keeping blood from flowing through the body the way it should.
- HDL cholesterol removes cholesterol from the blood vessels and carries it back to the liver, where it can be processed and sent out of the body.

**Purpose:-** To measure the Serum Cholesterol level, Serum HDL level of the subjects.

**Administration:-** Expert pathologist will take blood samples from the subjects in the pathological laboratory and total lipid profiles test was administered.

**Scoring:-** The score was taken in mg/dL.

3.7 **Implication of Training Programme:-**

The Asana and Meditation groups were administered 60 minute’s preparing program (6 days in a week) for a time of 12 weeks. There was no reasonable preparing given to control bunch. Daily attendance was taken by researcher.

**3.7.1 Training programme for the Asana Group [A]-60 minutes**

<table>
<thead>
<tr>
<th>Time (Minute)</th>
<th>Section</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minute</td>
<td>Warm up Section:</td>
<td>• Joint Rotation</td>
</tr>
<tr>
<td></td>
<td>Warm up section is the most important to prevent the injuries. The</td>
<td>• Suryanamaskar</td>
</tr>
</tbody>
</table>
The purpose of the warm up was to prepare the body for exercise, by increasing the blood flow to the muscles and reducing the risk of electrocardiographic abnormalities. A 10-minute warm-up section consisting of Suryanamaskar were performed by the subject prior to the training sessions.

| 45 minute Asana Section: | • Makarasana:  
| | • Halasana:  
| | • Matyasana:  
| | • Trikonusan:  
| | • Dhanurasana:  
| | • Salabhasana:  
| | • Uttnpadasana:  
| | • Parvatasan:  
| | • Vajrasana:  
| | • Veerasan:  
| | • Hansasan:  
| | • Chakrasan:  
| | • Sarvangasan:  
| | • Naukasasan:  
| | • Ugrasan:  
| 5 minute Cooling Down Section: | • Shavasan  
| | The asana section concluded with light Shavasana to prevent pooling blood in the lower
extremities immediately after the phase and to lower the heart rate gradually towards normal, to promote faster removal of metabolic waste products from the muscles. Voided bent over stretches for long periods to avoid dizziness.

**Note:** The above mention programme was in practice from Monday to Saturday for three consecutive months.

**Warn up Section:-**

1. **Joint Rotation:** The joint warm-up routine ought to start with joint-revolutions for each of your real joints:- Neck, shoulders, elbows, wrists, hips, knees, and lower legs. This encourages joint movement by greasing up the whole joint with synovial liquid. Such grease allows your joints to capacity all the more effortlessly when called upon to partake in your athletic action. You ought to do 5-6 reps for every joint.

   **Neck:**

   1. Flexion which is touching your button to your sternum.
   2. Augmentation, which is directing your button up as high as you can serenely.
   3. Lateral bowing, which is conveying your ear closer to your shoulder? Keep in mind:- Do not compel your head any more remote than you can easily.
   4. Rotation, which is basically pivoting your head around.

   **Shoulder:**

   1. Amplify your arms out from you sides at shoulder tallness and make little circles no greater than a couple inches.
2. With your arms next to you, make extensive circles with your arms as high above your head as you can do them serenely. Try not to feel that you need to have your arms straight over your head at first. As your shoulder loosens, that may get to be less demanding for you.

3. Shoulder pivots, beginning with your shoulders in a resting position and shrugging them forward or in reverse.

4. Adduction, which is bringing your arm over your body.

5. Kidnapping, which is essentially bringing your arm far from your body?

**Elbow**-

1. The primary movement is elbow flexion, which is essentially conveying you lower arm up to your biceps.

2. The inverse of the movement is elbow expansion, which is straightening out your lower arm as much as it conceivably can.

3. The third movement is elbow supination, which is turning your lower arm so that the palm of your hand faces up.

4. The last movement is pronation, which is turning your lower arm so that your palm faces down.

**Hip**-

1. Flexion - lifting your upper leg up as high as could reasonably be expected serenely allowing your lower leg to hang.

2. Extension - holding your leg marginally before you and broadening your leg to the extent it can go.

3. Hyperextension - Taking your leg as a long ways behind you as is agreeable. The vital thing to recollect for every one of these movements is that you ought to never push it to far so that it would hurt.
4. Adduction - Taking your leg over your body.

5. Snatching - which is detracting your leg from your body?

6. Turn - lifting one leg off the ground and revolution it from the hip

**Knee:-**
The following arrangement of three movements is for the knee. Your knee can just achieve two developments.

1. Flexion - twist your knee toward your middle.
2. Augmentation - Bring your knee back so it is straight.

**Lower leg:-**
1. Flexion - twisting your lower leg so you toes are pointed up.
2. Lower leg augmentation - bowing your lower leg so that your toes are currently confronting down.
3. Pronation - turning your foot so you're sole faces in.
4. Supination - turning your foot with the goal that they sole faces out.

3. **Suryanamaskar:-** Surya namaskara is a progression of twelve physical stances. These substituting in reverse and forward twisting stances flex and stretch the spinal section through their greatest reach giving a significant stretch to the entire body.

1. Pranamasana (Salutation posture):-
   Stand arrect with anxiety together. Join the award calm afore the midsection. Focus on continuing straight, constant and in a bent disposition. This attitude serves to abet a action of cocky preoccupation, unwinding and smoothness. It initiates the anahata chakra. Breathe out completely.

2. Hastauttanasana (Raised arm posture):-
   Breathing in stretch both arms over the head, palms confronting upward. Curve the back and stretch the entire body. This stance extends the
midsection and the stomach area and lifts the Prana (vitality) upward to the upper parts of the body moved by inward breath.

3. Padahastasana (Hand to foot posture):

Breathing out curve the body forward and down, keeping the spine straight. Abstain from giving way the midsection or "over-adjusting" the upper back. Keep the legs straight and opposite to the ground. The knees may be permitted to twist a little if necessary. This stance kneads the stomach organs, particularly the liver, kidneys, pancreas, adrenals, uterus and ovaries. The force of absorption increments and female issue, for example, prolapse and menstrual abnormalities are mitigated. A solid stream of blood is sent to the spinal nerves as they are extended and conditioned. The hamstring muscles at the back of the thigh and calf muscles are extended and conditioned. Reversal builds blood stream to the cerebrum. The Prana is directed to the lower areas of the body moved by exhalation.

4. Ashwa Sanchalanasana (Equestrian posture):

On your next inward breath, expand the left leg back and drop the knee to the ground. The right knee is twisted and kept between the hands and the right foot set level on the ground. Lift the spine and open the midsection. Assemble at the eyebrow focus.

5. Parvatasana (Mountain posture):

On the exhalation take the right leg back to join with the left leg. At the same time raise the rump and bring down the head between the arms, so that the body frames a triangle with the floor. Attempt to place the heels level on the ground. Center mindfulness at the neck territory. This stance reinforces the nerves and muscles in the arms and legs, extends the calf muscles and Achilles' tendons and makes the spine straight and tight. It
eases varicose veins and tones spinal nerves. Keeping up the stance take a profound inward breath.

6. Ashtanga Namaskara (Salutation with eight limbs):

Breathing out tenderly drop both knees to the ground and gradually slide the body down at a point as you convey the midsection and button to the ground. Every one of the eight appendages - toes, knees, midsection, hands and button - touch the floor. The rump are kept up. Hold the breath. This stance adds to the midsection and reinforces arms. It sends extra blood to this region serving to restore the nerves.

7. Bhujangasana (Cobra posture):

On the inward breath, bring down the hips while pushing the midsection forward and upward with the hands, until the spine is completely curved and the head is confronting up. The knees and lower mid-region stay over the floor. Center the mindfulness at the base of spine and feel the strain from the forward force. This posture gives dynamic extension to the organs of the midsection and guts, alleviating numerous afflictions, for example, asthma, clogging, heartburn, kidney and liver issues. It is extremely useful in soothing pressure in the back muscles and spinal nerves.

8. Parvatasana (Mountain posture):

Breathe out and return to stance 5. On the exhalation take the right leg back to join with the left leg. All the while raise the rump and bring down the head between the arms, so that the body shapes a triangle with the floor. Attempt to place the heels level on the ground. Center mindfulness at the neck territory. This stance reinforces the nerves and muscles in the arms and legs, extends the calf muscles and Achilles' tendons and makes the spine straight and rigid. It soothes varicose veins and tones spinal nerves. Keeping up the stance take a profound inward breath.

9. Ashwa Sanchalanasana (Equestrian stance):-
Breathe in and swing the right leg forward between the hands. The left leg stays back. Resume pose 4. On your next inward breath, develop the left leg back and drop the knee to the ground. The right knee is twisted and kept between the hands and the right foot set level on the ground. Lift the spine and open the midsection. Aggregate at the eyebrow focus.

10. Padahastasana (Hand to foot stance):

Breathing out, present the left foot. Join both legs and resume act 3. Breathing out twist the body forward and down, keeping the spine straight. Abstain from breaking down the midsection or "over-adjusting" the upper back. Keep the legs straight and opposite to the ground. The knees may be permitted to twist a little if necessary. This stance rubs the stomach organs, particularly the liver, kidneys, pancreas, adrenals, uterus and ovaries. The force of assimilation increments and female issue, for example, prolapse and menstrual anomalies are calmed. A sound stream of blood is sent to the spinal nerves as they are extended and conditioned. The hamstring muscles at the back of the thigh and calf muscles are extended and conditioned. Reversal expands blood stream to the cerebrum. The Prana is diverted to the lower districts of the body pushed by exhalation.

10. Hastauttanasana (Raised arm stance):

Breathe in, raise the storage compartment up and twist in reverse. Resume act 2. Breathing in stretch both arms over the head, palms confronting upward. Curve the back and stretch the entire body. This stance extends the midsection and the midriff and lifts the Prana (vitality) upward to the upper parts of the body impelled by inward breath.

11. Pranamasana (Salutation stance):

Straighten the body and get the hands front of the midsection. Resume pose 1. Stand erect with feet together. Join the palms together before the
midsection. Focus on standing straight, enduring and in a pious mentality. This stance serves to prompt a condition of inner-directedness, unwinding and serenity. It actuates the anahata chakra. Breathe out completely.

Note:-The above constitutes one 50% of a round of Surya namaskara. To finish other a large portion of the same developments are rehearsed with the exception of that the right leg is gotten back stance 4 and the left foot is displayed in stance 9. So one full round comprises of the activities done twice.

Asana Section:

1. What Is Yoga:-
In the present time, more individuals, particularly the Westerners, are depending on Yoga to discover cure for unending wellbeing issues and achieve a true serenity. They are additionally inquisitive about comprehending what precisely is Yoga and what are incorporated in it. Albeit a number of us are very much aware of the medical advantages of the physical action, not everybody thinks about the source and accurate meaning of Yoga. It is a prevalent view that Yoga simply incorporates extending and warm up activities. Obviously, yoga includes extending, yet incorporates numerous different things past that.

Started in antiquated India, Yoga commonly signifies "union" between the psyche, body and soul. It includes the act of physical stances and postures, which is in some cases alluded to as "asana" in Sanskrit. As the name recommends, a definitive point of honing Yoga is to make a harmony between the body and the brain and to accomplish self-edification. So as to achieve it, Yoga makes utilization of distinctive developments, breathing activities, unwinding system and reflection. Yoga is connected with a solid and energetic way of life with an adjusted way to deal with life.
The most established physical teach in presence known not, Yoga conveys strength to the body and the faltering personality. It expands the grease of joints, ligaments and tendons of the body. Studies in the field of medication recommend that Yoga is the main type of physical action that gives complete activity to the body, in light of the fact that it kneads all the inside organs and organs. This thus lessens the danger of numerous ailments. Yoga can make a positive changeless contrast to the way of life of anyone rehearsing it all the time.

Yoga is the ideal approach to guarantee general wellbeing and physical wellness. Through reflection, breathing activities (called pranayams); you can oust all your anxiety and lead a solid life. Truth be told, it is one of the best cures known not, for curing unending afflictions that are generally hard to be cured by different drugs. Individuals experiencing spinal pains and joint pain are regularly recommended to do asanas that focus on giving activity to the muscles at the vital areas. Pranayams are the best activities to build the limit of lungs limit.

The stunning thing about Yoga is that its constructive outcomes on the wellbeing and psyche are obvious over the long run. Another strength about Yoga is its wide decision of asanas. Contingent on the stamina and general wellbeing, you can browse the mellow pranayams, asanas to high force asanas. It is a solution without the real utilization of pharmaceuticals. Also, no noticeable symptoms are connected with the act of Yoga all the time. Everything you need to know is the most suitable activities implied for the structure of your body, while picking the asanas of the action.

2. Yoga Types:-

Yoga is viewed as the embodiment of a solid life. A man honing Yoga all the time guarantees a solid way of life, as well as accomplishes the greatly coveted significant serenity. It is the best push buster and a solution for curing various endless diseases. Yoga is extensively partitioned into eight sorts. A large portion of them include the utilization of distinctive postures (Asanas), reflection and
breathing activities (Pranayams). In this area, we have examined the eight conspicuous sorts of yoga, their system and their advantages on the strength of the professional.

**Bhakti Yoga:-**
Bhakti Yoga underlines on the affection and dedication to the Almighty. The individual performing this sort of Yoga focuses on the presence of Almighty. He/she figures out how to show love, sympathy to the animals coinciding with him/her, aside from distinctly revering the Lord. Bhakti Yoga can be honed in various courses, for example, commending the God by singing, droning mottos, perusing religious books, listening to petitions to God and by watching religious films.

**Hatha Yoga:-**
Hatha Yoga was established by Yogi Swatmarama in the 15th century in India. This sort of Yoga is about the mix of two extremes - "ha" (the Sun, viewed as the positive current) and "tha" (the Moon, viewed as the negative current). It includes the execution of physical stances (Asanas), breathing activities (Pranayams), reflection, mudras and cleaning strategies known as 'Shatkriyas'.

**Jnana Yoga:-**
The Yoga of genuine information, Jnana Yoga expects to separate the individual performing it, from all the interim things of the life. The individual doing it achieves quietness, control over his/her brain, sense, confidence, capacity for focus and the perseverance to withstand the play of contrary energies by Mother Nature. By honing Jnana Yoga, the individual stays determined in all circumstances and accomplishes restraint.

**Karma Yoga:-**
As the name recommends, Karma Yoga is the commitment of the considerable number of activities (karma) and their natural products to the Almighty. This sort of Yoga decontaminates one's heart, and aides achieve the information of one's
own self. The point of a Karma Yogic (one, who performs Karma Yoga) is to give magnanimous support of the poor and the destitute, without expecting cash, acclaim, power, regard and respect consequently of the administration.

**Kundalini Yoga:-**
Kundalini Yoga goes for drawing the undiscovered vitality (Kundalini), wound at the base of the spine, by utilizing an arrangement of method that uses the individual's psyche, faculties and body. Aside from the physical stances (Asanas), the individual performs reflection, serenades mantras to stir each of the seven chakras of the body. The Asanas are facilitated with the hold of breath control.

**Mantra Yoga:-**
Mantra Yoga, as the name proposes, makes utilization of mantras to accomplish a true serenity and build the fixation power. The mantras are droned by the individual in a mindful manner, keeping in mind the end goal to achieve certain objectives. Mantra Yoga aides dispose of various issue, including psychosomatic infirmities and the issues of uneasiness, anxiety and strain. It supports the individual's fearlessness too.

**Purna Yoga:-**
Known as indispensable Yoga, Purna Yoga offers knowledge and systems for the harmony of the body, psyche and soul. It accentuates the Karma of your ordinary life. It includes contemplation, pranayams and the execution of arrangement based Asanas. Purna Yoga is a spontaneous creation of the conventional frameworks of Yoga.

**Raj Yoga:-**
Raj Yoga is the most ideal route for the complete and all encompassing recuperating of one's psyche and soul. This kind of Yoga helps a man to allays himself/herself from the passionate and mental clashes. Likewise called Astanga or eight-limbed Yoga, Raj Yoga helps the individual to be in concordance with the existing together animals and the earth.
3. Eight Limbs of Yoga:-

The craft of right living and the establishments of yoga reasoning were composed down in The Yoga Sutra of Patanjali, give or take 200 AD. Aggregated by Maharishi Patanjali in the Yoga Sutras, the Eight Limbs of Yoga are a dynamic arrangement of steps or controls that filters the body and brain, at last driving the Yogi (one who rehearses Yoga) to illumination. While the physical piece of yoga is positively of criticalness, the eight traditional appendages of Yoga practice have contemplation of God as their fundamental guideline. The act of yoga is both a craftsmanship and science, which makes unification of the body and psyche with the soul.

The principle goal of Yoga is to help the specialist develop a familiarity with self. As such, it is about making adjust and making placidity to live in peace, great wellbeing and agreement. Yoga portrays the inward workings of the psyche and gives eight stages to control its anxiety to appreciate the enduring peace. Every part at last conveys culmination to the person. They have a tendency to discover their network to the perfect. Being an alternate individual, a man can accentuate one branch and after that proceed onward to another as indicated by their comprehension. These are the eight appendages of the framework found in the acclaimed Yoga Sutras of Patanjali.

**Eight Limbs of Yoga:**

**Yama:-** It is known as Moral observances for connections with others. Separated into five savvy qualities, they let us know about our key nature that of being caring, liberal, legit and tranquil. It instructs the mandates of Ahimsa (peacefulness), Satya (honesty), Asteya (non-taking), Brahmacharya (chastity) and Aparigraha (non-greed)

**Niyama:-** It is known as Moral observances for collaborations with yourself. The word itself means decides that are endorsed for individual
recognition. The niyamas are much more than a mentality, and are more personal and individual. The order incorporate Shaucha (inside and outer immaculateness), Santosha (happiness), Tapas (sombreness), Svadhyaya (investigation of religious books and redundancies of Mantras) and Ishvarapranidhana (self-surrender to God, and His love).

Asanas (Yogasana):-It is the act of physical stances and is the most regularly known part of yoga. The act of moving the body into stances helps in enhancing wellbeing, quality, offset and adaptability. On a more profound level, the act of asana, which means staying or dwelling in Sanskrit, is utilized as an intends to smooth the brain and move into the internal substance of being.

Pranayama:- It controls the vitality, so as to restore and keep up wellbeing and to advance advancement. Pranayama is the measuring, control, and coordinating of the breath. It further gives immaculate unwinding and parity of body exercises are figured it out.

Pratyahara:- In yoga, the term pratyahara infers withdrawal of the faculties from connection to outside items. It is most regularly known for tactile hindrance.

Dharana:- Immovable amassing of the brain is the fundamental rule of Dharana. The crucial thought is to hold the focus or center of consideration in one heading. The psyche needs to be stilled with a specific end goal to accomplish this condition of complete assimilation.

Dhyana:- Dhyana concentrates on Meditation. It means love, or significant and conceptual religious contemplation that includes fixation upon a state of center with the goal of knowing reality about it. The idea
holds that when one centers their psyche in fixation on an article the
dBrain is changed into the state of the item.

Samadhi:- It is the last stride in the eight-fold way of Yoga. It implies
pleasurable interest of one's individual awareness in the
quintessence of God. Samadhi intends to unite to union. In this
express, the body and faculties are very still, however the workforce
of psyche and reason are caution. You have to control the
sentiments of Avidya (obliviousness), Asmita (selfishness), Raga-
Dvesha (likes and abhorrences), Abhinivesha (sticking to

4. Yoga Poses:

- Yoga includes some straightforward and successful body
developments, which reinforce one's back, tones the stomach
muscles, and reallocate body weight. These body developments are
known as asanas, or stances. The Asanas have developed over
hundreds of years and work ponders in keeping the body solid and
the brain quiet. In the event that performed in a right way, these
Yoga postures or positions help to tone muscles, grease up joints
and back rub the body. Not just this, the asanas additionally upgrade
body perseverance and build adaptability. These stances bring
physical and mental dependability, alongside wellbeing and life;
they practice the nerves, organs, ligaments, and muscles.

- To fulfill every yoga posture, you oblige self discipline, steadiness
and day by day hone. There are innumerable stances and stances in
Yoga. Be that as it may, before attempting and performing any
stance, you ought to remember certain things.
• You ought to know your body limits. In the event that your body does not permit a specific Yoga stance, then don't push your body for it. Something else, your may get hurt simultaneously.

• The best thing to do is, gain from an accomplished instructor. Then again you can simply allude to books learning Yoga stances or Yoga Asanas. Features could be of awesome help.

• By day by day honing, you will enhance the stances or positions of Yoga. It is not something that you will pick up in the top notch.

• Every yoga position has its own particular advantages, infrequently particular physical and mental advantages. As per your needs, you can hone a specific Yoga posture.

• Before beginning a Yoga session, it is vital to do some fundamental extends to warm-up and to keep away from strain.

5. 15 Yogasana was selected for training programme which is given below...

1. **Makarasana:**
   
   **Asana name**: Crocodile Pose  
   **Sanskrit name**: Makarasan  
   **Meaning**: Crocodile Pose

   **General Benefits**: Relaxation of whole sensory system, body and brain. Gives extra unwinding to the back district. Diminishes weight on the body and brain. Uproots exasperating considerations and pressures. Unwinds the muscles which prompt a diminishing in the interest for blood and oxygen, giving the circulatory and respiratory frameworks a break. Gainful for all anxiety related illnesses. Calms stretch and exhaustion. Reductions pulse.

**Taking the Position:** In inclined position overlap the arms before the head and spot the head either on the arms or the floor, turning the head to the side on the off chance that it is agreeable. Spread the legs separated so the heels touch the sides of your yoga mat, with the toes guiding outwards, heels in.inhale typically while you keep up the asana.

**Discharging the Positions:** To release the asana, unite the legs. Return the arms to the sides of the body and the jaw on the mat. Stay loose and inhale regularly.

**Anatomical Focus:** On every body part, especially any focused on parts, for example, the lower back.

**Anatomical Awareness:** Focus on whole spine.

**Do's:** Keep the psyche concentrated on unwinding. In the event that considerations come don't push about them yet give them a chance to pass. Keep the spine in a straight line. Abstain from moving the body parts as even the scarcest development will utilize numerous muscles and expand the nerve motivations. Keep the eyes shut.

**Don'ts:** Go to rest, let the brain meander or move the body.

**Safety measures & Contraindications:** Avoid going to rest.

**Preparatory Poses:** Makarasana is for the most part honed after the act of asanas. Thusly it is less demanding to come into if one is now in the inclined position.

**Subsequent Poses:** None are fundamental.
Position:- Prone.

2. Halasana:
   
   Asana name:- Plough Pose  
   Sanskrit name:- Halasana  
   Meaning:- Plough Pose  

General Benefits:- Improves the tone and quality of back muscles as the back is collapsed, and additionally the leg muscles and muscular strength. It likewise uproots the unbending nature of the back muscles. Enhances the working of the spinal nerves, putting pressure on the nerves in the neck area which are transcendentally thoughtful. Enhances the capacity of the thyroid, parathyroid and pituitary organs. The majority of the other endocrine organs are managed by these principle organs thus the general function of the endocrine framework is moved forward. This outcomes in the enhanced functioning of the considerable number of frameworks of the body. Gives a complete stretch to the spine which expands its flexibility and general working. Actuates absorption and assists with blockage, enhances the effectiveness of all the stomach organs such as the spleen, pancreas, liver and kidneys. The breathing developments of the diaphragm help to back rub the stomach organs. Initiates the thyroid organ and thymus organ, empowering digestion system and insusceptibility. Can affect conditions of pratyahara (sense withdrawal).


Taking the Position:- In prostrate position breathe out keeping in mind breathing in gradually raise your legs to a 90 degree point from the beginning. While breathing out raise the hips and mid-region, bringing the legs over the head, keeping them suspended over the ground. In the wake of breathing out completely, bring down the legs to lay the toes on the floor keeping the legs straight. Point the toes and inhale ordinarily.
**Discharging the Positions:** Exhale, keeping in mind breathing in lift the toes off the ground keeping the legs straight. Gradually and with controlled development, bring down the back vertebra by vertebra to the ground conveying the legs to a 90 degree point from the floor. Breathe in, keeping in mind breathing out, gradually bring down the legs to the ground coming into recumbent position. Unwind the body and breathe profoundly.

**Anatomical Focus:** The posterior of the body is extended and the front side of the body is packed.

**Anatomical Awareness:** On perineum, throat and belly.

**Do's:** Keep the legs straight in knees with toes vertical on the ground over your head. Legs are in one straight line. Past what numerous would consider conceivable, the back stays straight and vertical. Arms straight with palms on the ground. Shoulders lying on the ground. The catch inclining toward the midsection.

**Don'ts:** Bend the knees. Move the neck or overstrain it in button lock position. Move into this asana quick as a great deal of anxiety is put onto the spine.

**Safety measures & Contraindications:** Should be abstained from amid pregnancy and feminine cycle, hypertension and cerebrum sicknesses. Should be evaded if experiencing an extended thyroid, spleen or liver and additionally cervical spondylitis, slipped circle, migraine and frail veins in the eyes.

**Varieties & Tips:** Should be abstained from amid pregnancy and feminine cycle, hypertension and cerebrum maladies. Should be evaded if experiencing an extended thyroid, spleen or liver and in addition cervical spondylitis, slipped circle, migraine and powerless veins in the eyes.

**Preparatory Poses:** Sarvangasana. Viparit Karni. Ashwini Mudra.
Subsequent Poses:- Vistrut Pada Halasana. Karnapeedanasana. Matsyasana - to balance the Jalandhar Bandha. Chakrasana

Position:- Supine.

3. Matyasana:
   Asana name:- Fish Pose
   Sanskrit name:- Matsyasan
   Meaning:- Fish Pose

   General Benefits:- The Matsya bandha causes an extending on the thyroid and parathyroid organs, accordingly enhancing their capacity and counterbalancing the impacts of the Jalandhar bandha. It extends the digestion tracts, liver, pancreas, bladder and other stomach organs which enhances their working and proficiency. Lessens blood supply to the legs and sidetracks it to the regenerative and pelvic organs. Stagnant blood around vertebral segment is depleted. Enhances supply to cerebrum and face, likewise extends the carotid conduit. The regenerative framework is enhanced because of the expanded blood supply. Conditioning of stomach, thigh and intercostal muscles. Conditioning of intercostals muscles help in profound breathing, so it is useful in asthma and bronchitis. It opens up the midsection and lungs. Hemorrhoids. Expands flow to the back which helps in spinal pain and cervical spondylitis. Supports the invulnerable framework because of its impact on the thymus organ. Releases the spine and averts round shoulders. Slackens the legs and sets them up for reflection postures.


   Taking the Position:- In recumbent position twist the legs into leg over leg position or in a perfect world come into padmasan - lotus posture by spreading your legs somewhat more than hip-width separated. Twist one leg and spot it on the inverse thigh. Twist the other leg and spot it on the
inverse thigh. With the backing of the elbows raise the head, bend the neck in reverse and spot the highest point of the head on the floor making a curve in the back. On the off chance that you are in padmasan - lotus posture attempt to hold the toes of the feet with inverse hands, otherwise lay the hands on the guts or thighs and inhale ordinarily.

**Discharging the Positions**:- To discharge the asana discharge the toes. Utilizing the backing of the elbows, gradually discharge the neck and return the shoulders and head to the floor. Straighten the legs. Unite both legs, coming back to the prostrate position.

**Anatomical Focus**:- Neck, head, throat, midsection, hips, back, legs.  
**Anatomical Awareness**:- On center zone and throat

**Do's**:- While taking and discharging the position, bolster the neck with the elbows or the hands. Attempt to rest the crown of the head on the ground. Hold the toes or if that is troublesome spot the hands on the thighs or ground.

**Don'ts**:- Move, overstretch or turn the neck while you are in the position. Overstretch the neck. Come into or out of the position quick.

**Insurances & Contraindications**:- Should not be performed by individuals experiencing hypertension, heart infections, hernia or ulcers. Should be abstained from amid monthly cycle and pregnancy.

**Varieties & Tips**:- One can keep the legs straight as opposed to being in Padmasana. The legs can be collapsed in Swastikasana or Samasana or a straightforward leg over leg position. Regardless, or if the neck is sensitive, then it is ideal to place the hands beside the head before setting the crown of the head on the floor. This gives more backing to the head and neck than the elbows do.
Preparatory Poses: - Sarvangasan, Halasan, Ashwini Mudra, Karnapeedanasan are all represents that are frequently rehearsed before matsyasan.

Subsequent Poses: - Shavasan. Chakrasan.

Position: - Supine.

4. **Trikonasana:**
   - **Asana name:** Triangle Pose
   - **Sanskrit name:** Trikonasan
   - **Meaning:** Triangle Pose

General Benefits: - Function of hips, knee, lower leg and shoulder is enhanced and additionally the stomach, rear of thigh, calf and scapular muscles. Aides keep up fitting parity of the body, expels fat from the waist. Enhances the longing and enhances the productivity of the digestive framework. Fortifies the sensory system. Enhances coordination between the sensory systems and the musculoskeletal framework. Fortifies the pelvis and tones the regenerative organs. Extricates the hip joints and fortifies the knees. Opens and adds to the midsection.

Helpful Applications: - Digestive issues, blockage, melancholy.

Taking the Position: - In standing position step the forget leg to the side, far from the right leg. Turn the forget foot to one side. Breathe in keeping in mind breathing out curve the left leg to a 90 degree point and spot the left palm adjacent to one side foot. Stretch the right arm over the head keeping the arm close to the right ear. Keep up the asana, inhale ordinarily.

Discharging the Positions: - Inhale, keeping in mind breathing out straighten the abdominal area conveying the arms to the sides of the body. Straighten the left leg. Turn the left foot to face the front. Step the left leg to the right leg coming back to standing position. Practice on the inverse side.

Anatomical Focus: - On the stretch on one side of the body.
Anatomical Awareness:- On pelvic locale, extended side.

**Do's:** Left leg ought to be ventured out at a separation of around 4 to 5 feet. (Separation relies on upon individual stature and capacity to extend the body). Twist the left leg in the knee so that the thigh and calf make 90 degree point with one another, the thigh will be parallel with the ground. Keep the hips and middle confronting the front. Raise the right arm over the head while keeping the arm straight. Attempt to adjust the head and right ear with the right arm. Place the left hand on the ground parallel and near to one side foot, fingers directing the same bearing as the toes. Haul the shoulders behind, open the midsection. Keep both the heels on the ground. Stretch the whole body to left side while keeping up the offset.

**Don'ts:** Bend the arms. Overstrain your left knee or let the left knee twist around the left lower leg. Twist the right leg. Attempt to adjust the left foot and right foot in one line. Lift the sole of the back foot off the ground. Free the equalization. Hunch the body over.

**Insurances & Contraindications:** People having any protestations with respect to the hips, spinal segment or knees ought to practice this asana with alert.

**Varieties & Tips:** If the position is troublesome then there are a few varieties. In the event that you can't get the hand to the floor then it is alright to place the fingertips on the ground. On the off chance that this is troublesome then place the lower arm on the thigh and keep on having the right arm raised. These two varieties are likewise valuable when it is hard to curve the knee to 90 degrees. It is imperative that the leg is agreeable, there ought not be weight on the knee. It's additionally critical that the midsection is not shut and that the hips are open. On the off chance that there is insufficient separation between the feet then normally the midsection will be shut so verify that the stride is huge and the hips are squared to the side.
Preparatory Poses:- Ardha Chandrasan. Preparatory development sort 5.
Subsequent Poses:- Parivarta Trikonasan
Position:- Standing

5. **Dhanurasana:**
   
   **Asana name:** Bow Pose Prone  
   **Sanskrit name:** Dhanurasan (prone)  
   **Meaning:** Bow Pose

   General Benefits: The body weight is adjusted on the abs and they are given weight so that the intra-stomach organs, i.e. stomach, liver, spleen, pancreas and insides are kneaded by the adjustment in weight. It additionally enhances the emissions of these organs. It enhances the peristalsis of the digestive tract and eases blockage. The blood stream to the stomach organs is likewise made strides. Drowsiness of the liver is evacuated as is dyspepsia. With normal practice it will lessen the fat around the belly and thigh ranges. This asana makes quality in the muscles of the spinal string and the nerves of the back. It serves to realign the spine. It likewise reinforces the muscles of the arms and thighs. It enlarges and opens the midsection territory along these lines enhancing breath, easing asthma and bronchitis. It is useful for bosom improvement and serves to evacuate slouching of the upper back and shoulders. There is a change in the course of lymph and blood all through the body particularly the arms and legs because of the conditioning of the muscles. Tones the adrenal organs and equalizations their discharges. Rubs the kidneys. Empowers the thoughtful sensory system.


**Taking the Position:** In inclined position twist both legs and convey them to hip separation from one another. Hold both legs solidly close to the lower legs. Breathe out keeping in mind breathing in force the legs upwards with the hands and raise the midsection, permitting the entire body to be extended in a bend, raising the neck to look towards the roof. Keep up the asana, inhale regularly.
**Discharging the Positions:**- Inhale keeping in mind breathing out lower both knees, shoulders and button gradually to the ground. Discharge the lower legs and bring the hands alongside the body. Straighten the bowed legs to the floor coming back to Prone position. Breath ordinarily.

**Anatomical Focus:**- The stretch on the front side of the body, pressure of the spine and stretch into the arms and legs.

Anatomical Awareness:- Focus on midsection, guts and lower back.

**Do's:**- Try to adjust on the guts. Keep the knees and thighs off the ground; keeping around 1 foot separation between knees. Raise the midsection and shoulders off the ground. Open the midsection and draw the shoulders back.

**Don'ts:**- Bend the arms. Drop the head.

Precautionary measures & Contraindications:- Should be totally maintained a strategic distance from on the off chance that you are experiencing ailments of the spine. In the event that there is late stomach surgery, hernia or ulcer in the stomach this stance ought to be kept away from. Must be kept away from if enduring T.B. Pregnancy and monthly cycle.

Varieties & Tips:- There will be some shaking development on account of the stomach developments for relaxing. A few individuals discovering it simpler to come into the position on the off chance that they put their brow on the floor before raising the body.

Position:- Prone.

6. **Salabhasana:**
   - **Asana name:** Locust Pose
   - **Sanskrit name:** Shalabhasan
   - **Meaning:** Locust Pose

**General Benefits:** Stimulates the parasympathetic nerves in the lower spinal district. Uproots the weight on the sciatic nerve and gives help from spinal pain and slipped plate (notwithstanding it ought to be honed with alert for those misery from slipped circle). Enhances the capacity of the stomach organs particularly the lower guts by enhancing peristalsis in the internal organ and particularly in the huge segment of the colon. Enhances craving. Enhances the quality of the thigh and muscular strength and enhances blood supply to the lower back and neck muscles, alleviating solidness in this area.


**Taking the Position:** In inclined position, breathe out keeping in mind breathing in raise both legs from the waist, keeping the legs together and knees straight. Point the toes and inhale regularly.

**Discharging the Positions:** Inhale keeping in mind breathing out gradually bring down the legs to the ground coming back to Prone position. Unwind your entire body and inhale regularly.

**Anatomical Focus:** On the lower back, stomach area and legs.

**Anatomical Awareness:** Focus on lower back, backside.
**Do's:**- Keep both the legs straight and together at the knees. Jaw on the ground. Palms pushing on the ground. Toes guiding in reverse.

**Don'ts:**- Bend the knees. Keep separation between the legs. Touch the brow on the ground.

Safety measures & Contraindications:- Practice with alert if there is slipped circle or some other extreme spinal issues. Any late stomach surgery, hernia or prolapse. Pregnancy or feminine cycle.

Varieties & Tips:- Only raise the legs similarly as it is agreeable, don't permit the legs to tremble. Propelled variety:- Arms embedded beneath the thighs with palms confronting downwards or upwards if that is uncomfortable to help raise the legs more. Another variety is to have the hands together with fingers interlocked, supporting on the ground.

Preparatory Poses:- Ardha Shalabhasana

Subsequent Poses:- Naukasana. Dhanurasana.

Position:- Prone.

7. **Uttnpadasana:**
   - **Asana name:** Both Legs Raised Pose
   - **Sanskrit name:** Dwi Pada Uttanapadasan
   - **Meaning:** Both Legs Raised Pose

General Benefits:- Improves the tone and quality of the muscular strength and thigh muscles. Withdrawal of abs creates a weight on the stomach organs along these lines enhancing their capacity. Reinforces the lower back, pelvic and perineal muscles. Aides in the generation of digestive juices and the procedure of discharge. Helps the waste of deoxygenated blood from the leg district towards the heart affected by the gravitational power. Useful for lower back torment because of the
fortifying of the stomach muscles. Evacuates fart and clogging. Fortifies the hamstrings.

Remedial Applications:-Lower back agony.

Taking the Position:-In recumbent position breathe out keeping in mind breathing in gradually raise the legs to a 90 degree edge from the floor. Keep up the asana, inhale regularly.

Discharging the Positions:-Inhale keeping in mind breathing out gradually bring down the legs back to the prostrate position. Unwind your entire body and inhale ordinarily.

Anatomical Focus:-Abdomen, lower back, legs

Anatomical Awareness:-On center territory.

Do's:-Try and keep the legs straight and relentless, toes indicated the roof. Make an effort not to raise the shoulders from the beginning. The abdominal area, arms and face ought to be as casual as could reasonably be expected. Raise the legs gradually, with no rascals.

Don'ts:-Bend the knees. Permit the body to tremble. Lift the lower back or backside from the floor.

Safety measures & Contraindications:-Must be stayed away from if there is late stomach surgery as there is a ton of weight on the midriff.

Varieties & Tips:-If it is hard to raise the legs with them straight then the legs can be somewhat twisted to discharge the weight on the back, however the point ought to, in a perfect world, be to have the capacity to raise the legs straight, when agreeable. On the off chance that it is hard to raise the legs to 90 degrees or if there
is trembling in the legs then bring down the legs somewhat, until an agreeable position has been accomplished.

Preparatory Poses:- Eka Pada Uttanpadasana
Subsequent Poses:- Viparit Karni. Sarvangasana
Position:- Supine.

8. **Parvatasan:**

- **Asana name:** Mountain Pose
- **Sanskrit name:** Parvatasan
- **Meaning:** Mountain Pose

General Benefits:- Stretching the muscles of the arms, back and guts. Enhances the working of the spinal line. Re-empowers the body. Uproots any pressure that can have amassed from an asana hone. Can be rehearsed for the duration of the day particularly for those on a PC. It should be possible sitting on the seat. Evacuates strain in the shoulders and back.

Helpful Applications:- Removes strain in the shoulders and back.

Taking the Position:- In sitting position twist the legs into leg over leg position or preferably come into Padmasan - lotus posture by spreading your legs somewhat more than hip-width separated. Twist one leg and spot it on the inverse thigh. Twist the other leg and spot it on the inverse thigh. Take both delivers front of the body and interlock the fingers. Breathe out keeping in mind breathing in extend the arms over the head, turning the palms outwards. Stretch the body upwards. Keep up the asana, inhale ordinarily.

Discharging the Positions:- Inhale keeping in mind breathing out unwind the body and bring down the arms before the body. Discharge and straighten the legs, in a steady progression, and spot the palms by your sides coming back to sitting position.

Anatomical Focus:- Stretching the back.

Anatomical Awareness:- Don't hunch the back to achieve the floor.
Do's:- Sit in Padmasana, Swastikasana or with folded legs position. Interlock the fingers and stretch the arms over the head with palms confronting towards the roof. Head straight and look forward.

Don'ts:- Lift the bum off the ground. Twist the elbows. Twist the neck forward. Overstrain the knees.

Insurances & Contraindications:- Knee issues

Varieties & Tips:- One can take the arms somewhat back to get a more grounded stretch into the shoulders. In the event that it is hard to sit in Padmasan one can sit in Ardha Padmasan, Swastikasan, Siddhasan or a basic leg over leg position. In the event that the leg over leg position is hard then one can sit in Vajrasan.

Preparatory Poses:- Padmasan
Subsequent Poses:- Sharanagat Mudra, Vrukshasan.

Position:- Sitting.

9. **Vajrasana:**

   **Asana name:** Thunderbolt Pose
   **Sanskrit name:** Vajrasan
   **Meaning:** Thunderbolt Pose

General Benefits:- Alters the stream of blood and anxious motivations in the pelvic area and reinforces the pelvic muscles. Expands productivity of the whole digestive framework. It helps in assimilation promptly in the wake of eating. This is the main asana that can be polished after a feast, preferably for ten minutes. It is a critical contemplation stance in light of the fact that the body gets to be upright and straight with no exertion. The brain and body gets to be balanced out and consequently it is one of the suggested asanas for pranayam, fixation and contemplation. Empowers the vajra nadi and diverts sexual vitality. - The unique fold of the legs shapes a bandha. This bandha controls the blood dissemination from the waist downwards which is the reason this asana is prescribed after
Shirshasan. It likewise implies that there is expanded blood course in the stomach territory.

Helpful Applications:-Weak digestive framework

Taking the Position:-In sitting position, twist your left leg and convey the foot to one side cheek. Twist your right leg and spot the right foot beside the left foot. Shift the weight forward onto the toes. Convey your knees to the ground, toes together, heels separated and sit between your heels. Place the palms of your hands on the knees. Keep up the asana, breathing ordinarily.

Discharging the Positions:-To discharge the asana, expel the hands from the knees and return them to your sides. Raise your knees and movement your weight onto your toes. Straighten the left leg. Straighten the right leg and bring down the rump to the ground coming back to sitting position.

Anatomical Focus:-Lumbar area of the spinal segment. Lower stomach area.
Anatomical Awareness:-Focus on lower back, backside
Do's:-Remember to inhale ordinarily while in the posture, as there would be a propensity to quit doing as such.
Don'ts:-Tense up the entire body while lifting the legs off the ground and looking after it. The body ought to be delicate and endeavors to be made on unwinding the body.

Safety measures & Contraindications:-People who have any spinal segment diseases, particularly on the lower vertebrae ought not endeavor this stance. Those with hernia, intestinal ulcers and different infections of the little and internal organ ought to practice this stance under master direction and exhortation. Tenderfoots ought to work gradually on enhancing the quality of the lower back muscles, before lifting the legs up or expanding the length of time to hold this posture. This would help in minimizing the strain of the breath. Advantages of this posture are significantly minimized if the individual limit is surpassed. One ought to practice
least lifting and expanded span, rather than most extreme lifting of the legs and keeping up the stance for a shorter time. The perfect posture ought to be accomplished under these rules.

Varieties & Tips:-For a begin, center ought to be on keeping up a moderate and cadenced relaxing. This could be accomplished when the stance is unfaltering and agreeable. Individuals regularly lift the legs up too high, and wind up straining the body and breath. As in Niralamba Bhunjungasana (stretching the middle to the front), consider protracting the legs to the back of the room. Stretch the whole length of the legs, however don't worry at the same time. Rehearse persistence and lowliness in the stance. Move into the stance in a moderate, controlled & deliberately path, to remember the mindfulness and perfect position at all times.

Preparatory Poses:-Ardha Shalabhasana. Shalabhasana

Subsequent Poses:-Makarasana. Vajarasana Type 1 with arms loose by the side of the legs a.k.a Child Pose. Shavasana

Position:-Prone.

10. Veerasan:
   Asana name:- Warrior Pose
   Sanskrit name:- Veerasan
   Meaning:- Warrior Pose

General Benefits:-Improves the quality and blood supply to the joints like the lower legs, knees, hips, lumber area, cervical locale and shoulders. Muscular strength are extended so serves to expel fat from the locale. Serves to keep up the best possible equalization of the body. Enhances the adaptability of the spinal section. Puts weight on the digestive organs and builds their productivity and capacity. Fortifies the legs. Puts weight on the sensory system and enhances coordination of the sensory system with the musculoskeletal framework. Enhances
parity. Assuages pressure in the neck and shoulders. Extends the midsection.
Diminishes fat around the pelvic district.

Helpful Applications:-Digestive issues, clogging, anxious discouragement.

Taking the Position:-In standing position step the left leg forward at a greatest separation from the right leg. Twist the left knee at a 90 degree point and spot the hands on the knee, palms joined together. Breathe out keeping in mind breathing in raise the held hands up over the head, gradually tilt the neck back so the look is towards the roof and curve the spine in reverse. Keep up the asana, inhale regularly.

Discharging the Positions:-To discharge the asana, gradually straighten the body and the neck, dropping the arms down so the hands lay on the knee. Straighten the knee and discharge the hands. Step the left foot back adjacent to the right foot returning standing position. Practice on the inverse side.

Anatomical Focus:-Pelvic area, whole spine, belly.

Anatomical Awareness:-On pelvic area, whole spine.

Do's:-Place the right foot at a 45 degree edge to one side foot. (The point may change according to the comfort of each person.) Keep the hips and middle confronting the front. Twist the left leg to a 90 degree point so the thigh is parallel with the floor. Raise the arms straight over the head with palms joined in Namaskar position. Take the arms in reverse beyond what many would consider possible. Pull the shoulders back, open the midsection. Keep both the heels on the ground. Stretch the whole body in the retrogressive heading while keeping up the equalization.

Don'ts:-Bend the arms or the right leg. Attempt to adjust the left foot and right foot in one line. Free adjust.
Safety measures & Contraindications:-The procedure of bowing in reverse ought to be moderate and controlled so as to look after offset.

Varieties & Tips:-It is vital to get the parity of a curve furthermore a stretch into the legs. Try not to attempt to twist the front knee so much that it is hard to curve the back. In the same way don't curve the back and keep the stretch into the front leg. Verify that you turn the hips and shoulders to the front before coming into the asana.

Preparatory Poses:-Trikonasana. Parivarta Trikonasana.

Subsequent Poses:-Veerabhadrasana

Position:-Standing

11. Hansasan:
   Asana name:-Swan Pose
   Sanskrit name:-Hansasan
   Meaning:-Swan Pose

   General Benefits:-Massages and animates the stomach organs and muscles, invigorates the longing and serves to oust stomach and intestinal worms.

   Taking the Position:-In sitting position, twist your left leg and convey the foot to one side cheek. Twist your right leg and spot the right foot alongside the left foot. Shift the weight forward onto the toes. Convey your knees to the ground. Spread the knees separated and place the hands on the ground, together or with one to two hands' separation between them. The fingers ought to be directing towards the feet. Curve and touch the elbows together then incline the abdominal area advances so that the belly is laying on the elbows and the midsection is laying on the upper arms. Stretch the legs in reverse until they are straight. The feet ought to be as one, with just the tips
of the toes touching the ground. Move the shoulders back and raise the head somewhat so that the head, neck, shoulders, back and legs shape a straight line. Inhale ordinarily.

Discharging the Positions:- To discharge the asana, hunch the abdominal area marginally by twisting the neck and the shoulders forward. Gradually step the feet in a steady progression forward. Straighten the arms and go to a squat. Place the arms by your sides, straighten out the legs and come back to sitting position.

Helpful Applications:- Constipation, Flatulence, Sluggishness of the liver and kidneys.

Anatomical Focus:- The pressure on the stomach organs and organs.

Anatomical Awareness:- On the stomach range, wrists.

Do's:- Keep the body in a straight line. Move the shoulders back. Look forward at a settled point. Incline forward adequately so that a large portion of the body weight is on the elbows and wrists.

Don'ts:- Overstrain the elbows or wrists. In the event that the weight is a lot to manage, discharge the stance gradually.

Safety measures & Contraindications:- Peptic or duodenal ulcers, Colitis, Hyperacidity, Hernia, High circulatory strain, Pregnancy & monthly cycle.

Varieties & Tips:- A pad or pad may be put under the face to forestall harm in the event that you lose offset. Apprentices might likewise put the head on the
ground for bolster while moving into or out of the asana. Propelled specialists ought to concentrate on progressively moving more weight onto the elbows and wrists by inclining the body forward while as yet keeping the body straight, so as to get ready for the more propelled asana of Mayurasana.

Preparatory Poses:-Merudandasana

Subsequent Poses:-Mayurasana

Position:-Sitting.

12. **Chakrasan:**

   **Asana name:-** Wheel Pose  
   **Sanskrit name:-** Chakrasan  
   **Meaning:-** Wheel Pose

General Benefits:-Strengthens back muscles, tones adrenals, helps kidneys, front piece of the body is being extend altogether, which is useful for individuals who are self observers as the openness in the heart may deal with their heart chakra. Because of the stretch at the upper piece of the mid-region muscles, it gives some weight on the inward organs of the stomach area and in this way, expanding their productivity. The muscles on the front piece of the thighs are stretch and the calves are reinforcing while doing and holding the posture. This will likewise help to reinforce the leg muscles. This stance is amazingly useful for the individuals who sit extend periods of time before the work area or PC as they ordinarily slouch over the work area throughout the day. The regressive curve in the posture will diminishes strain or anxiety from the body and help in diminishing the diseases emerging out of it. This posture will likewise help in conditioning and reinforcing the whole back muscles.

Restorative Applications:-Stress. Uneasiness, Asthma
Taking the Position:-In prostrate position, twist the knees and spot the feet near to the bum, about hip-width separated. Lift the arms up and place them underneath the shoulders, with the fingers indicating the shoulder. Breathe out keeping in mind breathing in lift the posterior, hips, lower and center back off the ground. Breathe out. While breathing in, lift the shoulders up by pushing the palms into the ground. Lift the backside, waist and the entire back until the arms and legs are straight. Inhale typically in the asana.

Discharging the Positions:-Inhale while breathing out, gradually twist your arms and legs, twist your button towards the midsection, and tenderly discharge the head, shoulders, waist and bottom onto the ground. Rest the back altogether on the ground. Bring both the palms far from the shoulders and convey the arms to the sides of the body. Straighten out the legs and return into recumbent position. Unwind and inhale typically.

Anatomical Focus:-Spinal segment and the muscles joined to the vertebrae. Muscles on the upper piece of the midriff. Thighs. Calves.

Anatomical Awareness:-Focus on center, lower back, wrist.

Do's:-Keep the breathing moderate and cadenced. Keep the shoulder bones and neck locale casual and agreeable. Keep the facial muscles delicate and loose. Keep the arms and knees straight. Keep some separation between the feet for better bolster and parity while in the posture. Regard and discover acknowledgement with the body, by not inspiring yourself into the stance.

Don'ts:-Exert extreme power, which may bring about undue strain onto the arms while lifting the body up into the position. Compel yourself into getting the curve
in the spine. Strain and worry the body while moving into the stance and/or while doing the posture.

Insurances & Contraindications:- People who experience the ill effects of genuine spinal segment afflictions, for example, cervical and lumbar spondylitis ought to abstain from doing this posture. On the off chance that there is very little spine adaptability toward the starting, one ought not drive or push the body into doing the posture. In light of the profound curve to the spine, it is best to do a counter posture, for example, Matsyasana (Fish posture) in the wake of honing Chakrasana, to soothe any strain from the spine.

Varieties & Tips:- To alleviate pressure felt in the lower back, one can attempt to lift the heels of the feet off the ground and along these lines, adjusting on the toes and palms. Try not to concentrate on angling the spine, rather concentrate on keeping up dauntlessness and solace in the posture. Relinquishing discernment on how the perfect stance ought to resemble. On the off chance that Chakarasana is not prepared for the body to do it, then do the preparatory posture Ardha Chakrasana Spread the feets separated for tenderfoots to manufacture soundness in the stance, and slowly put the feet together for a more profound curve to the spine.

Preparatory Poses:- Ardha Chakrasana

Subsequent Poses:- Forward twisting stance, for example, paschimottanasana. Makarasana- Crocodile posture. Shavasana.

Position:- Supine.

13. **Sarvangasan:**
   
   **Asana name:-** Shoulderstand  
   **Sanskrit name:-** Sarvangasan  
   **Meaning:-** Shoulder Stand

General Benefits:- The Jalandhar Bandha enhances the capacity of the thyroid, parathyroid and pituitary organs. The greater part of the other endocrine organs are
controlled by these primary organs thus the general capacity of the endocrine framework is moved forward. This outcomes in the enhanced working of every other arrangement of the body. The thyroid organ is enhanced because of the build oxygen and blood and in addition by diminishing overabundance passionate and mental anxiety which influences the thyroid. Stagnant blood from the lower areas of the body, i.e. legs and belly is depleted to the heart in this way enhancing the supply of new blood to these parts and the entire circulatory framework. Blood supply to the head territory i.e. cerebrum, eyes, ears, nose and throat is enhanced subsequently enhancing their working. Consequently the majority of the pelvic and stomach zone course, ear, throat and nose diseases are progressed. The lung limit is expanded as the stomach, which is the muscle of breath, needs to conflict with gravity in this stance, this aides in the stomach breath and is accordingly useful in the treatment of asthma. Poisons in the respiratory framework are depleted in this way enhancing the respiratory framework. Anticipates and cures varicose veins. Detoxification of the body because of enhanced effectiveness of the organs of the body which prompts energy and hostile to maturing impacts. Standardizes body weight because of its impact on the thyroid. Because of the impact this asana has on the hormonal framework, especially the thyroid, it adjusts the circulatory, digestive, conceptive and sensory system. Because of the expanded blood stream to the head the brain is sedated, stress and mental unsettling influences are evacuated. The expanded blood stream can be useful for the individuals who experience the ill effects of cerebral pains, however it ought not be rehearsed at the season of migraine. The thymus organ is invigorated which helps the insusceptible framework. It adjusts the parathyroid organs that guarantees recovery and ordinary improvement of the bones. It discharges the ordinary gravitational weight from the butt muscles which assists with hemorrhoids. The nerves going through the neck are conditioned and the neck adaptability is expanded. The digestive framework is incredibly enhanced because of the increment in blood flow and seepage of stagnant blood. The pranic stream is orchestrated, expanding vitality and having a constructive outcome on all the body frameworks. Sarvangasana has all the advantages of Shirshasana yet is more secure and simpler to perform.

Taking the Position:-In prostrate position breathe out keeping in mind breathing in, get the guts and gradually raise both legs to a 90 degree edge from the floor. While breathing out raise the waist and the hips from the floor and take the legs in reverse over the head. While breathing in raise the back and the legs up into a vertical position, setting the hands on the upper back for backing. The jaw ought to lean against the midsection, making the button lock. Look towards the toes and keep up the asana, breathing typical.

Discharging the Positions:-Inhale keeping in mind breathing out curve in the waist and bring down the legs over the head, discharging the hands from the upper back. Breathing in gradually bring down the back to the floor, vertebrae by vertebrae, keeping the legs at a 90 degree edge from the floor. Breathing out gradually lower both legs back to the prostrate position. Unwind your body and inhale regularly.

Anatomical Focus:-Neck, shoulders.

Anatomical Awareness:-On center region, throat.

Do's:-Keep the legs straight in knees with toes indicating the sky. Attempt and keep the body in a straight line from the midsection to the tips of the toes. Head straight and vision settled on the toes. Verify that the storage compartment is sufficiently raised vertically so that the button can serenely lean against the midsection.

Don'ts:-Bend the knees. Move the neck or overstrain it in the button lock position. Bring the legs over the head when in the asana position however don't keep them totally vertical on the off chance that it causes pressure. Raise the head from the floor. Strained the legs or point the feet.
Insurances & Contraindications:- Should not be performed by individuals experiencing hypertension, heart conditions or mind infections. Should be abstained from amid monthly cycle and pregnancy. Should be kept away from if experiencing an exceptionally extended thyroid, expanded spleen or liver and in addition cervical spondylitis, slipped circle, cerebral pain and powerless veins in the eyes.

Varieties & Tips:- One may require a collapsed cover under the neck and shoulders for backing. For a few amateurs it might be hard to raise the legs straight. In the event that so then one can twist the knees a short time taking the position and afterward straighten out the legs. By and large it is simpler to hold the position than to come into the position as there is less weight on the stomach and spinal muscles, however there is more weight on the upper back muscles.

Preparatory Poses:- Dwi Pada Uttanpadasana. Viparit Karni.

Subsequent Poses:- Matsyasana is crucial to practice after Sarvangasana to balance the impact of the Jalandhar Bandha. Generally an asana that curves the head in reverse like Bhujangasana or Halasan, Karnapeedanasana, Vistrut Pada Halasana, Chakrasana. and Ashwini Mudra.

Position:- Supine.

14. **Naukasan:**
   
   Asana name:- Boat Pose Prone  
   Sanskrit name:- Naukasan (prone)  
   Meaning:- Boat Pose  

General Benefits:- The impacts on the stomach territory are like Dhanurasana yet are marginally expanded as the stretch and draw is not exchanged to the hands and legs but rather is conveyed by the stomach region. The body weight is adjusted on the abs and they are given weight so that the intra-stomach organs, i.e. stomach, liver, spleen, pancreas and digestion systems are rubbed by the adjustment in
weight. It likewise enhances the emissions of these organs. It enhances the peristalsis of the digestive system and mitigates obstruction. The blood stream to the stomach organs is additionally progressed. Laziness of the liver is evacuated as is dyspepsia. With customary practice it will decrease the fat around the midriff and thigh territories. There is a complete stretch from the fingertips to the toes, discharging strain in the entire body.

Helpful Applications:- Constipation. Dyspepsia. Anorexia.

Taking the Position:- In inclined position, extend the arms before the head, laying them on the floor with the palms joined together, lay your temple on the floor. Breathe out keeping in mind breathing in raise the arms, temple and midsection starting from the earliest stage in the meantime raise the legs from the waist, keeping the legs together and knees straight. Keep up the asana, inhale typically.

Discharging the Positions:-Inhale keeping in mind breathing out gradually bring down the shoulders, brow, arms and legs onto the floor. Return both hands to the sides of the body and spot the jaw on the ground, coming back to Prone position. Unwind the body and inhale profoundly.

Anatomical Focus:- Abdomen

Anatomical Awareness:- Focus on lower back, posterior, shoulders

Do's:- Keep both the legs straight in the knees and toes pointed. Keep both the arms straight in elbows and palms joined in Namaskar position over the head. Keep the head between the arms all through the asana, arms against the ears. Attempt to adjust on the guts. Attempt to raise the thighs off the ground. Attempt to raise the shoulders and midsection off the ground.

Don'ts:- Bend the elbows or knees. Keep separation between legs or knees.
Precautionary measures & Contraindications:-Should be totally evaded in the event that you are experiencing infections of the spine. On the off chance that there is late stomach surgery, hernia or ulcer in the stomach this stance ought to be kept away from. Must be dodged if enduring T.B. Pregnancy and feminine cycle.

Varieties & Tips:-There will be some shaking development on account of stomach developments for relaxing.


Subsequent Poses:-Ardha Paschimottanasan. Paschimottanasana. Vajrasana Yoga Mudra Type 1 and 2

Position:-Prone.

15. Ugrasan:
   Asana name:-Ferocious Pose Standing
   Sanskrit name:-Ugrasan
   Meaning:-Ferocious Pose

   General Benefits:-Strengthens the legs. Enhances the working of the digestive, conceptive and excretory organs in the stomach zone. Expansions blood supply to the mind. Equalizations the sensory system. As a preparatory posture to Shirhasana, it accustoms the cerebrum to the expanded inundation of blood and the fontanel to supporting the heaviness of the body.

   Remedial Applications:-Low pulse.

Taking the Position:-In standing position, make a major move to the side with the goal that there is a separation of around one leg between the feet. Breathe in keeping in mind breathing out curve forward from the hips holding the back
straight. Place the palms on the ground. Attempt to place the highest point of the head on the ground. The arms are bowed at the elbows and equalization of the body is kept up with the help of the hands on the ground. When the body is in adjusted, hold the huge toes or external sides of the feet with the particular hand, keeping the arms straight. Keep up the asana, inhale regularly.

Discharging the Positions:-To discharge the asana, place both the hands back onto the ground. Breathe out keeping in mind breathing in lift up the head and the arms. Straighten the abdominal area and take both the arms back to you sides. Step the feet together and return to the standing position. Unwind and inhale ordinarily.

Anatomical Focus:-On the stretch on the back of the legs and abdominal area.

Anatomical Awareness:-On pelvic district, lower back, belly.

Do's:-Keep the legs and arms straight. Twist from the hips. Attempt to keep the head in accordance with the legs in the last stance. Move in a moderate and controlled way so as not to lose offset.

Don'ts:-Hunch the back keeping in mind the end goal to touch the fontanel to the ground.

Varieties & Tips:-If the head is not ready to touch the ground, attempt to discover a harmony between venturing the feet further separated while attempting to keep the parity. On the off chance that the head is still not ready to touch the ground, customary principled routine of the preparatory postures is vital.
Preparatory Poses:-Paschimottanasana, Ekapad Hastasana, Ugrasana, (sitting).
Subsequent Poses:-Shirshasana
Position:-Standing

COOLING DOWN SECTION:
Shavasana (corpse pose)

This asana is referred to as Shavasana or Corpse Pose as it would seem that a dead body. This asana is one of the simplest asanas to get into yet the most hard to practice. It is one of the best unwinding postures and if rehearsed effectively and with full endeavors, can unwind each body part, unwinding the body as well as the brain.

Taking the asana position:-Spread the legs one to two feet separated, the toes are turned outwards, the heels confronting one another, an agreeable separation separated.

Bring the arms somewhat far from the body, palms rotated toward the sky. Unwind the neck and permit it to swing to the side in the event that it is more agreeable.
Close the eyes and center the consideration on the body, breathing typically.

Start concentrating every body part and unwinding it, then proceeding onward. Keep the psyche concentrated on unwinding, the breath ought to be ordinary. Unwind the entire body.

The asana position:-This asana looks exceptionally easy to practice however is really very troublesome. To keep the body in a carcass like state is the outside position and is not all that imperative. What is imperative, and lies in the achievement of this asana is keeping the psyche concentrated on unwinding each body part. To have the capacity to do this the body needs to be in an open to,
calming position and state. In every position of the body there is a sort of strain or weight on every muscle, called tone. The point of this asana is to diminish this strain and give the muscles the genuine rest and unwinding that they require. All the muscles can't be loose instantly subsequent to taking the shavasana position, in this manner one needs to unwind every muscle with incredible thought. One needs to appease and unwind the psyche, liberating it from contemplations, stresses and thoughts. One needs to think about every last body part (the measure of subtle element will rely on upon the time accessible) and unwind it, from the crown of the head to the toes. The course of unwinding can change from crown to toes or from the right hand, to right foot and afterward left hand to left foot, completing with the back and head. The psyche and body are profoundly associated. In the event that the psyche is involved by contemplations and stresses then the shavasana will be unsuccessful. In this manner one needs to secure the dependability of the psyche alongside the soundness of the body.

At the point when one first goes into the asana the engine neurons that innervate the skeletal muscles are as yet terminating nerve driving forces. As the breath turns out to be more consistent and loose the nerve motivations gradually start to drop. The rhythmical development of the respiratory stomach prompts more profound unwinding and in the long run even the nerve motivations to the profound postural muscles of the middle are minimized.

In the wake of taking the position first endeavor to free the brain from contemplations and stresses and focus on the body. At that point focus on every body part, unwinding it. In the wake of unwinding the entire body turn the psyche to the course of the breath. Try not to permit the brain to control the breath yet give it a chance to be moderate and loose. The more the body unwinds, the slower the breath will get to be. In the last position the entire body is totally casual, the breath is moderate and the brain is steady and calm.

**Releasing the asana position:**

1. Initial one ought to set up one's brain for discharging the asana.
2. Make little developments of the fingers and toes.

3. Straighten the neck.

4. Convey the arms back beside the sides.

5. Unite the legs and open the eyes.

Anatomical concentrate:- On every body part.
Mindfulness:- On unwinding each body part, loose relaxing.

Do's:-
1. Keep the brain concentrated on unwinding. In the event that musings come don't stretch about them yet give them a chance to pass.

2. Keep the spine in a straight line.

3. Abstain from moving the body parts as even the scarcest development will utilize numerous muscles and build the nerve motivations.

4. Keep the eyes shut.

Don'ts:-

1. Go to rest, let the brain meander or move the body.

2. Wear tight fitting attire.

Advantages:-

1. Right from the season of origination to the season of death multitudinous procedures keep working ceaselessly inside the human body. Notwithstanding when the body appears to be tranquil or sleeping these procedures don't stop. It can be said that the unwinding of the body relies on the size of gradualness of these operations, in this way an endeavor is made to back off these interior operations.
2. Each movement inside the body needs oxygen, supplied through blood course. When we require more oxygen the flow is expanded which prompts an increment in breath. In Shavasana an endeavor is made to separate this cycle by abating the velocity of exercises in the body. By rehearsing this asana the interior operations back off, moderating the breath and hence placating the brain. Another cycle is framed.

3. Leads to a casual personality which permits you to see and identify with the world in a more reasonable light, be more proficient in work and bring more joy into life.

4. coordinates the inclination of unwinding into the cognizant and oblivious mindfulness.

5. Unwinding of whole sensory system, body and brain.

6. Soothes weight on the body and brain.

7. Evacuates irritating contemplations and pressures.

8. Unwinds the muscles which prompt a decline in the interest for blood and oxygen, giving the circulatory and respiratory frameworks a break.

9. Useful for all anxiety related illnesses.

10  Rejuvenates the body and brain.

11. Uroots stretch and weariness.

12. Enhances the working of the mind.

13. Declines hypertension.

14. Valuable for avoiding and enhancing heart objections.

15. At the point when the body is loose the familiarity with the brain increments and this prompts the advancement of pratyahara.

16. Can be utilized for sleep deprivation.
Restorative applications:-All anxiety related ailments, Fatigue, High pulse, Heart objections, Stress, Anxiety, Insomnia

Insurances and Contra-signs:-Avoid going to rest as this will keep the lessening in nerve motivations and also the profound unwinding.

Length of time:-There is no time span as it is an unwinding stance. It ought to be rehearsed at whatever point the body gets to be tired, prior and then afterward asanas it is fundamental furthermore between asanas when needed. It is particularly fundamental after element asana arrangement like surya namaskar. It might likewise be drilled independently amid the day, when required, following a monotonous days work or before going to rest.

Varieties and tips:-

1. There ought to be some cushioning under the body and if fundamental somewhat under the head, however the mat ought not be delicate as this will incite rest. On the off chance that the ground is inclined then let the head be bring down, this keeps a drop in blood dissemination to the mind and other crucial organs. For those with lower back torment and light pad can be put under the lower back. Some may require a little pad under their knees moreover.

2. Protract the body a little as when the muscles unwind they likewise stretch. In the event that the body is loose without a bit extend then the body may feel cramped somewhat after the practice.

3. If you are inclined to low circulatory strain then gradually move from shavasana by first swinging to one side and afterward sitting up. This will expand the blood move through the heart and avoid discombobulation.
4. On the off chance that you are inclined to nodding off then keep the legs somewhat closer together. This will give a mellow moola bandha which will avert rest. Either this or bring the furthest points closer together which will give a little measure of pressure. On the off chance that this is insufficient then concentrate on the breath, giving a basic breathe in and breathe out core interest.

5. For the individuals who are not usual to unwinding the muscles and body numerous issues may emerge, for example, mental or mental issues. On the off chance that you can't grapple with these issues then you may attempt to stay away from or be uncomfortable in this asana. To conquer this a wholistic yoga routine of asanas is required, in a perfect world with other yogic methods.

6. On the off chance that it is reliably hard to unwind then attempt an arrangement of tensing and afterward unwinding the muscles. To start with the arms, then the legs, then the pelvis, lower back and guts, trailed by the midsection and upper back, then the facial muscles. Wrap up by tensing the entire body and after that unwinding. By doing this the Golgi tendon receptors empower unwinding.

**TRAINING PROGRAMME FOR THE MEDITATION GROUP [B]-90 MINUTES**

<table>
<thead>
<tr>
<th>Time (Minute)</th>
<th>Section</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10 minute</td>
<td>Warm up Section:</td>
<td>• Joint Rotation</td>
</tr>
<tr>
<td></td>
<td>Warm up area is the most critical to keep the wounds. The motivation behind the warm up was to set up the body for activity, by expanding the blood stream to the muscles and diminishing the danger of electrocardiographic irregularities. 10 minutes warm up segment comprising of breathing activity were performed</td>
<td>• Breathing Exercises</td>
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</table>
by the subject before the instructional courses.

<table>
<thead>
<tr>
<th>45 minute</th>
<th>Meditation Section:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>After the warm up pranayama were given for 30 minutes (each Pranayam for 6 moment). To begin with the Pranayam, the subject must be in a casual position and abstain from locking the joints. Contemplation was given for 15 moment.</td>
</tr>
<tr>
<td></td>
<td>• Meditation</td>
</tr>
<tr>
<td></td>
<td>• Surya Bhedan Pranayama</td>
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<td>• Bharamari Pranayama</td>
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<td>• Sheetali Pranayama</td>
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<td>• Anuloma Viloma Pranayama</td>
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<td>• Ujjayi Pranayama</td>
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<table>
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<tr>
<th>5 minute</th>
<th>Cooling Down Section:</th>
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<tbody>
<tr>
<td></td>
<td>The asana area closed with light Shavasana to avert pooling blood in the lower limits instantly after the stage and to bring down the heart rate progressively towards typical, to advance quicker expulsion of metabolic waste items from the muscles. Voided twist around extends for long stretches to evade wooziness</td>
</tr>
<tr>
<td></td>
<td>• Shavasana</td>
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</table>

The above mention programme was in practice from Monday to Saturday for three consecutive months.
WARN UP SECTION:

1. Joint Rotation: As training programme 1

2. Breathing Exercises

Breathing is something we all do, our whole lives, and something to which we seldom give careful consideration. Concentrating on breathing is one of the main approaches to interface the psyche and body, and is a crucial apparatus for health.

Breathing is especially critical for the individuals who experience the ill effects of anxiety, uneasiness, hypertension or digestive issues. These side effects are from numerous points of view the consequence of the body staying in a battle or-flight state because of a lopsidedness of the parasympathetic and thoughtful sensory systems.

The sensory system is isolated into two, adjusting frameworks. The parasympathetic framework is in charge of the normal elements of the body, for example, breathing, absorption and end (both entrail and pee capacity). These are things that the body manages with no cognizant thought. This framework likewise serves to balance the thoughtful sensory system, which is responsible for the battle or-flight reaction. If one somehow happened to experience a bear in the wild, the body would close down superfluous things that could influence escape (i.e. urinating or moving the guts) and invigorate the parts of the body expected to escape from the circumstance. The body kicks out anxiety hormones and adrenaline, intending it up for the fight to come, bringing about a hoisted of heart rate and circulatory strain.

There's nothing more needed than minutes to concentrate on breathing methods. You can do them at whatever time amid the day on the off chance that you feel focused on or nervous. On the off chance that you rehearse these routines routinely, you will see over the long run that you're taking care of the day better, your pulse is lower and general your body is all the more in equalization.
The powerlessness to oversee stretch suitably has brought on numerous to be in steady battle or-flight mode. Since we don't experience bears all that regularly, our bodies have adjusted to animate the thoughtful sensory system for not as much as life-debilitating circumstances, for example, contentions with a mate, issues at work, watching over the youngsters or budgetary concerns. With time, our thoughtful sensory system is invigorated so regularly that it starts to rule the parasympathetic sensory system bringing about perpetual hoisted pulse and heart rate, inside issues, apprehension, nervousness and muscle strain.

To help return adjust, the parasympathetic framework needs to be fortified. The main way this should be possible is through breath. Albeit breathing will go on whether we do it deliberately or not, concentrating on some particular methods can help get our bodies out of battle or-flight mode. They can be utilized transient to help when encountering an unpleasant circumstance, or day by day (preferably different times each day) to build up an in number personality body association and keep the body in parity.

“The first act of life – breathing.
The last act of life – breathing.”

Everything else lies some place in the center however appears to expect most extreme significance in our life. What's more, this key component called breath, driving our extremely life venture, how regularly do we stop to watch the procedure of taking in and out amid the day? We don't feel the need to in light of the fact that it is so characteristic. Yet, do you know a little consideration in transit we inhale can open up various privileged insights to great wellbeing? Expanded resistance, a quiet and loose personality, and a cheerful condition of being, for one thing? This by figuring out how to inhale right!

Anyhow, who needs to figure out how to relax? Doesn't it continue happening naturally constantly? Yes, however pranayamas (breathing strategies) help direct the stream of breath, evacuating any pieces in the nadis (unobtrusive
vitality channels) so that both our body and brain stay sound. We should take a
gander at the key part the breath plays in yoga.

**Your Breath Determines Your State of Mind:-**

Our breath is our dearest partner. A sidekick who never dismisses what feeling we are encountering at any given snippet of time. Consider it – isn't your breath truly quick when you are irate and smooth and smooth when you are cool? This means that breath is connected to the body as well as to the brain. Also, we all need a glad perspective, correct? This is the place pranayama can offer assistance. By paying consideration on your breath through breathing activities, you can convey the psyche to a charming state by upgrading and managing the life compel in the framework.

The term pranayama is comprised of two words – prana (life power vitality or breath) and yama (managing or creating a break). All things considered, by breaking the typical breathing example, which happens in pranayama, we take care of the breath, and thus to the soundness of our body and brain. Pranayamas fill the body with a lot of prana which makes you feel vivacious and positive. Then again, a low level of prana in the body can be an explanation behind expanded sentiments of uneasiness or anxiey.

**You Can Relax In Difficult Asanas By Being Aware of Your Breath:-**

Would you be able to envision unwinding in Boat Posture (Naukasana) or Superman Pose (Viparita Shalabhasana)? Sounds unthinkable? All things considered, it can be conceivable just by giving careful consideration to our breath while we hold in these stances. What happens by bringing your mindfulness on the breath? The psyche gets to be loose thus you are better ready to unwind in the posture. From focusing on the inconvenience in the stance, the consideration movements to unwinding all the more in the posture. Give this a shot whenever you do your asana hone.
Another point of preference of organizing your breath with the body stances – some of the time the psyche may stray naturally trip as you work out. The body continues moving however the brain is somewhere else. On such minutes, tenderly conveying your attention to the breath conveys back the brain to the present minute with the goal that you are mindful of the stretch where it happens and give your 100 percent to the asana hone. Likewise take a stab at getting a tender grin all over as you practice these stances. It has a ton of effect! You will have the capacity to unwind all the more in the yoga posture furthermore appreciate it.

**How to Coordinate Your Breath with Postures?**

- Breathe in at whatever point there is an inclination of extension in the midsection zone. Case in point, when you extend your arms up or twist in reverse.

- Breathe out when you feel compression or a press in your stomach area. For instance, when you twist forward and downwards or turn your spine.

- Breathe out when you leave a stance and come back to typical position.

- Do not hold your breath unless educated to do as such. Holding the breath unknowingly is by and large connected with battling in that pose.

**Deep breathing exercises:-**
Numerous individuals tend to inhale quicker than ordinary when they are on edge. Some of the time this can make you feel somewhat discombobulated, which makes you more restless and you inhale significantly speedier, which can make you more on edge, and so on. On the off chance that you practice ‘profound breathing’ when you are loose, you ought to have the capacity to do this when you feel strained or on edge to help you to unwind.

Attempt the accompanying for 2-3 minutes. Hone this consistently until you can do it routinely in any upsetting circumstance:-
• Breathe gradually and profoundly in through your nose, and out through your mouth in an enduring mood. Attempt to make your breath out twice the length of your breath in. To do this, you may think that it accommodating to number gradually 'one, two' as you take in, and 'one, two, three, four' as you inhale out.

• Mainly utilize your lower midsection muscle (your stomach) to relax. Your stomach is the enormous muscle under the lungs. It pulls the lungs downwards which extend the aviation routes to permit air to stream in. When we get to be on edge we have a tendency to neglect to utilize this muscle and frequently utilize the muscles at the highest point of the midsection and our shoulders. Every breath is more shallow in the event that you utilize these upper midsection muscles. In this way, you have a tendency to inhale quicker, and feel more winded and restless, on the off chance that you utilize your upper midsection muscles as opposed to your stomach.

• You can check on the off chance that you are utilizing your stomach by feeling just underneath your breastbone (sternum) at the highest point of your tummy (guts). In the event that you give a little hack, you can learn about the stomach push here. In the event that you hold your hand here you ought to feel it move in and out as you relax.

• Try to unwind your shoulders and upper midsection muscles when you relax. With every breath out, intentionally attempt to unwind those muscles until you are principally utilizing your stomach to breathe.

**Breathing Technique:-**

• Find a peaceful and agreeable spot. Verify the room is not very brilliant. On the off chance that you decide to play music, be sure its unwinding and set to a sensible volume.
• Wear open to apparel that is not very tight.
• Stand, sit or lie in a position that holds the back straight.
• Start by clearing your brain of all contemplations and concentrating just on your relaxing. Feel the air come into your lungs and go out of your lungs. Do this for a few minutes, getting into a casual state.
• Try for a few breaths to make your breathing as moderate, profound, peaceful and standard as could be expected under the circumstances.
• As you keep on focusing on your breathing, attempt to breathe out totally, pushing the majority of the ventilate of your lungs. You will need to utilize the muscles between the ribs to do this. Breathe in gradually and top your lungs back off with natural air.

The following activity is the most unwinding strategy:
• The tip of your tongue ought to be against the top of your mouth, directly behind your teeth, amid this whole workout.
• Close your lips and take in for 4 seconds.
• Hold that breathe for 7 seconds.
• Open your mouth and push your lips out, breathing out that breath for 8 seconds.
• Repeat steps a-d for a progression of 4 breaths.
• Finish by breathing routinely, keeping on focussing on your relaxing.
• You ought to notice a quick feeling of peace subsequent completing this exercise.

8. MEDITATION SECTION:

What is Meditation:-

We'll take forward the hypothesis of 'internal personality' according to the Indian Vedic information, from the last discourse. When we are sleeping, who
deals with our breath, pulse, temperature regulation and so on? according to the cutting edge medication, its the 'autonomic sensory system'.

Vedas say that its the internal personality. The outside psyche or the brain as we probably am aware is only a heap of contemplations and longings. Once the considerations are cooled off and wishes do melt away after the sadhana, the outer personality offers path to the enlivening of internal personality. The inward personality when stirred makes the man a super-human. Each all around composed religion has discussed the self acknowledgment or freedom achieved by numerous holy people, prophets, sages.

It's the internal personality, which contains all the learning, knowledge of the world, and one look of it can change the human life. A hypothesis in medication says that our DNA contains all the historical backdrop of humankind and the progressions of advancement. It likewise concurs that we have colossal unexplored information inside of us, which needs to be decoded. Lets take a case of a home PC. It's functioning admirably however typically is underused by every one of us. A few individuals make utilization of it to the tune of 90-95% of its ability, however normal use is just 10% of it. It's much the same as our outside brain.

At the point when the PC is associated with the Internet, an entire universe of learning opens before us. We can see wherever, know any damn thing, do shopping, and what not simply utilizing it. This is similar to the internal personality.

When we encounter the inward personality, we are cool, adjusted, steady, extremely content or more all the stresses and humanly distresses. The feeling of "being" or only me stays in the beginning stages, and that likewise gets sublimated in the propelled phases of the experience. The vedas affirm the above conditions of higher encounters. A large number of professionals have likewise seen the same condition of acknowledgment.
We at "mindpower" are endeavoring to take a shot at the same subject of enlivening the inward personality, comprehend that everybody has an extraordinary power inside himself, and to improve the world a spot to live.

How does one do this? It needs some great preparing, which we will be discussing in the blink of an eye. Till then, it merits striving for everyone:-the nature gives us the experience of the internal personality day by day for a couple of minutes!! It's the time we simply wake up!! There are no exasperating considerations, no longings, just a crisp personality and an inclination of oneself! Attempt to experience the same tomorrow, and your day will be finished! These couple of minutes are the happiest snippets of our life.

We are going to examine about Meditation in view of "Pantajali Yoga Sutra (Ashtanga Yoga)". In his sutras the "Sage Patanjali" has clarified 8 appendages of yoga (Ashtanga Yoga). Those are :- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, and Dhyan Samadhi. The beginning four stage are the fundamental stages which help the individual to accomplish "Sthiram" (solidness of brain) which is the former need for rehearsing the further phases of reflection. As per him reflection (Dhyan) implies…

"Full concentration of the mind focused on one of those experiences"

… In basic terms the unconstrained convergance of the psyche on the article is Meditation.

Presently give us a chance to find in point of interest what precisely he intends to say in regards to Dhyan(meditation), We all realize that our psyche is flighty, similar to a butterfly, which dependably flies from here and there and does not sit tight at one spot for long. Be that as it may, the pace of our psyche is much more than the butterfly or it might be more noteworthy than the rate of light.
Brain can recall past encounters, continues contemplating the future and encounters the present vigorously we don't have any control over our brains venture.

'Dhyan'(meditation) is the investigation of profound focus, smoothness and serenity of the brain. It is the investigation of achieving complete control over ones personality. Reflection takes the cognizance past cognizant, sub cognizant & oblivious states to super awareness.

The creator is a no doubt understood Endocrinologist, MD, DM from India and notwithstanding treating hormonal and way of life issue is dynamic in learning, advancement of the genuine old yoga on the planet. His primary center is on the brain and yoga. He is likewise examining on finding undiscovered possibilities of brain and arousing the concealed and overlooked forces of the human personality.

**How would we accomplish that:-**

In the essential phases of contemplation one needs to choose some objective whereupon one can focus. He needs to think with the assistance of his sensors like "Eyes, Nose, Ears, Mouth and Touch' that implies he can…

- Look at the objective whichever he needs
- He can discuss a little mantra with the assistance of mouth
- And he can listen to the mantra with his ears

Besides he is not allowed to think whatever else, with the exception of the target.

**What is a target:-**
An objective would be anything, which ones personality might want to focus upon. It would be anything, which will give peacefulness and quietness to ones personality.

For example it would be a photo of ones divinity. For this situation the photograph casing is the objective. In the major stage one can take a gander at the edge, the photo of the divinity, the foundation of the photo. Consider all the above components, present or hear a mantra of that god, however one needs to see to it that one’s personality does not flee past the objective chose. One can build up his ability of sitting in this stage from 5-10 minutes to any measure of time.

At the same time, once the brain thinks about some different variables your contemplation arrives at an end. This stage is really an exceptionally major stage and needs a ton of practice on the grounds that we are never used to control our brains.

When you have accomplished this for particular time of time you can strive for the 'Dhyan'.

To clarify with Omkar as the objective, we have been taking a gander at it, presenting and listening the mantra, our brain stays (conciliates) upon it for a particular measure of time.

Presently further we close our eyes and recall the photo of the OM.

In the meantime we are discussing or listening to the omkar. On the other hand with shut eyes we are just listening to the recounting of the mantra on the tape without discussing by our mouth. Further our personalities just remember the encounters taken by our eyes, ears and mouth. The real Dhyan stage has one and only measurement, now we focus on just a piece of our objective and in the following samadhi stage the individual encountering the objective has a tendency to be no one. Just the experience remains.

At this stage the psyches focus as various measurements. The psyche thinks about all the elements, which it has encountered in the introductory stages.
Significance, Properties & Functions of Mind:-

It is exceptionally hard to comprehend the way of the brain in light of the fact that it has no physical presence. It is exceptionally inconspicuous and also covered up. Be that as it may, the presence of the brain can't be denied, the same number of our issues physical, mental and mental are the result of our mental condition. Psyche exists in the body however it is unmistakable from the body and organs.

Brain is additionally unmistakable from the otherworldly self, 'the Knower' as he just watches the psyche and its capacities. The Knower sees the outer protests through sense organs yet with the assistance of the psyche. View of any occasion is unrealistic without the vicinity of psyche. So in every occasion of observation there is an outer item, an organ of discernment (ears, eyes, nose tongue or skin) and there is brain and the "Knower" or 'self'. All these are joined firmly, conjoined yet at the same time particular from one another.

The psyche can duplicate or gap the quality of the Body. The individual can't work in the event that he is rationally not arranged for the work but rather a man can work with additional vitality on the off chance that he has rationally chosen to work.

The psyche has enormous rate. It can go starting with one point then onto the next point at vast separation inside of part of a second.

The psyche interconnects the "Self" with the physical body. The brain controls the physical organs through Brain, Autonomous Nervous System, and Endocrine Gland System.

We can compress seven elements of the psyche as takes after:-Consciousness, Thoughts, Emotions, Perceptions, Memory, Intelligence and Judgment.
The Condition of Mind:-

You have as of now seen that psyche has no physical presence.

• Existence of the psyche can't be denied.

• The nature of the psyche is to move starting with one point then onto the next persistently.

• The psyche has colossal pace.

It is clear from the focuses that the psyche is extremely precarious. Psyche doesn't stay stable at any specific point or any article. It continues moving constantly. Brain pursues the items it prefers however flees from the articles that it despises.

Controlling the Mind:-

You have officially contemplated that the brain is key during the time spent gaining information. Case in point when you are listening to a speaker in address, you learn through your ears. Yet, in the event that your brain is not focusing on the address then you won't comprehend anything there. As the psyche is temperamental, you can't focus on address. So to realize what the speaker is advising, you must set up control over your brain and constrain it to listen to the address. At that point just you'll have the capacity to secure learning.

Henceforth you need to control developments of psyche and make it stable at whatever point you need, according to your prerequisites. In any case, this is the most troublesome part due to shaky nature of brain. This procedure of making personality stable is called fixation.

This is valid for any capacity of brain. On the off chance that you need to recollect a specific occasion, you will need to focus your psyche till you recall that occasion.
It is clear from the above talk that it is vital to control the psyche. At exactly that point, one can get what he needs. Anyhow, controlling personality is the most troublesome assignment.

An endeavor is by and large constantly made to figure out the ways and intends to build up control over psyche. Contemplation is one of the exceptionally powerful approaches to control the psyche.

This control can't be accomplished in brief time. Contemplation is an efficiently planned procedure to accomplish this step by step.

**Different Links To Access Mind:**

You have officially contemplated that the brain is an indivisible piece of the individual. It is particular from cerebrum, sensory system; it is unmistakable from all other physical organs, it is unmistakable from Pranic Force behind body exercises.

The brain is particular from every one of these frameworks yet in the meantime, it is firmly connected with every one of these frameworks of the body. Brain is extremely hard to get to specifically however every one of these frameworks are moderately less demanding to get to. So psyche can be gotten to through these frameworks, we will talk about some of these connections.

Body Movements and Mind:-We make body developments purposefully or naturally. The programmed development needn't bother with vicinity of the psyche. The purposeful developments require the consideration of brain likewise in the event that you control the body developments you can naturally get to the psyche. You can't control the developments for long so the extension is constrained with this procedure.
Sense Organs and Mind:- We get the learning of the outer world through our five good judgment organs (nose, eyes, tongue, ears, and skin). The vicinity of brain is crucial for this observation. The faculties are pulled in towards their objects of longing and they include mind simultaneously. The sense organs can be controlled to some degree. So psyche can be gotten to through the control of the sense organs.

Breathing Process and Mind:- Breathing is a ceaseless and imperative procedure. The perception of this procedure serves to build up the way that breathing and brain has a positive association between them. At the point when the brain is under strain or under enthusiastic weight, the breathing rate increments and when the psyche is smooth and calm, rate of breathing reductions.

It is fascinating to realize that to some degree we can without much of a stretch control our breathing with will. So we can without much of a stretch control our psyche to some degree.

The "Self" And Mind:- The "Self" or "Atman" (Soul) is the proprietor of people and henceforth the proprietor of the psyche also. In the event that one perceives the "Self" in its actual nature, he will have the capacity to control and request the psyche. It may appear to be exceptionally straightforward however the most troublesome errand in one’s life is.

Methods to Control The Mind:-

Body Movements:-

Yoga has recommended number of Asanas, the body stances to be rehearsed and achieved in a specific manner. These developments are exceptional and needs the convergance of brain. In the wake of accomplishing the stance it is kept up for more period and the entire body is lose totally in the stance. In this procedure the
psyche is at first occupied with body developments, then in unwinding and gets opportunity from body and after that it is coordinated towards the unlimited considerations. The brain control is built up amid the procedure.

**Sense Organs:**

A fascinating item is chosen and the centralization of sense organs is coordinated towards this article. The brain, being joined with the sense organs is pulled towards the article. Deliberate and nonstop routine of this system gradually sets up control over the brain. Gradually the compass of the article is lessened to least to expand the control over the brain.

**Relaxing:**

Breathing is under the control of the digestion system & feelings. Digestion system is decreased to least level with the assistance of enduring and loose stance of Asana. The feelings are additionally lessened with the Asana stance. This outcomes in a low rate of breath with little amount of air in inward breath and exhalation. The psyche is coordinated towards the relaxing. As the breathing turns out to be moderate, the psyche likewise gets to be cool and truly.

**The "Self" Control:**

After fitting acknowledgment of the "Self" (Soul) it gets to be sufficiently solid that it can straightforwardly control the brain. This system is the development one and extremely hard to take after for tenderfoot. All the above systems add to the arrangement of reflection. There are a substantial number of contemplation frameworks created and numerous have utilized these frameworks further bolstering their good fortune. We will learn Easy Meditation method, which is suitable to fledglings.

**Easy Meditation Technique:**
**Preface:-**  
As the name proposes this is an exceptionally straightforward and simple method of contemplation, which can be trailed by anybody regardless of age, sex and physical state. Indeed, even patients can take after this. The outcome is practice of quiet and very Mind & body.

**Essentials:-**  
This practice is to be finished with vacant stomach (3 hours after the suppers and 1 hour subsequent to drinking any soda pop.) You need to wear free garments or relax your garments (belt/tie). Remove the shoes, wristwatch and so on. This can be rehearsed for any time span with least 10 minutes so you ought to keep no less than 10 minutes for this practice. The sitting plan must be agreeable. Dodge the unsettling influences like phone, bells or even overabundance light or whatever other exasperating reason.

**Relational word:-**  
Sit serenely on armchair or couch. Straighten the legs however don't extend them. Keep your hands on seat or on your knees freely. Keep your fingers loose. Close your eyes tenderly. Unwind the body.

**Technique:-**  
Unwind each muscle from toes to the main, one by one and gradually. Unwinding of muscles makes an inclination of delight in your psyche and body. As the muscles are loose the breathing turns out to be slower and slower. Presently center your Mind on the relaxing. Try not to control the breathing however witness it. As the body is unwinding the breathing turns out to be moderate. As the breathing turns out to be moderate, the Mind gets to be cool and very. As the Mind gets to be quiet and truly, the body unwinds further, which further lessens the breathing rate etc. After preplanned time passes, be mindful of your breathing, body parts, make the moderate developments and gradually open your eyes and come to relational word.
Physiology of Meditative positions:-

Reflection is a condition of amassing of brain prompting higher conditions of mindfulness bringing about to uplifted recognitions. To accomplish this express one needs to still the psyche, control the considerations, adjust the feelings. The procedure of reflection takes long arrangements, one need to be agreeable for more time span. So the reflective stances ought to help the expert unfaltering the body and psyche. All the Hatha Yoga reference books prescribe padmasana (Lotus posture), Siddhasana (Perfect stance), Swastikasana (Auspicious posture), Bhadrasana (Gracious stance) and Simhasana (Lions posture) as thoughtful positions. They are viewed as the best Asanas, and all different asanas are to set up the body and psyche to sit in these positions for more spans, ordinarily half hour to 3 hours. The authority of asana in Hatha Yoga is capacity to keep up the asana for over 3 hours, with no inconvenience. The aforementioned reflective positions are sitting stances with legs crossed in distinctive ways, offering a firm triangular base to the spine. The spine is erect and all the body parts are loose. Turns in Dhyan Mudra or Chin mudra lying on knees serenely. (Dhyan or Chin mudra helps the brain get to be loose and focus is effectively accomplished.)

These stances offer after essential points of interest needed for contemplation:-

- In these positions spine is erect which permits all the physiological exercises go on regularly. Physiology says that erect stances make legitimate equalization stance for digestive organs, heart and lungs. These fundamental organs capacity at ideal level bringing about expanded productivity and decreased anxiety.

- To keep up the parity in these positions, mind and different parts (hypothalamus, pyramidal tract, additional pyramidal tracts, cochlea, neuro-solid intersections) need to work less. Gravity & Anti gravity muscles require not endeavor to keep up the posture as the firm triangular base gave by crossed legs diminishes the work.
Shutting the eyes is additionally conceivable without loosing the equalization.

- Abdominal muscles, stomach and muscles in the midsection are focused to the base degree. Generation of carbon dioxide is minimized so that procedure of breathing is minimized and consistent development of stomach and ribs don't aggravate the state.

- These positions are such that the mind and sensory system has insignificant anxiety, so psyche can be quiet and loose.

- The brain stays alarm yet loose.

- Only the prostrate position or resting position is more casual than the reflective positions, yet there is risk of nodding off in level positions.

- The pelvic district gets the rich supply of blood; it may bring about conditioning up of sacral and coccygeal nerves. (May be arousing of kundalini which is situated in pelvic locale, is influenced due to these physiological conditions offered by thoughtful positions yet is a subject of exploration and nothing cement is known up 'til now.)

- The blood from the legs can without much of a stretch achieve heart decreasing the endeavors of heart and lungs.

- Yoga psycho-physiology says that erect spine position offers slightest imperviousness to the Pranic vitality venturing out up to the mind which is stirred through the meditation.

One ought to begin rehearsing with fundamental crossed legs position for couple of minutes and after that precisely take in the development positions like padmasana,
siddhasana, swastikasana and so on. There is dependably a risk of harming your knees on the off chance that you push yourself excessively.

**Pranayama - (From Hatha Yoga and Ashtanga Yoga):-**

"Prana" is Breath or fundamental vitality in our body. On unpretentious stage prana speaks to the pranic vitality in charge of life or life power, and "ayama" means control.

Patanjali peeth in his content of Yoga Sutras said pranayama as method for accomplishing advanced conditions of mindfulness; he says the share of breath as imperative routine of coming to Samadhi. Hatha Yoga additionally discusses 8 sorts of pranayama which will create the body & brain sound.

Five sorts of prana are in charge of different pranic exercises in the body, they are Udana Vyan, Prana, Apana,& Samana. Beyond these Prana & Apana are generally critical. Prana is upward streaming and Apana is descending streaming. Routine of Pranayama accomplishes the parity in the exercises of these pranas, which brings about solid body and brain.

**Planning for Pranayama:-**

As individuals have fascination towards Yogasana’s, also they have appreciation for Pranayama. The procedure of Pranayama is related by the breathing, the marker of life. Furthermore, accordingly, in the event that it’s completed wrongly, it may do damage to the individual. This trepidation prevents numerous from acceptance Pranayama. The second explanation behind its disagreeability is the nonattendance of educators who can show it logically. Notwithstanding, beyond any doubt if one does Pranayama unscientifically, without legitimate direction, one absolutely endures. Anyway, it doesn't imply that it is such a troublesome procedure, that it isn't possible by a typical man. Despite what might be expected, in the event that it’s learnt and rehearsed below a specialist's direction, one adapts soon and encounters the radiant and even unbelievable advantages.
In Patanjali's "Ashtanga Yoga", Pranayama shows up at the fourth stage. This implies unless one watches Yama-Niyama and does Asanas well, he can't achieve this fourth stage. Indeed, even the Asanas talked about here are introduced in their preparatory structure. Hence, for doing Pranayama, it is insufficient to have done the Asanas as specified here. Indeed, even in the wake of taking in these Asanas and having honed them, one needs some planning before really taking up Pranayama. What's more, an endeavor is made to examine that readiness. Genuine Pranayama implies the holding up of the procedure of breathing out and breathing in. What's more, it is unrealistic to talk about or guide this genuine part of Yogabhyasa in preparatory examination. In this manner, as the preparatory activities are examined and which are to be done before the real start of the Asanas:-correspondingly, for Pranayama as well, the preparatory activities of breathing are composed and just this part will be talked about here.

Before inspecting the activities of breathing it is important to comprehend the procedure of relaxing. The breathing process predominantly includes two exercises, viz., breathing in and breathing out. Of these the previous is called "Puraka" and the last "Rechaka" in Yogashastra. These two exercises proceed with constant right from the conception until the very end of a man. The state when these two exercises are made to stop is given the name "Kumbhaka" in Yoga Studies. The stop in the wake of taking in, i.e., Puraka is called "Abhyantara Kumbhaka" and following to breathing out, i.e. rechaka. It is called "Bahya Kumbhaka". Two more sorts of Kumbhaka are demonstrated. Regardless, as opposed to talking of them in unnoticeable segment, let us swing to the arrangement of loosening up.

As per the rate of breathing, it is isolated into three sections:-

- The smooth breathing that proceeds normally with no exertion (Quiet Breathing)
• The extended breathing which is brought on by purposeful backing off of the breathing (Deep Breathing)
• The fast breathing which is brought about by conscious increment in the pace of breathing (Fast Breathing)

Pranava Mudra for Pranayama (Body Gestures & Mental Attitudes):

The beginning two fingers of the right hand palm are to be twisted and last two fingers are to be kept straight and to be held together. In a matter of seconds straighten the thumb and bowing the privilege present the elbow, put the twisted fingers in such a way, to the point that they attract near to the lips. Keep the hand from shoulder to elbow adhered to the midsection. Keep the right hand thumb on the right a large portion of the nose and continue going two fingers on the left 50% of the nose. Instantly by pressing the thumb, the nasal pit on the right side can be close and by crushing the last two fingers left side discouragement can be close. The weight should be light and on just underneath the nasal bone, where the burly part begins. With this arrangement of the fingers, one can close any of the two nasal pits. Here simply the advancement of thumb and the last two fingers is ordinary.

Improvement of distinctive parts should be kept up a vital separation from. The face should be kept extremely gay and free to deal with breathing more reasonably. Further, to practice the cycle of taking in and breathing out, six supplementary sorts are given. In every one of these sorts, the rate of breathing is more. These are truly the sorts of quick unwinding. While sharpening these sorts one should first sit in one of the going with Asanas:-Padmasana, Vajrasana or Swastikasana. By then, the left hand should be kept in Dhyana Mudra and the privileges submit Pranava Mudra. The eyes should be close and the whole thought should be centered around breathing so it will be possible to acquire.

Sort – 1: Keep both the nostrils open and after that breathe in and breathe out with both the nasal entries. This sort is only speedy breathing with both
the nasal pits. One ought to breathe in and breathe out with however much speed as could be expected and for as much time as practical.

**Sort – 2:** Take up Pranava Mudra and close the right nostril with the assistance of the thumb of the right hand, and breathe in with left nostril furthermore breathe out through the same nasal section. To sum things up this sort can be depicted as fast breathing with the left nostril.

**Sort – 3:** In this sort left nostril is to be shut and the fast breathing is finished with the right nostril.

**Sort – 4:** In this sort close the right nostril, and breathe in with the left nostril, and afterward instantly close left nostril and breathe out with the right nostril. Thusly attempt snappy breathing by changing the nostrils.

**Sort – 5:** This kind of breathing is simply inverse the past one, that is, the left nostril is shut and breathing in is finished with the right nostril, then instantly shutting the right nostril, breathing out is finished with the left nostril.

**Sort – 6:** This kind of breathing is planned by consolidating past two sorts i.e., sort 4 and sort 5. To start with breathe in with left nostril and breathe out with right one, then breathe in with right nostril and breathe out with left nostril. Later proceed with the same procedure i.e. breathing in & breathing out with left and right nostrils then again. Further change to quick breathing by expanding the velocity of relaxing. After adequate practice the rate of breathing can be expanded monstrously.

At first one ought to to begin with eleven cycles of breathing, and it ought to be expanded to one hundred and twenty one with no trepidation. Nonetheless, later the breathing ought to be made a piece of every day routine of different Asanas, and be drilled for a few minutes. Every one of these sorts can likewise be
honed with moderate inward breath and exhalation. Here it is imperative to note that honing these sorts of breathing does not mean doing Pranayama.

**Pranayama was selected for training programme which is given below...**

1. **Surya Bhedan Pranayama (Right Nostril Breathing or Revitalizing Breath):**
   Right nostril is Pingala Nadi, which speaks to physical vitality and body. The breath through right nostril is imperative for some critical metabolic procedures.

   The reason for the Right nostril breathing is to build the Pranic vitality, the physical vitality, to revitalize the body. It builds the proficiency of digestive framework, likewise helps the sensory system, particularly the thoughtful sensory system.

   Taking after are the advantages of Right Nostril Breathing:-

   • It builds the body temperature, which evacuates the Kafa (bodily fluid) lopsidedness. This is extremely powerful in corpulence. Standard routine of Right nostril breath is utilized for weight reduction.

   • Prana increments in the body, expanding the imperativeness.

   • Very powerful for sorrow, low vitality.

   • Very powerful for anxiety administration.

   • Helps lessening the uneasiness, despondency and other maladjustments.

   • Balancing Ida and Pingala evacuates all the blockages in the pranic vitality channels, which may prompt otherworldly renewals.

   • It gives all the advantages of Deep breathing too.
Rehearse - Note (Practice of Right Nostril breathing ought to be finished with a Yoga Expert Only):

• Beginners can begin with profound breathing practice in sitting position (Padmasana - Lotus, Swastikasana - Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be loose and spine is erect.)

• Pranav Mudra of right hand will help close the left nostril while breathing in through right nostril.

• Initially 4 seconds breathe in through right and breathe out for 6 seconds through right nostril or left nostril, this can be polished for around 5 minutes.

• With hone one can build the tallies to 4:8, or 5:10 or 6:12 seconds

Insurances:-

• If you feel tad bit of distress then you can lessen the proportion of relaxing.

• Under No circumstances the extent of the breathing ought to be constrained.

• People who have experienced stomach surgeries, heart surgeries, mind surgeries ought to counsel the medicinal master or expert.

• Please don't hurry to build the extents, as it won't help, however attempting to practice asy proportion (4:6 seconds) for minimal additional may help.

References:-

• Prana Pranayma Prana Vidhya - Swami Niranjnanda Sarswati (Bihar college of Yoga, Mungher)

• Pranayma - Yogachacrya Vishws Mandleik (Rishi Dharmjyoti), Yoga Vidya Gurukul, Nashik.
Bharamari Pranayama (Humming Bee Breath):-

"Bhramari" starts from the Sanskrit name bhramar which is Humming dim bumble bee. The demonstration of bhramari breathing cools the cerebrum, decreases the nervousness or fight - flight response. It diminishes cerebral weights, insult, apprehension, lack of sleep; The beat is similarly cut down. This pranayama is outstandingly convincing in quickening the recovering of body tissues and may be sharpened after surgeries.

The inspiration driving the Bhramari breathing is to diminish throat illnesses. This may have gainful result on the endocrine organs outstandingly thyroids and tangible framework. In obsolete substance of Hatha Yoga Pradipika, Swami Swatmaram says that individual gets the chance to be Lord of Yogis and mind gets held in the exceptional elation. It has a smoothing effect on entire tactile framework, especially it vivifies the parasympathetic tangible framework, which actuates strong loosening up and is uncommonly intense in uneasiness organization. So this pranayama is incredibly effective for loosening up of body and mind.

In this pranayama one needs to make a sound while breathing out and taking in the throat. The sound is similar to rambling of Om, especially the long mmm In Omkar. The sound should be significant, unflinching and smooth.

Rehearse - Note (Practice of Bhramari breathing ought to be finished with a Yoga Expert Only):-

• Beginners can begin with profound breathing practice in sitting position (Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be loose and spine is erect.)
• Then begin breathing in through both nostrils, and after that begin making sound while you breathe out.

• Initially 4 seconds breathe in through both nostrils while making sound while breathing out for 6 seconds through both nostrils, this can be rehearsed for around 5 minutes.

• With rehearse one can expand the checks to 4:8, or 5:10 or 6:12 seconds

• Once the exhalation sound is beaten, one can begin attempting to make comparable sound while breathing in. The inward breath sound is exceptionally troublesome, however is conceivable with consistent endeavors.

Precautionary measures:-

• You may feel minimal frosty or shivering sensation in the throat because of sound yet this is typical.

• Under No circumstances the extent of the breathing ought to be constrained.

• If you feel dazed then please stop the practice and proceed with typical breathing.

References:-

• Asana Pranyama Mudera Banadha - Swami Satynanda Sarswati (Bihar college of Yoga, Mungher)

• Prana Pranayama Prana Vidhya - Swami Niranjanna Sarswati (Bihar college of Yoga, Mungher)

• Pranayma - Yogacharcya Vishws Mandlik (Rishi Dharmjyoti), Yoga Vidya Gurukul, Nashik.

• Pranayma - Swami Kuvalyananda (Kaivalydharam, Mumbai)

3. Sheetali Pranayama (Cooling Breath):
"Sheetali" means cooling in Sanskrit; it is taken from the first word "Sheetal" which is mitigating or cold. The demonstration of sheetali breathing calms the mind, diminishes the nervousness or fight - flight response. It cools the body and cerebrum, The beat is similarly cut down. This pranayama is particularly suitable in hyperacidity or even ulcers.

The explanation behind the Sheetali breathing is to decline the body temperature, this may have valuable result on the endocrine organs and tangible framework. In old-fashioned substance of Hatha Yoga Pradipika, Swami Swatmaram says that individual gets the opportunity to be young and engaging by practicing this pranayama. Furthermore he says that this pranayama removes plenitude warmth assembled in the system, diminishes the excess biles, changes the issue of spleen, chips away at fever. This pranayama gives control over desiring and thirst. It has a smoothing effect on entire tangible framework, especially it animates the parasympathetic tactile framework, which instigates strong loosening up and is greatly convincing in uneasiness organization. If you are centered around then 10 minutes of Sheetali breath can calm you. So this pranayama is extraordinarily suitable for loosening up of body and mind.

In this pranayama the tongue is arrive in a specific manner as demonstrated in figure. Regardless, various people can't move their tongue in this outline. For these people substitute Sitkari Pranayama gives all that much similar effects.

**Practice - Note (Practice of Sheetali breathing must be done with a Yoga Expert Only):**

•Beginners can begin with profound breathing practice in sitting position (Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be loose and spine is erect.

•Then begin breathing in through mouth by moving the tongue, verify that the air going in is cooled by means of tongue.
• Initially 4 seconds breathe in through mouth while moving the tongue and breathe out for 6 seconds through both nostrils; this can be polished for around 5 minutes.

• With honing one can expand the numbers to 4:8, or 5:10 or 6:12 seconds

Safety measures:-

• If you have Low Blood weight then this pranayama can cut it further down. So you must be watchful.

• You may feel minimal chilly or shivering sensation in the throat because of cool air yet this is typical.

• Under No circumstances the extent of the breathing ought to be constrained.

• If you feel mixed up then please stop the practice and proceed with typical relaxing.

References:-

Asana Pranayama Mudra Bandha - Swami Satynanda Sarswati (Bihar college of Yoga, Mungher)
Prana Pranyama Prana Vidhya - Swami Niranjananda Sarswati (Bihar college of Yoga, Mungher)
Pranayama - Yogacharchya Vishwas Mandlik (Rishi Dharmjyoti), Yoga Vidhya Gurukul, Nashik.

Anuloma Viloma Pranayama or Nadi Shodhan Pranayama (Alternate Nostril Breathing):-
Right nostril is Pingala Nadi (Sun rule or body), left nostril speaks to Ida nadi (moon standard or psyche). In exchange nostril breathing, one breathes in through
right and breathes out through left then breathes in through left and breathes out through right nostril. This filters the Ida and Pingala nadis. This sanitization conveys offset to body and psyche. The metabolic procedures are adjusted.

The motivation behind the Alternate Nostril Breathing is to adjust the physical vitality and mental vitality. It is prescribed for a wide range of issues. As Hatha Yoga standard says that the wellbeing conditions are because of unevenness between this Ida and Pingala. Exchange nostril breathing adjusts these two powers.

**Taking after are the advantages of Alternate Nostril Breathing:-**

• Proper supply of oxygen is guaranteed and carbon dioxide is viably evacuated.

• More oxygen is made accessible per breath, making the breathing generally proficient.

• Blood is sanitized of poisons.

• Very powerful for anxiety administration.

• Helps lessening the nervousness, sadness and other emotional sicknesses. Additionally it lessens hyperactive issue identified with psyche.

• Balancing Ida and Pingala uproots all the blockages in the pranic vitality channels, which may prompt profound renewals.

• It gives all the advantages of Deep breathing as well.

**Practice - Note (Practice of Anuloma - Viloma or Nadi Shodhan should be done with a Yoga Expert Only):-**
• Begineers can start with significant breathing practice in sitting position (Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be free and spine is erect.

• Pranav Mudra of right hand will help close the right nostril while taking in through left nostril and ring finger can close the left nostril while taking in through right.

• Initially 4 seconds take in through left and inhale out for 6 seconds through right nostril, then take in through a solid match for 4 seconds and inhale out through left for 6 seconds can be sharpened for around 5 minutes.

• With practice one can construct the counts to 4:8, or 5:10 or 6:12 seconds minutes safely.

  **Precautionary measures:-**

• If you feel tiny bit of distress then you can lessen the proportion of relaxing.

• Under No circumstances the extent of the breathing ought to be constrained.

• People who have experienced stomach surgeries, heart surgeries, cerebrum surgeries ought to counsel the medicinal master or expert.

• Please don't race to build the extents, as it won't help, however attempting to practice simple proportion (4:6 seconds) for minimal additional time may offer assistance.

• Initially one ought to begin gradually by inward breath in 3 sec and exhalation in 3 sec. Gradually you an expand it to 4 :-4 sec then 3 :-6 sec and after that 4 :-8 sec. The practice can be up to 5 minutes at first yet gradually one can expand it to Begineers can begin with profound breathing practice in sitting position
(Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be loose and spine is erect.)

• Pranav Mudra of right hand, will help close the right nostril while breathing in through left nostril and ring finger can close the left nostril while breathing in through right.

• Initially 4 seconds breathe in through left and breathe out for 6 seconds through right nostril, then breathe in through a good fit for 4 seconds and breathe out through left for 6 seconds can be honed for around 5 minutes.

• With rehearse one can build the tallies to 4:8, or 5:10 or 6:12 seconds minutes safely.

Precautionary measures:-

• In the event that you feel minor bit of trouble then you can reduce the extent of unwinding.

• Under No circumstances the degree of the breathing should be compelled.

• People who have encountered stomach surgeries, heart surgeries, cerebrum surgeries should counsel the restorative expert or master.

• Please don't race to construct the degrees, as it won't help, however endeavoring to practice straightforward extent (4:6 seconds) for negligible extra time may offer help.

• Initially one should start slowly by internal breath in 3 sec and exhalation in 3 sec. Steadily you an extend it to 4 :-4 sec then 3 :-6 sec and after that 4 :-8 sec. The practice can be up to 5 minutes at first yet continuously one can extend it to 15 Beginneers can start with significant breathing practice in sitting position
(Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be free and spine is erect.)

• Initially one should start continuously by internal breath in 3 sec and exhalation in 3 sec. Continuously you a grow it to 4 :-4 sec then 3 :-6 sec and after that 4 :-8 sec. The practice can be up to 5 minutes at first yet step by step one can extend it to 15 minutes securely.

• Pranav Mudra of right hand, will help close the right nostril while taking in through left nostril and ring finger can close the left nostril while taking in through right.

• Initially 4 seconds take in through left and inhale out for 6 seconds through right nostril, then take in through a solid match for 4 seconds and inhale out through left for 6 seconds can be sharpened for around 5 minutes.

• With practice one can construct the counts to 4:8, or 5:10 or 6:12 seconds minutes safely.

References:-

• Prana Pranayama Prana Vidya - Swami Niranjnanda Sarswati (Bihar college of Yoga, Mungher)
• Pranayama - Yogacharya Vishwas Mandlik (Rishi Dharmajyoti), Yoga Vidya Gurukul, Nashik.
• Pranayama - Swami Kuvalyananda (Kaivalyadhham, Mumbai)

Ujjayi Pranayama (Psychic Breath):-
The word Ujjayi implies triumphant in Sanskrit, it is hard to see why this pranayama is called successful breath. May be routine of Ujjayi results in high vitality perspective. Yet, this is likewise called psychic breath. So this pranayama can be successfully utilized as a part of treatment. Particularly psychosomatic
infections and anxiety related illnesses can be adequately treated with Ujjayi breath.

The reason for the Ujjayi breathing is to expand the psychic affectability, it likewise helps cut down pulse & heart thumps. Additionally it makes the brain cool and quiet by uprooting the anxiety. It has a cooling impact on whole sensory system; particularly it fortifies the parasympathetic sensory system. In the event that you are focused on then 10 minutes of Ujjayi breath can reenergise you. So this pranayama is extremely successful for unwinding of body and brain.

Hone - Note (Practice of Ujjayi breathing ought to be finished with a Yoga Expert Only):-

•Beginners can begin with profound breathing practice in sitting position (Padmasana - Lotus, Swastikasana- Auspicious, Vajrasana - Thunderbolt, Any Cross legged position in which the body can be loose and spine is erect.)

•Then begin making murmuring sound with inhale, this sound is NOT created in vocal harmonies yet delivered by withdrawal of throat or epiglottis. Then again you may get the throat and make frictional sound.

•Initially 4 seconds breathe in through both nostrils while making Ujjayi sound and breathe out for 6 seconds through both nostrils making sound, this can be polished for around 5 minutes.

•With hone one can expand the numbers to 4:8, or 5:10 or 6:12 seconds

•This Ujjayi sound can likewise be made while doing Asanas. This helps discharge the anxieties speedier and makes the brain concentrated effortlessly.

Safeguards:-
• If you have Low Blood weight then this pranayama can cut it further down. So you must be cautious.

• You may feel minimal warm or shivering sensation in the throat because of grinding however this is ordinary.

• Under No circumstances the extent of the breathing ought to be constrained.

• If you feel woozy then please stop the practice and proceed with usual breathing.

References:--

• Asana Pranyama Mudrea Bandha - Swami Satynanda Saraswati (Bihar college of Yoga, Mungher)

• Prana Pranayama Prana Vidya - Swami Niranjananda Saraswati (Bihar college of Yoga, Mungher)

• Pranayama - Yogacheryya Vishwas Mandlk, Yoga Vidya Gurukul, Nashik.

• Pranayama - Swami Kuvalyananda (Kaivlydham, Mumbai, M.H.)

Chilling Off Section:–Shavasana (carcass posture):–As preparing program 1

9. Statistical Analysis:–

Information were examined by utilizing SPSS Version 16.0 (Statistical Package for the Social Science). To discover the impact of preparing, the accompanying factual strategies were utilized.

1. To figure out the noteworthiness of distinction in the middle of preand post-test means, t test will employed.