

Health for Humanity

Yoga Workshop

Surya Namaskar Yagna 2015

Adhiktam Divas

Hindu YUVA Introduction

- ▶ Hindu YUVA stands for Hindu Youth for Unity, Virtues and Action
- ▶ We encourage maintaining Hindu cultural identity in harmony with the larger community.
- ▶ The objective of Hindu YUVA is to create opportunities for college communities, both students and faculty members, to understand and practice Hindu Dharma, the ancient way of life.



Surya Namaskar Yagna(SNY) / Health for Humanity

- ▶ Launched in 2006 as a unique Nationwide Yoga Marathon by Hindu Swayamsevak Sangh (HSS)
- ▶ SNY Participants:
 - ▶ 10,000 Participants from 40 States
 - ▶ Public Schools
 - ▶ University and Colleges
 - ▶ Mayors and Governors from various cities have proclaimed it as a day
 - ▶ More than 75 SNY Marathons between 6-24 hours of duration
 - ▶ Yoga Centers and Community Organizations

Purpose and Overview of the Workshop

- ▶ Purpose: To explore Yoga beyond the gymnastics
- ▶ Overview:
 - ▶ Physical Benefits to Human Body through Asanas
 - ▶ Controlling emotions and mental health through Pranayam
 - ▶ Spiritual Benefits through Ashtang Yoga
 - ▶ Various types of Yogas
 - ▶ Raj Yoga/ Hatha Yoga
 - ▶ Karma Yoga
 - ▶ Jnana Yoga
 - ▶ Bhakti Yoga
 - ▶ Personal Experiences with Yoga
 - ▶ Importance of Omkara
 - ▶ Surya Namaskar (Sun Salutation)
 - ▶ Conclusion with Shava Asana

What is Health?

स्वास्थ्य

Physical Health

- ▶ A proportionate body, with all muscles relaxed in the normal state. It should be soft like a flower, and flexible to the core.
- ▶ Instantaneously it should be able to acquire the hardness of a diamond. All the organs in the body should work in harmony with least abnormalities.
- ▶ The chronic or acute ailment in the body vanishes.

Mental, Emotional and Intellectual Health

▶ Mental Health:

- ▶ Creativity
- ▶ Steadfastness

▶ Emotional Health:

- ▶ Sharpening and sensitizing our emotions
- ▶ Consciously expand and diffuse the overtones of such sensitizations.

▶ Intellectual Aspect:

- ▶ Concentration
- ▶ Deconcentration

Spiritual Health

- ▶ The spiritual dimension of man concerns itself with the inner world - the move towards causal state of mind, the root of intellect and the substratum of emotions.

Activity





How are you feeling **now** ?

Calm

Peaceful

Happy

Settled mind

Breathing matters ?

Agitated mind

Exhausted

Excited

Angry



How are you feeling **before** breathing session ?

You enter into the class and a friend tells you, 'we have surprise quiz at the end of the class!! :o '

You have a meeting with your professor to update your research/project progress and you haven't done anything in that week.

You are not in good mood today and while going to library or café caribou, you have an encounter with a person, whom you never wanted to see/talk to.

You have a amazing birthday surprise from a person whom you love the most!

Today you have done a effective study. Understood everything. Finished your homework. And then you watch your favorite TV series, read novel,

You helped someone today

Butterflies in the stomach



What will happen!
what will happen!!



Angry breathing
Weird state of mind



You radiate
happiness around..



Highly satisfied..
relaxed and focused
state. **Equanimity!**



Uneasiness in stress situation



Deep sleep – breathing pattern



Mood changes – Appetite pattern

You enter into the class and a friend tells you, 'we have surprise quiz at the end of the class!! :o '

You have a meeting with your professor to update your research/project progress and you haven't done anything in that week.

You are not prepared today and while going to library or class you have an encounter with a person, who you wanted to see/talk to.

You have a day surprise from a person whom you know!


Today you have done an effective study. Understood everything. Finished your homework. And then you watch your favorite TV series, read novel,


You helped someone today


We encounter several different incidents in a day





Which invoke various kinds of positive and negative emotions

Butterflies in the stomach 

What will happen! what will happen!! 

Nothing of mind 

ate round.. 

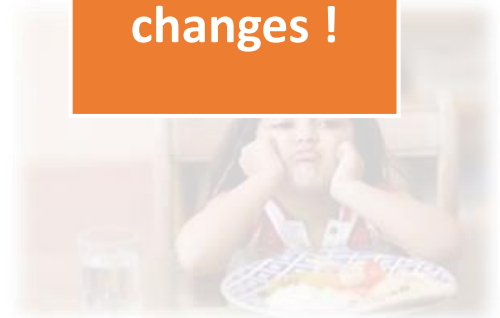
Highly satisfied.. relaxed and focused state. **Equanimity!** 

Uneasiness in stress situation



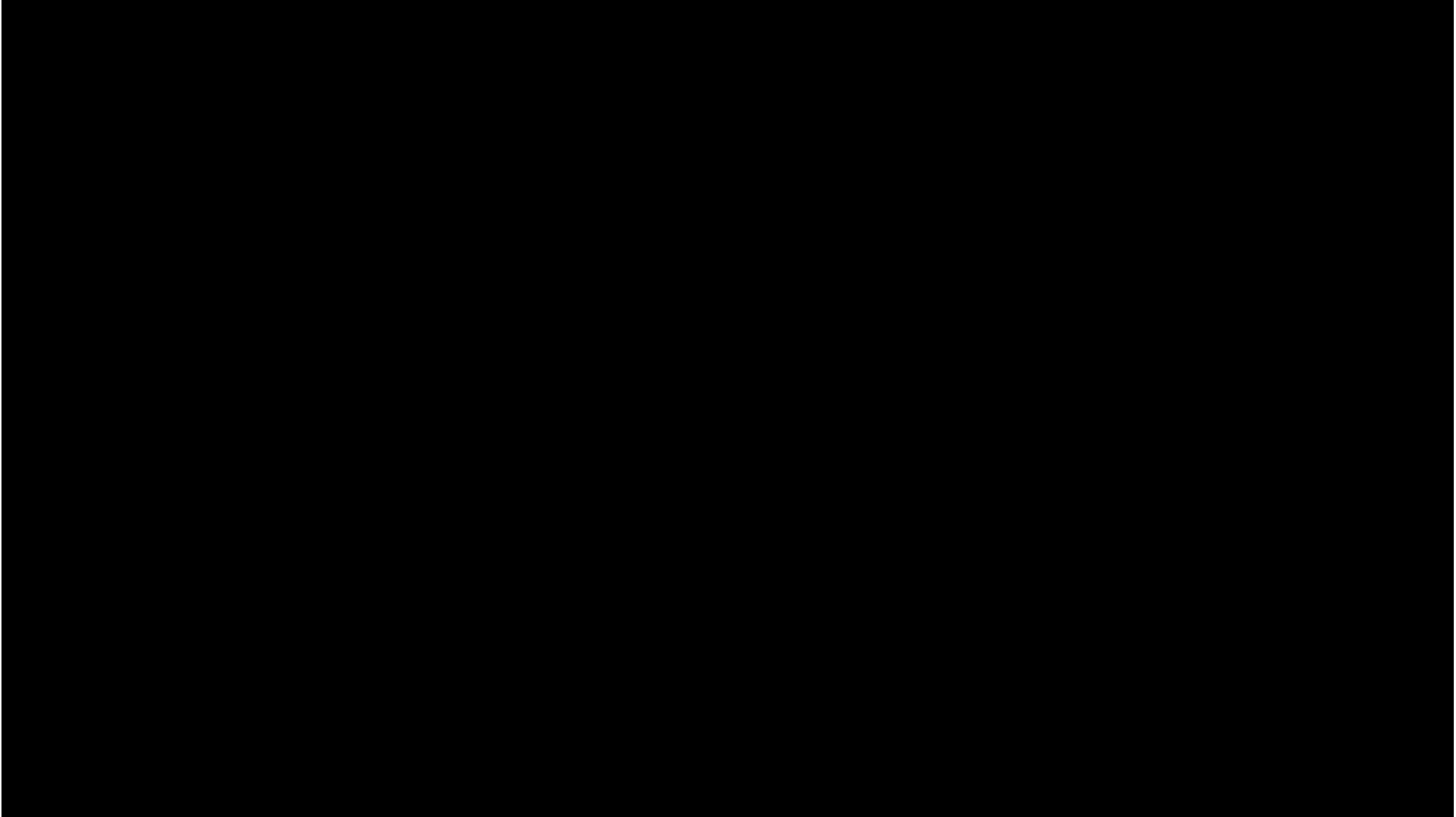
Body and breathing system responds to these emotional changes !

Deep s... pattern



Mood changes – Appetite pattern

Video



Source: https://www.youtube.com/watch?v=F4S_4jX0ERA

Yoga



Wavering mind

Pranayama



Equanimity !

Pranayama (प्राणायाम)

- Meaning : ‘control of *Prana – the life force*’ OR ‘Yoga Breathing’
- Physically, Pranayam appears to be a systematic exercise of respiration, which makes the lungs stronger, improves blood circulation, makes the man healthier and bestows upon him the boon of a long life.
- Physiology teaches us that the air (Prana) we breathe in fills our lungs, spreads in the entire body, providing it with essential form the body, take them to the heart and then to the lungs, which throws the useless material like carbon dioxide out of the body through the act of exhalation

General

- Enough gap before and after meals
- Sit comfortably
- Breath into and out of lungs, through nose
- Do not exert
- Smile on the face

Bhastrika Pranayama

- Deep breath in and deep breath out
 - Around 5 seconds per cycle
- Duration: 2 – 5 minutes
- ½ hour before or 1 hour after meals
- Increases lungs capacity; prevents diseases pertaining to respiratory system; helps in curing Asthma; improves concentration

Kapal Bhati Pranayam

- Breath out forcefully, stomach automatically goes in. Breath in normally
 - 2 seconds per stroke
 - Heart and high blood pressure patients, and people with weakness do slowly
- Duration: Start with 1 minute. Increase to 5 – 10 minutes
- ½ hour before or **3 – 4 hours** after meals
- Brings glow on the face; tightens the skin; prevents and cures stomach related problems

Anuloma Vilom Pranayam

- Breathe in from the left nostril
- Breathe out from the right nostril
- Breathe in from the right nostril
- Breathe out from the left nostril
- Close the right nostril with thumb and left with middle and index fingers
 - Around 10 seconds per cycle
- Duration: 2 – 5 minutes
- ½ hour before or 1 hour after meals
- Helps remove heart blockages; reduce blood pressure; cures neural related problems, Parkinson's disease, depression, migraine pain etc.

Bhramari Pranayam

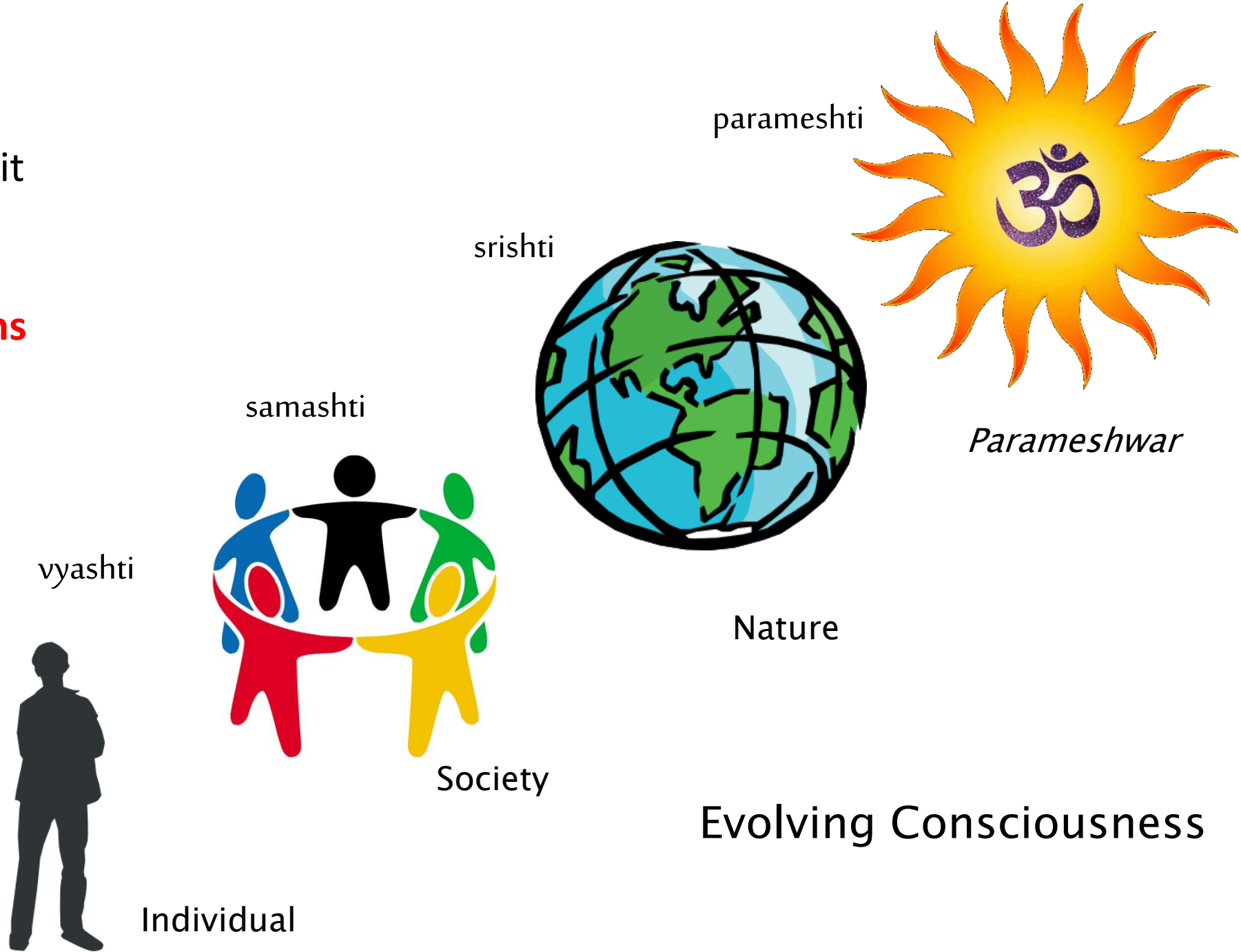
- Close ears with thumb, index finger on the forehead, rest three fingers gently placed on the eyes.
- Breath in and then breath out making the humming sound
- Duration: 5 times
- ½ hour before or 1 hour after meals
- Immediate relaxation; releases tension; improves concentration

Udgeeth Pranayam

- Deep slow inhale, exhale slowly while chanting Om
- Duration: 3 times
- ½ hour before or 1 hour after meals (not very strict though)
- Improves the quality of sleep; relief from bad dreams; cures insomnia; helps gain focus

Yoga (योग)

- Root as 'Yuj' in Sanskrit which means joining
- Yoga is that which **joins** *Jivatma* (individual) with *Paramatma* (ultimate reality)
- Different context:
 - mastery over mind
 - Yoga as a state
 - Perfection in work
 - Spiritual elevation
 - Health and fitness
- Found in Hindu scriptures





Swami Vivekananda

January 12, 1863 – July 4, 1902

He brought the Yoga into the west !

Swami Vivekananda in USA



Yoga

Ashtanga Yoga

(Patanjali's Yoga-Sutra)



Wavering mind

Yama

Niyama

Aasana

Pranayama

Pratyahaar

Dharana

Dhyan

Samadhi



Equanimity !

Yama

The disciplines, 'DONT's' - compassion, commitment to truthfulness, non-stealing, Sense control, non-hoarding

Niyama

The injunctions, 'DO's' - Purity, contentment, Disciplined use of energy, self study, surrender to supreme reality

Aasana

Body postures

Pranyama

Breathing control

Pratyahara

Restrain of senses from their objects of enjoyment

Dharana

Focusing the mind; immovable concentration of the mind in one direction

Dhyana

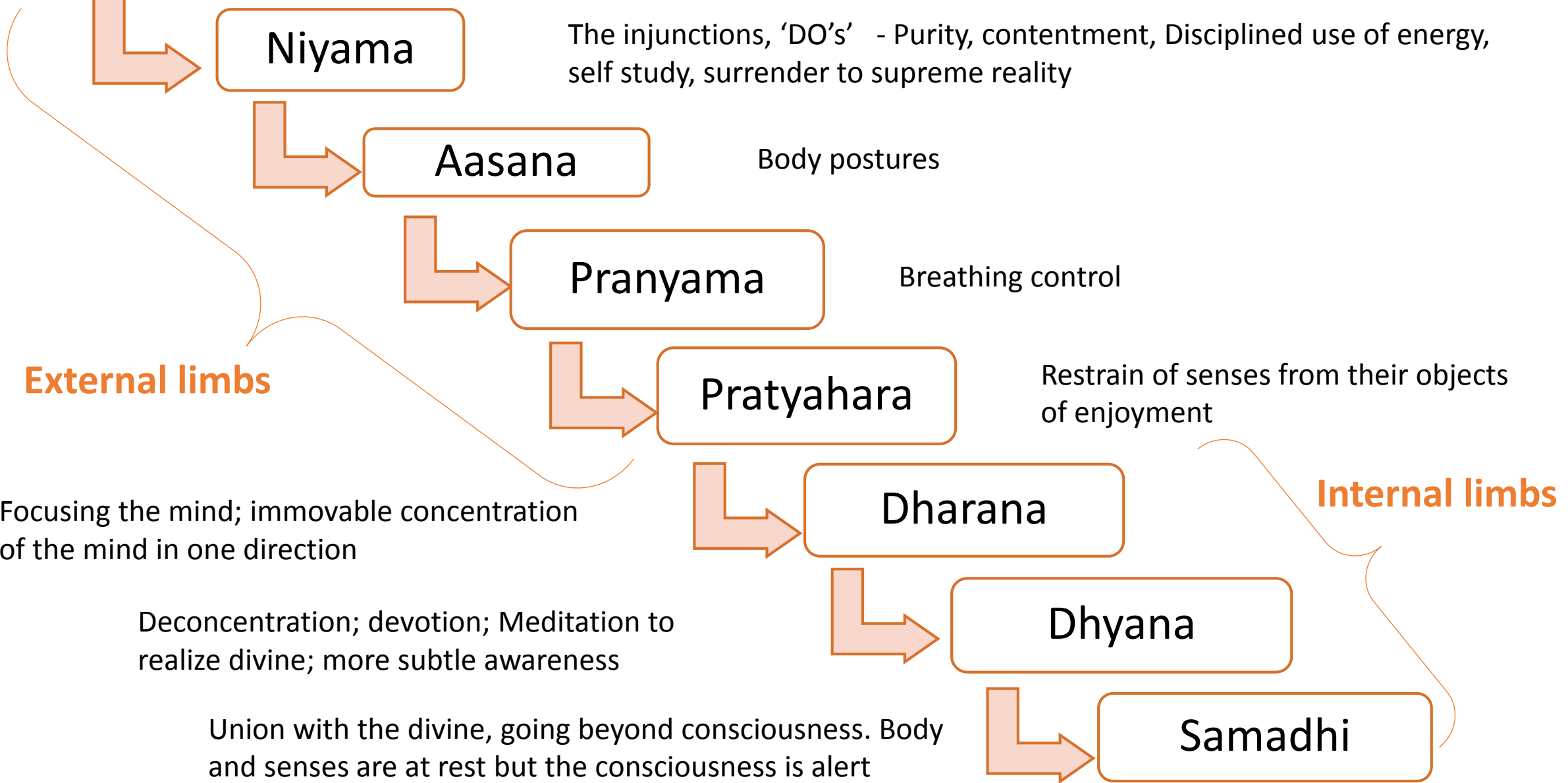
Deconcentration; devotion; Meditation to realize divine; more subtle awareness

Samadhi

Union with the divine, going beyond consciousness. Body and senses are at rest but the consciousness is alert

External limbs

Internal limbs



Types of Yoga

- ▶ Raja Yoga or Hatha Yoga
- ▶ Karma Yoga
- ▶ Jnana Yoga
- ▶ Bhakti Yoga

Raja Yoga

- ▶ This is the yoga of mind control, as exemplified by Patanjali's Ashtanga Yoga



Karma Yoga

- ▶ Doing action with an attitude of detachment to fruits of action

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

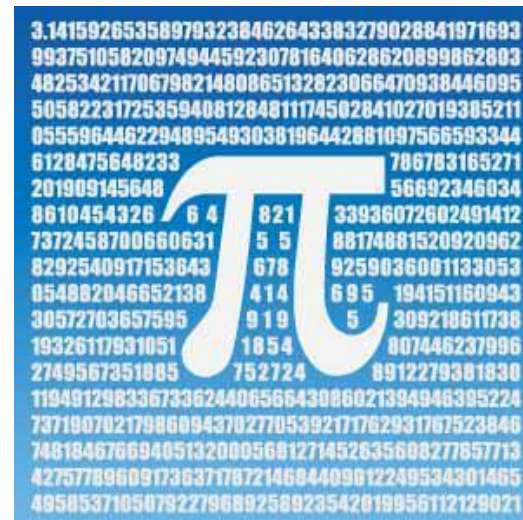
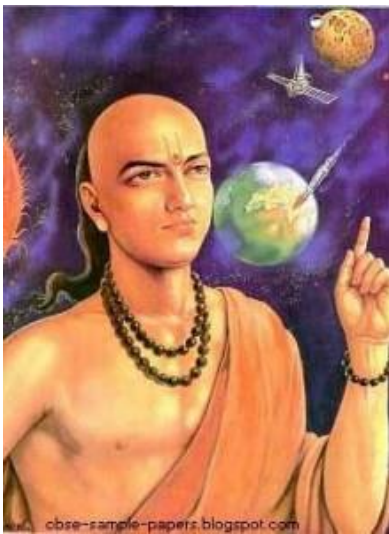
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ २-४७ ॥

You have the right to work only but never to its fruits.

Let not the fruits of action be your motive, nor let your attachment be to inaction.

Jnana Yoga

- ▶ This is the path of philosophy.
- ▶ Pursued using intellectual sharpness by exploring the questions regarding the mind, the nature of the outside and inside world. Basic questions are raised even involving the intellect itself to reach the very basis of intellect.



Bhakti Yoga

- ▶ Involves control of emotions through worship

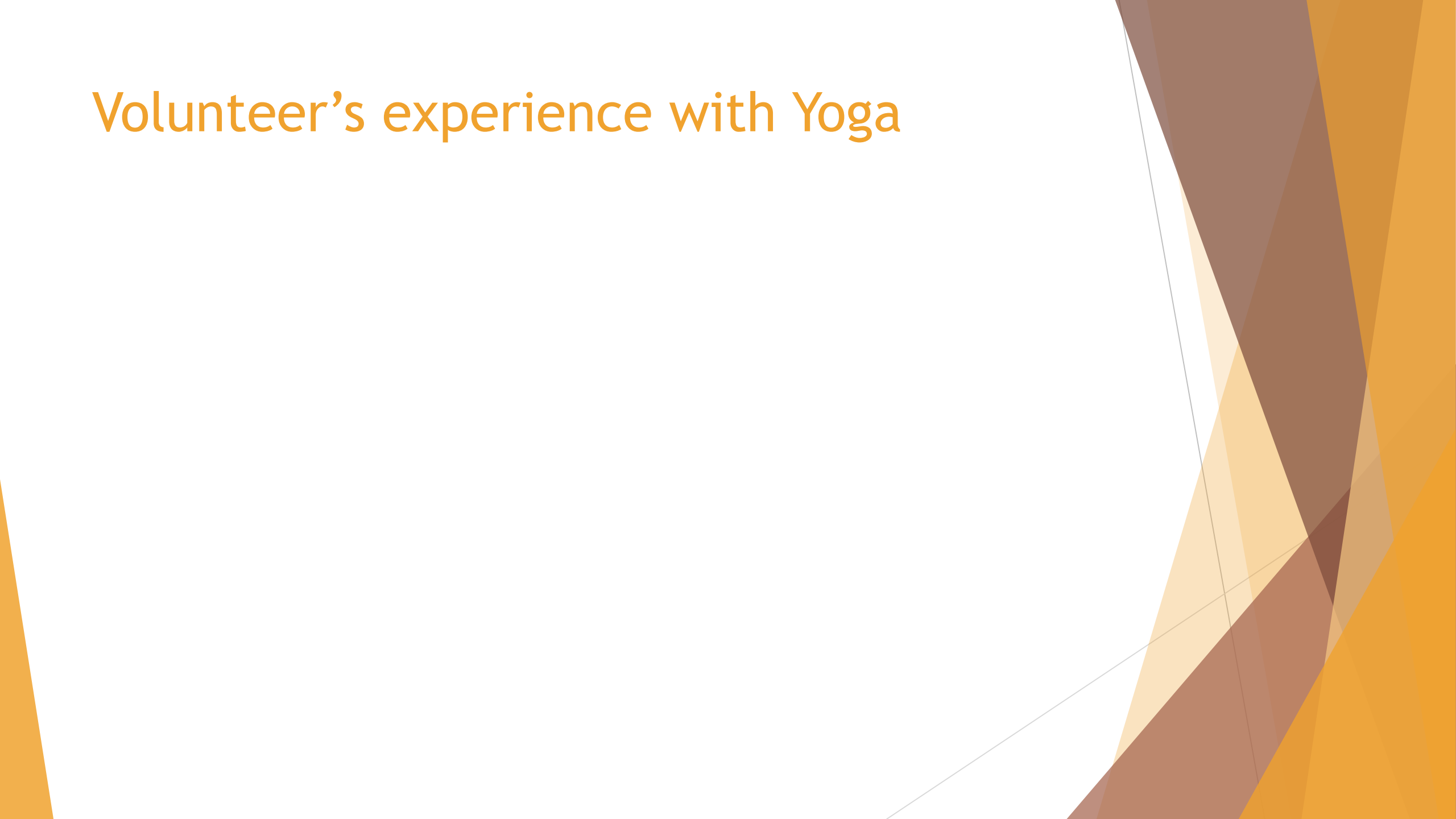


Yoga: All Inclusive

“Each soul is potentially divine. The goal of life is to manifest that divinity within by controlling the nature internal and external. Do it by Work, or Worship, or Philosophy, or Psychic control, by one or more or all of these and be FREE....”

-Swami Vivekananda

Volunteer's experience with Yoga



OM



Surya Namaskar Yagna Video



The banner features a central orange and yellow gradient background. On the left, there is a circular logo of a person in a yoga pose. On the right, there is a circular logo of a lion with the motto 'स्वयमेव नृगन्तव्यं' (Svameva Nragantavyam). The text is centered and reads: 'HINDU SWAYAMSEVAK SANGH PRESENTS SURYA NAMASKAR YAJNA YOGATHON 2015 HEALTH FOR HUMANITY CAMPAIGN!!'. Below this, there is a dark grey bar with white text: 'To participate, please contact your nearest HSS shakha / Balagokulam'. At the bottom, there is a white bar with black text: 'FOR MORE DETAILS : VISIT www.hssus.org/sny/ EMAIL: sny@hssus.org www.facebook.com/hssus JAN 17 2015 TO FEB 1 2015'. The background of the banner also features a subtle image of a sun with rays.

HINDU SWAYAMSEVAK SANGH
PRESENTS
SURYA NAMASKAR YAJNA
YOGATHON 2015
HEALTH FOR HUMANITY CAMPAIGN!!

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Q&A

