



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

JUNE 14, 2021 TO JUNE 29, 2021





MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA

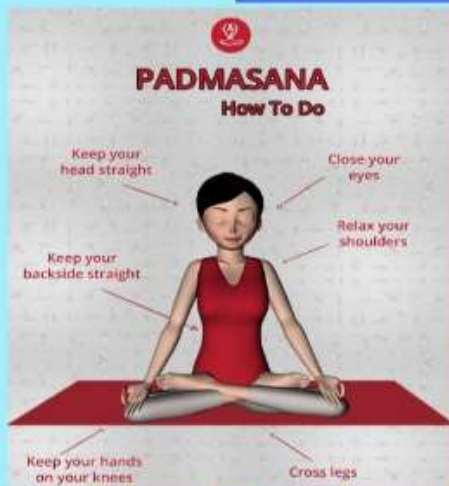


SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

PADMASAN

**YOGA: the best way to
health and fitness**



Benefits of padmasan or lotus pose

- Opens up the hips.
- Stretches the ankles and knees.
- Calms the brain.
- Increases awareness and attentiveness.
- Keeps the spine straight.
- Helps develop good posture.
- Eases menstrual discomfort and sciatica.
- Helps keeps joints and ligaments flexible.

AKASH M.K
1ST B.SC(BZC)
1029

Step 1. Pranamasana (Prayer pose)



Start at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in prayer position.

Step 5. Dandasana (Stick pose)



As you breathe in, take the left leg back and bring the whole body in a straight line.

Tip to deepen this yoga stretch: Keep your arms perpendicular to the floor.

Step 9. Ashwa Sanchalanasana (Equestrian pose)



Breathing in, bring the right foot forward at between the two hands. The left knee goes down on the floor. Press the hips down and look up.

Tip to deepen this yoga stretch: Place the right foot exactly between the two hands and the right calf perpendicular to the floor. At this position, make a gentle effort to push the hips down towards the floor to deepen the stretch.

Incredible benefits of Surya Namaskar (Sun Salutation):

- Helps maintain cardiovascular health
- Stimulates the immune system
- Helps in stretching, flexing and strengthening muscles
- An excellent exercise for weight loss management
- Strengthens the immune system
- Enhances cognitive functions
- Improves overall health, strengthens the body and relaxes the mind

Step 2. Hastauttanasana (Raised arms pose)



Breathing in, lift the arms up and back, sweeping the elbows close to the ears. In the pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.

Tip to deepen this yoga stretch: You may push the pelvis forward a little bit. Ensure you're reaching up with the fingers rather than trying to bend backward.

Step 6. Ashtanga Namaskara (Salute with eight parts or points)



Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

Step 10. Hastapadasana (Standing forward bend)



Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

Tip to deepen this yoga stretch: Gently straighten the knees, and if you can, try and touch your nose to the knees. Keep breathing.

Step 3. Hastapadasana (Standing forward bend)



Breathing out, bend forward from the waist keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.

Tip to deepen this yoga stretch: You may bend the knees, if necessary, to bring the palms down to the floor. Now make a gentle effort to straighten the knees. It's a good idea to keep the hands fixed in this position and not move them henceforth until we finish the sequence.

Step 7. Bhujangasana (Cobra pose)



Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.

Tip to deepen this yoga stretch: As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down. Tuck the toes under. Ensure you're stretching just as much as you can and not forcing your body.

Step 11. Hastauttanasana (Raised arms pose)



Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.

Tip to deepen this yoga stretch: Ensure that your biceps are beside your ears. The idea is to stretch up more rather than stretching backward.

Step 4. Ashwa Sanchalanasana (Equestrian pose)



Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

Tip: How to deepen this yoga stretch? Ensure that the left foot is exactly in between the palms.

Step 8. Adho Mukha Svanasana (Downward facing dog pose)



Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'Y' pose.

Tip to deepen this yoga stretch: If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch.

Step 12. Tadasana (Mountain Pose)



As you exhale, first straighten the body then bring the arms down. Relax in this position and observe the serenity in your body.

This completes one set of Surya Namaskar. Complete the round by repeating the steps. Only this time, start with taking the left foot forward in step number 4 and bringing the right foot forward in step number 10. One done, you would've completed one round of Surya Namaskar.

**LINGARAJ CM
IST B.SC (PCM)
1061**

"Inhale the future, exhale the past."



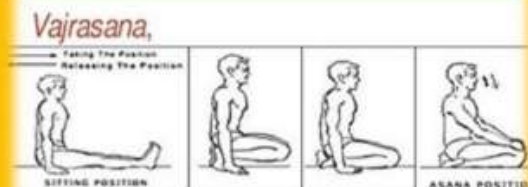
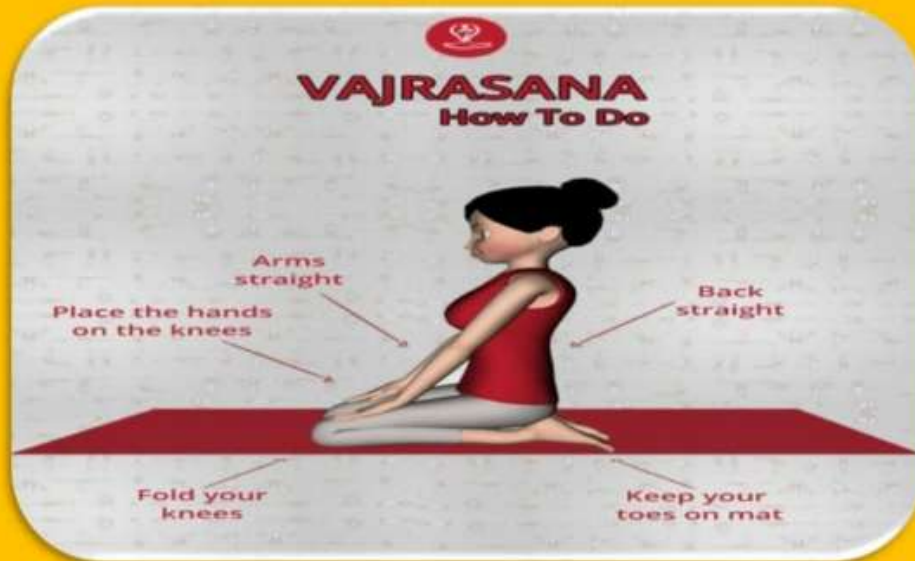
**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA**



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

VAJRASANA



Steps

- With knees, ankles and big toes touching the ground, take a kneeling position.
- One should sit on the heels and place palms on the knees.
- The Spine should be erect and breath should be deep.
- Draw the abdominal region inside and expand the chest.

Duration

It should be kept for five minutes to experience good results. With more practice it can be kept for three hours.

Sudeesh.c 1034 BZC



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA  **YOGA**

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

USTRASANA



1. Kneel on the yoga mat and place your hands on the hips.
2. Your knees should be in line with the shoulders and the sole of your feet should be facing the ceiling.
3. As you inhale, draw in your tail-bone towards the pubis as if being pulled from the navel.
4. Simultaneously, arch your back and slide your palms over your feet till the arms are straight.
5. Do not strain or flex your neck but keep it in a neutral position.
6. Stay in this posture for a couple of breaths.
7. Breathe out and slowly come back to the initial pose. Withdraw your hands and bring them

BENEFITS OF USTRASANA

- 1.Improves digestion*
- 2.Strengthens back and shoulders*
- 3.Relieves the body of lower back ache*
- 4.Improves flexibility of the spine and also improves posture*
- 5.Helps overcome the menstrual discomfort*

SAIPRASAD K SHETTY

1st BSc PMC

1108



**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE**

MANGALURU, KARNATAKA



SAHA  YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

URDHVA DHANURASANA



Step 1

1. Lie flat on your back like Shavasana on the ground



Step 2

2. Bend your knees and bring your heels closer to touch your hips.



Step 5

5. Try to raise your hips as much you can

Benefits

- It stretches and expands chest, lungs and shoulders.
- It strengthens the liver, pancreas and kidneys.
- It stimulates the digestive system and can help to relieve constipation.
- It stimulates the thyroid and pituitary glands thereby correcting the endocrine disturbances.
- It relieves lower backaches and increases the flexibility.
- It cures the hernia and the kidney and makes them stimulated and refreshed.
- It is good for asthma patients but it should be done under guidance.
- It strengthens our muscles and the body.



Step 3

3. Now raise your hands and bring your palms under your shoulders.



Step 4

4. Now while inhaling press your palms and feet on the ground and lift your body up.

RAVI
1121
IST
BSC(PMC)



**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE**
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

DHANURASANA

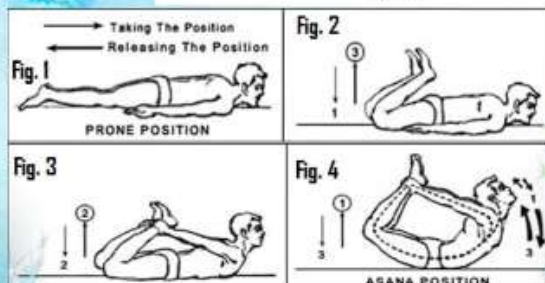
**THE BODY BENEFITS FROM MOVEMENT,
THE MIND BENEFITS FROM STILLNESS...**

DHANURASANA IS A BACKBEND THAT DEEPLY OPENS THE CHEST AND THE FRONT OF THE BODY. THIS ASANA IS THE EIGHTH POSE IN THE 12 BASIC POSTURES OF INTEGRAL YOGA.

BOW POSE



Yoga is the journey of the self through the self to the self...



DHANURASANA (BOW POSE)

Benefits:



- Promotes Weight Loss
- Treats Diabetes
- Aids Digestive Organs
- Strengthens the Spinal Columns
- Improves Heart Health
- Strengthens Shoulders

Let your practice be a celebration of life...

JYOTHI LAKSHMI.C
IBSC PCM



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

Vrikshasana (Tree Pose) steps: **The right way to do Tree Pose**

To practice Vrikshasana in the right way, follow the steps given below:

- 1)- Firstly, stand absolutely erect with your arms to your side (Tadasana).
- 2)- Raise your left leg, bend the left knee and place it on the right thigh, as much as possible. The heel of your left foot should be upward and the toes should be towards the ground.
- 3)- Shift your body weight on your right leg and stand upright.
- 4)- When you feel that the body is properly balanced, raise your arms up and bring them directly above your head in a Namaskara position.
- 5)- It is difficult to maintain balance in this posture initially. It will take some more time to master it.
- 6)- To maintain the balance of your body, try to focus your eyes at a distance at a point.
- 7)- Once you are well trained, try to focus your eyes on your hands.
- 8)- Inhale and exhale slowly and maintain the posture for at least 30-60 seconds.
- 9)- Now, gently pull your body out of the position.
- 10)- Rest for some time and then practice asana on the other leg.

Vrikshasana (Tree Pose)



Benefits of Vrikshasana (Tree Pose)

Vrikshasana has many benefits for your health, some of which are listed below:

- It helps in improving your balance.
- It also helps to improve flat feet problems.
- It strengthens your spine and improves your posture.
- Vrikshasana strengthens the muscles of your thighs, knees, and calves.
- When done regularly, this asana can help relieve sciatica pain.
- Since it requires a lot of focus, Vrikshasana helps improve concentration.

Sujan Shetty
1st PMC
1109



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
 MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING



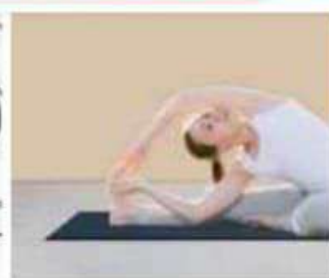
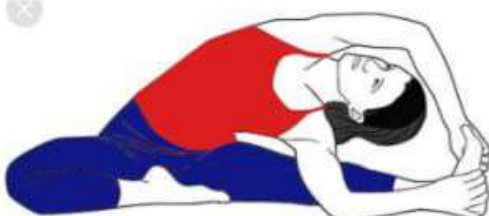
Benefits

- Calms the brain and helps relieve mild depression.
- Stretches the spine, shoulders, hamstrings, and groins.
- Stimulates the liver and kidneys.
- Improves digestion.
- Helps relieve the symptoms of menopause.
- Relieves anxiety, fatigue, headache, menstrual discomfort.

Ananya N

1st B.Sc(PCM)

1068



Parivrtta Janu Sirsasana stretches the hamstrings, spine, shoulders, lower back, and the sides of the abdomen. It provides a spinal twist that massages and stimulates your digestive organs, which helps to improve digestion. This pose also calms the mind, relieving anxiety, fatigue, and mild depression. 12-Apr-2015

HEALTH BENEFITS OF PARIVRTTA JANU SIRSASANA



STRENGTHEN CALVES, ANKLE AND HAMSTRINGS MUSCLES

HELPS TO REDUCE BACK PAIN

ENHANCE SEXUAL HEALTH

STRENGTHEN THE NECK, CHEST, AND SHOULDERS

IMPROVES THE FUNCTION OF THE KIDNEYS AND LIVERS

STIMULATES THE THYROID AND PITUITARY GLANDS

HELPS TO REDUCE BELLY FAT

RELIEVES STRESS AND ANXIETY



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

Ardha Chakrasana



**ARDHA CHAKRASANA
(STANDING BACKWARD BEND POSE)
TO AID DIGESTION**



It helps to tone the arms and shoulders.
It helps provide relief from
lower back pain. It helps to provide
relief for those having respiratory
diseases. It helps to stimulate the
abdominal organs.

Kumara Shivananda
1115



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

SARVANGASANA

HEALTH BENEFITS

- STRETCHES SHOULDERS & NECK.
- STRENGTHENS LEGS, CORE & SHOULDERS.
- IMPROVES DIGESTION.
- CALMS THE MIND & HELPS RELIEVE STRESS.
- SEXUAL DISORDERS ARE CURED EASILY.
- ASTHMA, LIVER DISORDERS, DIABETES ARE CURED.
- THIS YOGA POSE BRIGHTENS THE EYE SIGHT.
- MAINTAINS THE PERFECT BODY WEIGHT.
- SHRINKING OF SKIN.
- WRINKLES IN FACE ARE RE-FRESHENED.

STEP 1



STEP 2



STEP 3



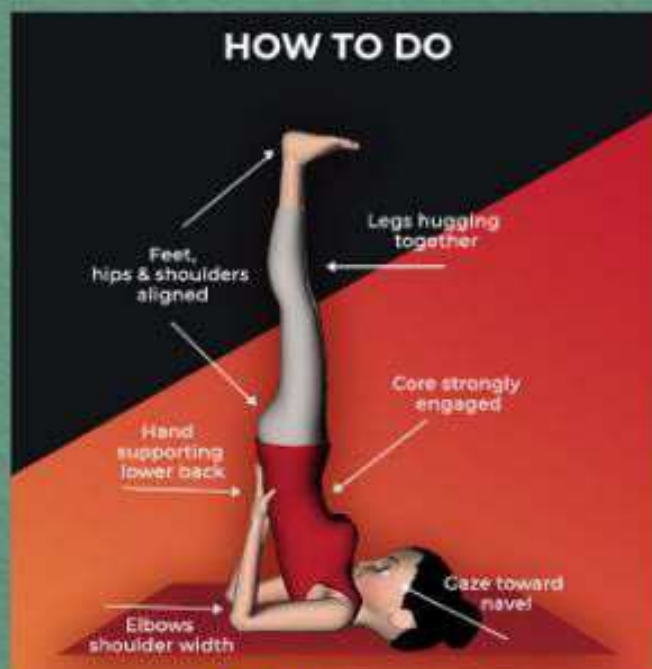
STEP 4



STEP 5



HOW TO DO



Megha

I BSC (PCM) - 1063



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA

SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

BHUJNGASANA (cobra pose)

HOW TO DO

Cobra Pose

(BHUJANGASANA)

Try this:



This:



Use hands as support without placing weight into them

Or this:



Not that:



www.YogaByKanna.com


THE COBRA POSE

STEP-BY-STEP

1. BE FLAT ON STOMACH WITH POINTED TOES.
2. PLANT PALMS ON MAT, BELOW AND SLIGHTLY OUTSIDE SHOULDERS.
3. ENGAGE LEGS AND STOMACH BY FLEXING. PRESS HIPS AND TOP OF FEET INTO MAT.
4. TILT HEAD BACK UNTIL CHIN POINTS FORWARD AND NECK IS COMPRESSED.
5. INHALE, MIMICK HEAD MOVEMENT WITH REST OF BODY BY STRAIGHTENING ARMS.
6. KEEP HIPS PLANTED FIRMLY ON MAT AND RAISE NAVEL OFF THE GROUND.
7. ROLL SHOULDERS BACK AND DOWN. BEND EVENLY THROUGH LOWER, MIDDLE, AND UPPER BACK.
8. BREATHE AND HOLD POSE.
9. EXHALE, BEND ARMS, LOWER NAVEL TO MAT, THEN CHEST, SHOULDERS, AND, FOREHEAD.



BHUJANGASANA





MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

Paschimottasana



Benefits of Paschimottasana:

- Stretches the lower back, hamstrings and hip joints.
- Tones up the abdominal and pelvic organs.
- Stretches and tones up shoulder joints.
- Prevents diabetes.
- Improves concentration.
- Helpful in common ailments such as stomach pain, piles, headache, hip pain, back pain and body weakness.



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

TADASANA

Tadasana is a Mountain Pose or Samasthiti is a standing asana in modern yoga as exercise; It is the basis for several other standing asanas.



Benefits Of Tadasana

- Corrects your posture and makes your spine more flexible by improving your body balance.
- Increases the flexibility of your ankles, joints, and thighs.
- Tones your pelvic muscles.
- Helps increase height if practiced regularly during the growth years.
- Strengthens your nervous system.
- Boosts the functioning of your digestive and respiratory systems.



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA

SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

Vriddhi Shetty
IPCM
1076

PAWANAMUKTASANA

Pawanamuktasana is a widely practiced reclined pose that helps to release trapped gas from the intestine. It is also known as wind relieving pose or wind liberating pose. The unique thing about this pose is that it can be practiced by both beginners as well as advanced stage yoga students. Practicing Pawanamuktasana can not only help to resolve problems relating to flatulence and constipation but it can also help to get rid of stubborn deposits of fat in the belly and pelvic area.

Way of doing:



- Lie on your back or in a supine position, with your arms beside your body.
- Inhale.
- Exhale, bringing your knees toward your chest and pressing your thighs on your abdomen with clasped hands.
- Inhale again.
- As you exhale, raise your head off the floor, letting your chin touch your knees.
- Hold this pose as you take deep, long breaths in and out.
- Release the pose to return to the starting position, bringing your head down first and then your legs - this is one round.
- Do 2-3 rounds and then relax.

Benefits Of Pawanamuktasana:

Performing this Asana regularly strengthens your back and abdominal muscles.
It is useful for toned legs and arms.
The abdominal muscles and other organs get massaged.
The Constipation problem gets cured, and the gases get relieved.
Blood circulation gets enhanced in the hip joints.
Lower back muscles get relaxed.

Quick Facts about Pawanamuktasana:

Sanskrit name - Pawanamuktasana
English name - Wind-Relieving Posture
Pronunciation as - PUH-vuhn-mukt-AAHS-uh-nuh
Meaning - Pavan means Wind or Air and Asana means pose of yoga or posture.
Style: Vinyasa
Level: Basic level asana

"The whole process of yoga and meditation is just this, once you have a clear space between you and your mind it is a completely different dimension of existence."
-Sadhguru



**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE**
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

HALASANA

Halasana is a folded inversion, traditionally considered a finishing pose that may be practiced at the end of a yoga session. As a finishing pose, it helps prepare the body for relaxation, pranayama and meditation.

To begin, lie down on the ground with arms at the sides and palms pressing down. Lift the legs up to a vertical position. Then lift the hips and spine from the floor, bringing the legs behind the head. The toes are then placed on the floor and the legs are gently straightened.

The name comes from the Sanskrit hala meaning "plow," and asana, meaning "pose." Therefore, halasana is also referred to as plow pose in English.

Halasana



HALASANA (PLOW POSE)

Benefits:

- Strengthens the neck, shoulder, and back muscles
- Reduces stress and fatigue
- Provides relief from the symptoms of menopause
- Stimulates the thyroid gland
- Boosts the immune system



Illustration: VIT

M. H. VINOD
1062
PCM



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

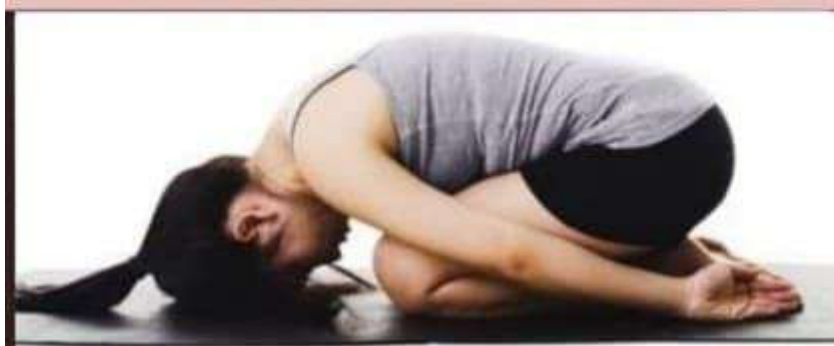
Balasana (child pose)



BALASANA (CHILD POSE) YOGA | STEPS BENEFITS



Health benefits of balasana



Strengthen The Back, Abdomen, Legs and Hips

Helps to Reduce Back Pain

Stimulates the Thyroid and Pituitary Glands

Improves the Function of the Kidneys and Livers

Relieves Stress and Anxiety

Strengthen the Neck, Chest, and Shoulders

Improves Blood Circulation

The Benefits of Child's Pose:

- Releases tension in the back, shoulders and chest
- Recommended if you have dizziness or fatigue
- Helps alleviate stress and anxiety
- Flexes the body's internal organs and keeps them supple
- It lengthens and stretches the spine
- Relieves neck and lower back pain when performed with the head and

Gulshaba parveen
1st bsc(pcm)
1053



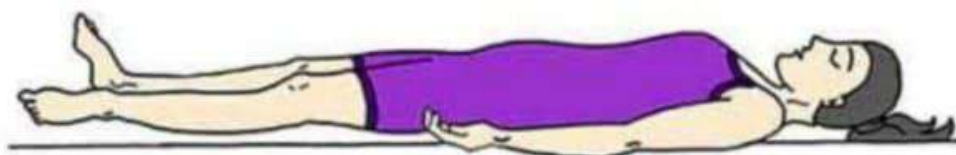
MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

SHAVASANA THE CORPSE POSE



8 steps to a restful Savasana:

1. Lie on your back with your legs straight and arms relaxed at your sides. ...
2. Breathe naturally.
3. Allow your body to feel heavy on the ground.
4. Begin to release each part of your body organ and cell, consciously working from the soles of your feet to the crown of your head.

5 Benefits of Savasana

- Calms central nervous system, aiding the digestive and immune systems.
- Calms the mind and reduces stress.
- Reduces headache, fatigue and anxiety.
- Helps lower blood pressure.
- Promotes spiritual awakening and awareness of higher consciousness.



PRATHEESH MALLI
1st B.Sc(PCM)
1064

"I think it's interesting that the opposite of being active in yoga is not being passive. It's being receptive." — Cyndi Lee



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA  YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

CHAKRASANA

- Benefits of Chakrasana or the Wheel Pose

The chest expands and the lungs get more oxygen – this makes the pose especially beneficial for asthma patients.

It reduces the stress and tension in the body.

Sharpens eyesight.

This asana helps to strengthen the back and increases the elasticity of the spine.

- **CHAKRASANA STEPS**

1. Lie flat on your back like Shavasana on the ground.
2. Bend your knees and bring your heels closer to touch your hips. ...
3. Now raise your hands and bring your palms under your shoulders.
4. Now while inhaling press your palms and feet on the ground and lift your body up.
5. Try to raise your hips as much you can.



SHREYAS J
1ST PCM



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

HEADSTAND. SIRSASANA

1 Create a stable base with elbows maximum shoulder width apart.



2 Place crown of head on mat, supporting back of head with hands.



3 Press forearms firmly into mat, straighten legs.



4 Walk feet in to stack hips.



5 Bend one knee, squeeze to keep heel close to burn.



Headstand w/o wall

6 Once #5 is stable, repeat #5 with the other leg. If stable, proceed to #7. If not, work on this.



7 Extend one leg up. Again, find stability



Extend the other leg up. You should feel very light if you are in the right position.

SALAMBA SHIRSHASANA, OFTEN SHORTENED TO SHIRSHASANA, OR YOGA HEADSTAND IS AN INVERTED ASANA IN MODERN YOGA AS EXERCISE; IT WAS DESCRIBED AS BOTH AN ASANA AND A MUDRA IN CLASSICAL HATHA YOGA, UNDER DIFFERENT NAMES. IT HAS BEEN CALLED THE KING OF ALL ASANAS.

HEALTH BENEFITS OF HEADSTAND



Preethika rao

1120



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELL BEING

SUKHASANA HOW TO DO



Benefits of Sukhasana

Practising Sukhasana helps to stretch your spinal cord. It even helps to enlarge the spinal cord.

This asana helps to broaden the chest and the collarbone.

It helps to keep the ankle healthy.

It helps to keep the make the muscles of back strong and improves the posture of the body.

Performing this asana helps to keep you physically and mentally balanced.

It brings flexibility in the ankle, knee and the hips.

Performing Sukhasana helps to make the people healthy.

Gawtham
1114
1st bsc(pmc)



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

ADHO MUKHA SVANASANA (DOWNWARD FACING DOG POSE)



Adhomukha Swanasana Downward dog pose



Benifits of Adho Mukha Shvnanasana

Calms the brain and helps relieve stress and mild depression
Energizes the body
Strengthens the arms and legs
Helps prevent osteoporosis
Improves digestion



DOWNWARD DOG POSE
Adho Mukha Shvnanasana

Preetham
1118
1st bsc(pmc)



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



SAHA YOGA

CANARA NSS CAMPAIGN TO SPREAD PHYSICAL AND MENTAL WELLBEING

BADDHA KONASANA

BADDHA KONASANA



BADDHA KONASANA

- PREVENTS VARICOSE VEINS
- TONES THE KIDNEYS
- FACILITATES CHILDBIRTH
- PREVENTS SCIATICS AND HERNIAS
- STRENGTHENS THE GENITOURINARY SYSTEM



Baddha Konasana Bound Angle Posture

Baddha = bound, restrained. Kona = angle.

This asana stretches open hips, pelvis and releases the hidden potential energy.

Benefits with everyday practice for few weeks

- Relieves low back pain, sciatica, hernia, diabetes, idiosyncrasy
- Relieves incontinence, prostate, menstrual and menopausal problems
- A boon to pregnant women; strengthens pelvis, promotes easy child birth

CAUTIONS

Do not practice when you have diabetes, prolapse of pelvis, organs, hip or knee injury.

Duration | 5 - 10 minutes

Practice on non-slip yoga mat

Props: Wall, cushion



1

Baddha Konasana

Enhances pelvic and hip strength

Fig 1: Sit in *Dandasana*. Bend your knees and stretch them to the sides. Press the soles of your feet together. Hold your ankles.
Fig 2: Sit on a cushion and hold a strap fixed on the wall.



2

Parsva Baddha Konasana

Raise your right hand over head, exhale and stretch to the left side. Rest your left elbow on your left thigh and hold your feet. Scissor your knees and hips. Stay steady with even breathing. Repeat on the other side.



3

Adho Mukha Baddha Konasana

For the most flexible



Exhale, stretch forward and rest your forehead on the floor. Stretch your hands, close your eyes, breathe smoothly and relax.

TIPS

- If your knees lift up, do not push them down. You may hurt your joints and ligaments.
- To improve pelvic flexibility and strength practice everyday.

BADDHA KONASANA, BOUND ANGLE POSE, BUTTERFLY POSE, OR COBBLER'S POSE, AND HISTORICALLY CALLED BHADRASANA, THRONE POSE, IS A SEATED ASANA IN HATHA YOGA AND MODERN YOGA AS EXERCISE. IF THE KNEES REST ON THE FLOOR, IT IS SUITABLE AS A MEDITATION SEAT.

shreekumar
1075