

# YOGA PROTOCOL FOR STUDENTS



# Introductory Part

Duration

Illustration

Activity & Its Description

Benefits

2 min.



## Prayer

*Dear God,  
I breathe out anger,  
I breathe out greed  
I breathe out hate  
I breathe out doubt  
I breathe out ignorance  
Lord,  
I breathe in hope  
I breathe in trust  
I breathe in knowledge  
I breathe in energy  
I breathe in PEACE  
From falsehood, towards truth  
From darkness, towards light  
From destruction, towards eternity..  
lead me on...lead me on...lead me  
on...*

Prayer is a psycho-physical phenomenon or practice which purifies our mind and heart to unfold the virtues of devotion and faith within us. It also connects us with the Divine.

Prayer is essential in the beginning of yogic practices to bring balance between body and mind.

# Micro Exercises

Duration

Illustration

Activity & Its Description

Benefits

5 min.



**Warming up through Sukshma and sthool vyayam  
(Exercises for Subtle and gross body)**

Sukshma Vyayam includes minor exercises for all joints and muscles in a particular sequence from head to toes. These exercises help in improving breathing pattern, reducing stress levels, controlling blood pressure, lowering cholesterol levels, improving body alignments and posture, minimizing allergies and diseases and enhancing immunity, maintaining appropriate body weight, improving concentration, and slowing down the ageing process etc.



**Greeva Shakti Vikasak  
(Exercises for Neck)**

This triple exercise strengthens the neck and beautifies it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exercise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefit from it.



**Vakshsthal Shakti Vikasak  
(Exercise for Chest)**

This exercise gives vitality and strength to the chest and back. The arms are also strengthened. Thin person will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

This exercise combines the benefits of Pranayama as well as the physio-therapeutic effects of the muscles and joints of the thoracic cage. The increased mobility of the ribs of course ensures more efficient respiration and increased in the period of relaxation improves the nourishment to heart.

2 min.



**Engine Daud  
(Sthool Vyayam)**

Engine run is very good for cardiovascular system, endocrine system, circulatory, respiratory and digestive system. It influences all hormonal secretions and relieves you from various gynecological disorders.

# Main Part

Duration

Illustration

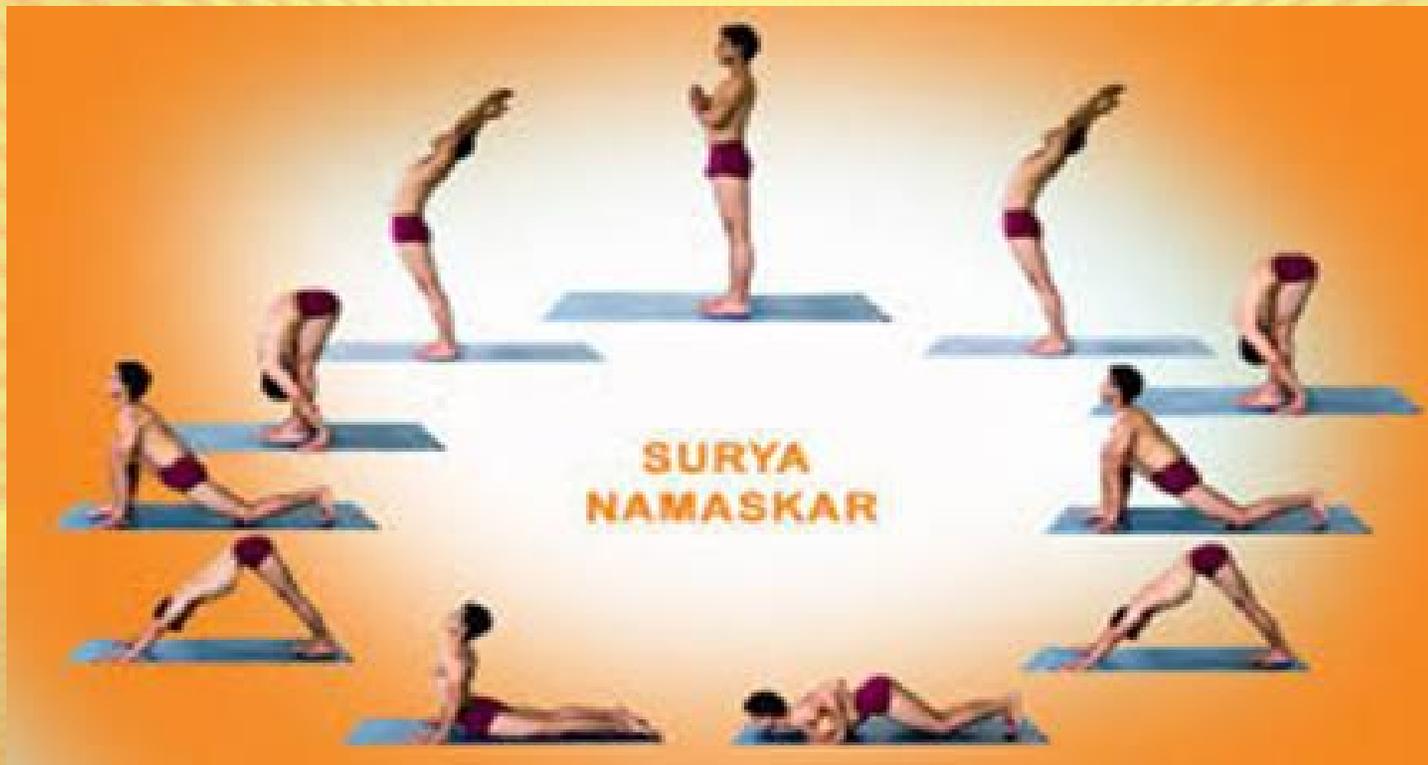
Activity & Its Description

Benefits

10 min.

**Surya Namaskar  
(Sun Salutation)**

Sun salutation is composed of 12 different postures and has the capability of exercising all our body muscles. Those who practice Sun Salutation every day, they gain vitality, power, wisdom, brightness and longevity.



# Asanas (Standing Postures)

Duration

Illustration

Activity & Its Description

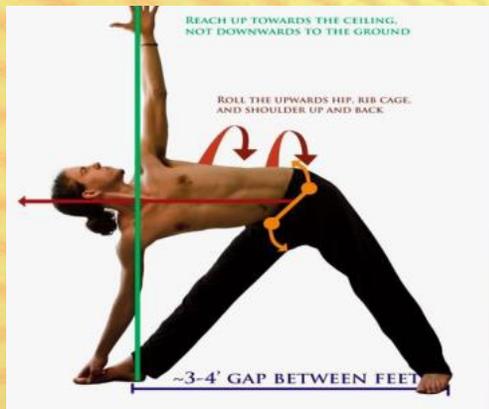
Benefits

30 min.



## Tadasana (Palm Tree Pose)

- Tadasana is the foundation stone for other asanas.
- It brings firmness, strength, stillness, and steadiness to our body.
- It corrects body posture, straightens the spine, improves alignment of body counters, and improves the degenerative effects of ageing on the spine, legs, and feet.
- Tones the buttock muscles.



## Trikonasana (Triangle Pose)

- Relieves gastritis, indigestion, acidity and flatulence.
- Improves flexibility of the spine, and alleviates backache.
- Corrects shoulder alignments.
- Helps to treat neck sprains.
- Massages and tones the pelvic area.
- Strengthens the ankles.
- Reduces discomfort during menstruation.



## Vrikshasana (Tree Pose)

- Improves balance and stability in the legs.
- On a metaphysical level, helps one to achieve balance in other aspects of life.
- Strengthens the ligaments and tendon of the feet.
- Strengthens and tones the entire standing leg, up to the buttocks.
- Assists the body in establishing pelvic stability.

# Asanas (Sitting Postures)

## Illustration

## Activity & It's Description

## Benefits



### Padmasana (Lotus Pose)

- It induces mental calmness and tranquillity.
- It tones the coccygeal and sacral nerves by supplying them with an extra flow of blood.
- Helps to relieve constipation and improves digestive process.
- It strengthens the thighs and calf muscles



### Vajrasana (Diamond Pose)

- Body becomes strong and firm.
- It improves digestion by increasing secretion of digestive juices.
- It reduces tiredness of legs by dissolving the lactic acid.
- It makes the practitioner feel very light and more active.



### Ardhmatsyendrasana (Twisting Pose)

- It removes the disorders of respiratory system such as asthma.
- It strengthen the spinal column and the muscles of the back.
- It stimulates the facial nerves and blood vessels thus brighten up the face.
- This asana stimulates gastric secretions.
- Very effective for patients who are suffering from diabetes.

## Illustration

## Activity & It's Description

## Benefits



### Ushtrasana (Camel Pose)

- Reduces fat of thighs.
- Opens up the hip muscles stretching deep hip flexors.
- Stretches and strengthens the shoulders and back.
- Strengthens the abdominal region, improving digestion and elimination.
- Improves posture.
- Expands the chest, improving respiration.
- Loosens up the vertebrae.



### Paschimottanasana (Forward Bending Pose)

- The movement of the body and the intelligence of the brain gets synchronized and keep pace with each other.
- Rests and massages the heart, soothes the adrenal glands.
- Tones the kidney, bladder and pancreas.
- Activates a sluggish liver and improves the digestive system.
- Helps to treat impotence.
- Stimulates the ovaries, uterus and entire reproductive system.

# Asanas (Lying Postures)

## Illustration

## Activity & It's Description

## Benefits



### Chakrasana (Wheel Pose)

- Strengthens liver, pancreas and kidneys.
- Excellent for heart.
- Good for infertility, asthma and osteoporosis.
- Strengthens arms, shoulders, hands, wrists and legs.
- Stretches the chest and lungs.
- Strengthens the legs, buttocks, abdomen, and spine.



### Shavasana (Relaxation Pose)

- Helps to relive all kinds of tensions and gives rest to both body and mind.
- Relaxes the whole psycho-physiological system.
- The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.
- It is found very beneficial in the management of stress and its consequences.

# Breathing Practices

Duration

Illustration

Activity & It's Description

Benefits

5 min.



## Anulom Vilom (Alternative Breathing)

- Calms and steadies the mind, improves focus and concentration. Balances left and right hemispheres.
- Strengthens the immune system.
- Manages hypertension.
- Provide sufficient oxygen for the functioning of every cell in our body.
- Removes waste products such as carbon dioxide and other toxic gases from the body, so that they do not remain in the blood stream.

5 min.

## Yellow Colour Meditation



## Yellow

Yellow is the colour nearest to sunlight.  
It carries positive magnetic currents which are inspiring and stimulating.  
It activates the motor nerves in the physical body, thereby generating energy in the muscles.

From The Meditation Book of Light and Colour



5 min.

## CONCLUDING PART



## Prayer

*May we all be protected  
May we all be nourished  
May we work together with great energy  
May our intellect be sharpened (may our study be effective)  
Let there be no Animosity amongst us  
peace (in me), peace (in nature), peace (in divine forces)*