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ROLL NO. : BAP/18/229
SEM/YEAR : IV / II
SUBJECT   : Yoga Philosophy
SESSION   : 2018- 21

TOPIC : <u>ASANAS & ITS BENEFITS</u>

<u>SURYANAMASKAR</u>

Surya Namaskar is a technique which is being used since ancient times to pay respect or to express gratitude towards the sun which enables all forms of life on our planet. The sun is the source of energy and therefore this yoga asana is a powerful and effective way to awaken our body and mind.

Step 1: Pranamasana
Look straight
Hands together
Feet together
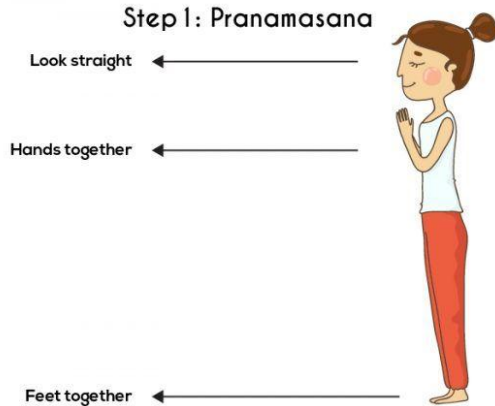
● **<u>Before performing asana</u>**:

In today's world where everyone is busy and barely has time to sit and relax, Surya Namaskar is a collection of 12 prominent asanas that can help in a great way to deal with all the mental stress and body fatigue. Before performing surya Namaskar, I was facing a lot of problems in day-to-day life as my body postures weren't correct and taking online classes were causing me a lot of back pain and neck pain. And I used to get tired with minimal muscle activities. And I couldn't focus properly on my studies as my center point was not stable enough and my body was tired. I barely had any energy left to perform other activities.

● **<u>After performing asana:</u>**

After listening to my teacher's advice, I started doing Surya Namaskar (<u>Pranamasana</u> or prayer pose) every morning and after a week or two, I could notice the change as my back pain or neck pain was diminishing slowly and my upper body got a lot stronger and my muscle strength and endurance improved. The asana helped in strengthening my body and relieved my back pain and joint pain. It improved my flexibility and I also noticed the change in my mental health. My mind is much calmer now. Listening to mantras while performing the asanas can relax the mind and improve the balance between mind and body.

<u>HASTA PADASANA</u>

Inhale and bring your left foot forward, next to your right foot. Bend your torso while keeping the position of your hands intact, slowly exhale and touch the ground with your fingers.

- **Before performing asana**:

Before performing this asana, I was having breathing problems due to anxiety. I couldn't breathe properly and there was heavy breathing with increased heart rate and feeling of being choked. Also due to anxiety, I couldn't sleep properly at night and used to wake up in the middle of night and failed to fall back asleep again. I was usually suffering with headaches and medicines did ease my pain but only for a while. I used to get restless and anxious over every little thing and I was under a lot of stress due to my studies and online classes.

- **After performing asana**:

After performing hasta padasana, my anxiety episodes started reducing. And as I stopped getting anxious over every little thing, my mind gradually calmed down and I could breathe properly. It improved my breathing rates. It also relaxes my mind and helps in relieving my stress and anxiety. Also, I noticed that my headaches become less frequent and I can get proper sleep now. This asana also helps in stretching the hamstrings and opens up the legs muscles.

CONCLUSION:

In today's world, it is a challenge to maintain physical and mental health and yoga is a great way to improve our health and to lead a healthy

lifestyle. Everyday 10-15 minutes of yoga exercises in fresh air can be an energy drink for your mind and body. Many people turn to yoga when feelings of anxiety start to creep in or during times of stress. It's all about meeting yourself where you are. Practicing one or two postures for just a few minutes a day can have a major positive impact on your mind and body.

If you feel your thoughts start to scatter, gently bring your mind back to the mat and continue your practice.