





## International Yoga Day 2021

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.

### Padangustha padma utkatasana

In this standing balance, the heart remains a focus as you sink down into the supporting leg and gently allow the hip of the bent leg to open with the breath. It helps strengthen the ankles and bring flexibility to the hips and develops balance and clarity of mind.



### Ardha Dhanurasana

It opens up the nadis, thereby promoting flow of prana in the body. By regulating the flow of inner energy, the pose leads the yogi to Self-realization.



### Baddhakonasana

It requires a combination of stability, flexibility, and effort. It stretches the groin and inner thighs, increases the flexibility of knees, ankles, feet and hips and Very beneficial in infertility and asthma.



### Naukasana

It strengthens the abdominal muscles, strengthens the muscles of the arms thighs and shoulders, improves the health of all organs in the abdomen especially the liver, pancreas and kidneys, helps in regulating blood flow at sugar level.



### Urdhva Mukha Shvanasana

It is one of the best yoga asanas for benefits for the whole body. It provides the body with a good stretch for the spine, expanding the rib cage, and improving your lung capacity.



### Parivritta Trikonasana

An important technique to learn for twists is an even distribution of the work required. It tones the legs, releases the thoracic spine, invigorates abdominal organs and stimulates digestion.



### Vrikshasana

This posture replicates the graceful, steady stance of a tree. This pose leaves you in a state of rejuvenation. It stretches the legs, back and arms, and invigorates you. It brings balance and equilibrium to your mind. It helps improve concentration.



### Ardha Kati Chakrasana

Practitioners of this Asana have reported relief from constipation issues, especially if it is practiced during the morning hours. The back muscles are exercised and this leads to their strengthening. Asthma and high blood pressure, two common medical problems of the modern world, can be controlled through this Asana.



### Trikonasana

It activates your core muscles, which aids in balance and stability. Stretches and lengthens the spine. This pose can reduce stiffness in the spine and back, resulting in increased flexibility.



### Bhujangasana

Bhujangasana or Cobra Pose is a solution to solve many problems. It Opens up the shoulders and neck to relieve pain. It tones the abdomen. Strengthens the entire back and shoulders. Very Useful for people with respiratory disorders such as asthma.



### Virabhadrasana

Lifting your torso and arms helps build strength in arms, shoulders, and back. Strengthens biceps and triceps. Helps open and create strength and stability in the shoulder joints. Tones abdomen and outer hips. Strengthens the posterior chain and improves balance.



### Sarvangasana

It Calms the brain and helps relieve stress and mild depression. Stimulates the thyroid and prostate glands and abdominal organs. Stretches the shoulders and neck. Tones the legs and buttocks and improves digestion.



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