

Life skill education

- Value addition program
- Analyse capacity to enhance the function in a more productive way
- Adjust with environment and making responsible decision.
- Improve the decision making skill
- Ability to take everything in a right sense
- Improve their contributions to society
- Increase awareness among the youth about all social problems
- Alleviate social evils from society

- To make healthy and meaningful life
- To face realities
- To take positive actions to self protect, to make social relationship
- Complete and integrated development of individuals to function effectively as social beings

Physical activity

- Inactivity among higher income
- Affect females more
- Regular moderate physical activity walking, cycling, sports, play, games, exercise, gardening, hiking, swimming
- Benefits for health

Reduce risk of cardiovascular diseases, diabetes, colon and breast cancer, depression, NCDs

Global recommendations of physical activity

WHO

- 5-17
- 18-64
- 65and above

5-17

- Least 60 minutes of moderate to vigorous intensity activity daily
- Above 60 min. provide additional health benefits
- Should be aerobic
- Atleast 3 times per week

18-64 years

- 150 minutes of moderate intensity aerobic
- 75 minutes vigorous throughout the week
- 10 minutes bouts
- For additional benefits adults should increase to 300 minutes/week
- Or 150 minutes vigorous
- Muscle strengthening activities for major muscles

65 and above

- 150 minutes of moderate intensity aerobic
- 75 minutes vigorous throughout the week
- 10 minutes bouts
- For additional benefits adults should increase to 300 minutes/week or 150 minutes vigorous
- Poor mobility groups-3/more days per week
- Muscle strengthening activities for major muscles

YOGA

The Sanskrit noun *yoga* is derived from the root yuj "to attach, join, harness, yoke". The word *yoga* is cognate with English "yoke".

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions.

- The origins of yoga are a matter of debate. There is no consensus on its chronology or specific origin other than that yoga developed in ancient **India**. Suggested origins are the Indus Valley Civilization (3300–1900 BCE) and pre-Vedic Eastern states of **India**, the Vedic period (1500–500 BCE), and the śramaṇa movement.
- Around 200-400AD, a sage called Patanjali composed the **Yoga Sutras**. His "eight limbs" of **yoga** still inform practice today and discuss posture, breathing, meditation and correct living.

- The *Yoga Sutras of Patanjali* is considered as a central text of the Yoga school of Hindu philosophy, It is often called "Rāja yoga", "yoga of the kings," .
- Ashtanga Yoga was popularised by Vivekananda.

- The scientific master-system of **Yoga** in Daily Life teaches how to achieve good health, inner peace and harmony by using **Yoga**, meditation and spiritual development. Its **main** goals are: Physical Health. Mental Health.
- **Yoga** asanas build strength, flexibility and confidence.



Health Benefits of Yoga



Weight Loss

Boost Memory

Improves Sleep

Relieve Stress

Keep You Energetic

Regulates Blood Flow



“The main purpose of practicing yoga is to create strength and awareness physically and mentally.”

Lowers the Blood Sugar

Boost Immunity System

Yoga for Overall Fitness

Drops the Blood Pressure

Save From Heart Diseases

Regulates Body Metabolism

- Integrates mind, body and spirit
- Through exercise, breathing and meditation
- Better health

Exercise- body is treated with care
improve circulation
stimulate abdominal organs
excite glandular system

Breathing-

- increase the efficiency of respiratory system
- More oxygen to entire body
- Deep breathing –NO-lungs-brain
- Feel sleepy, lazy and un alert

Meditation

- Complete control over mind
- Thoughtless awareness
- Without past or future
- Completely alert
- Profound peace
- Focus mind on self.

Yoga techniques

- Sun salutation
- Pranayama
- Meditation

Branches of yoga

- Hatha yoga-postures
- Bhakthi yoga-devotion
- Raja yoga-self control
- Jnana yoga-mind
- Karma yoga-service
- Tantra yoga-rituals

Hatha yoga (Yoga of Postures)



Is most popular branch.

- The Sanscrit word *haṭha* literally means "force" and thus alludes to a system of physical techniques. "Ha' means 'Sun' and 'tha' means 'moon'. Uniting negative and Positive currents.
- In the 20th century, a development of hatha yoga, focusing particularly on Asanas (the physical postures) and breathing techniques.
- This modern yoga is now colloquially termed simply as "yoga."



- Helps the body to align vertebrae, increase flexibility, strengthen muscles and connective tissue
- Internal organs are toned and rejuvenated.
- Epidermal, digestive, lymphatic, cardiovascular and pulmonary systems are purified of toxins and waste matter.
- The nervous and endocrine systems are balanced and toned.
- Brain cells are nourished and stimulated.
- The end result is increased mental clarity, emotional stability and greater sense of over all well being.

- More than 100 classical poses(Steady and comfortable).many variations
- Active and passive
- Active-help to tone muscles, nerves, organs, endocrine glands, brain cells.
- Passive –Meditation, relaxation, pranayama.

Raja Yoga



- **Raja means King.** A king acts with independence, self-confidence and assurance.
- Likewise, a Raja Yogi is autonomous, independent and fearless. Raja Yoga is the path of self-discipline and practice.
- The eight steps of Raja Yoga provide systematic instruction to attain inner peace, clarity, self-control and Realisation.

- Yama - Self-control
- Niyama- Discipline
- Asana - Physical exercises
- Pranayama - Breath exercises
- Pratyahara - Withdrawal of the senses from external objects
- Dharana - Concentration
- Dhyana - Meditation
- Samadhi - Complete Realisation

Karma Yoga



- The word “karma” means “to do, to act”. Any mental or physical act is called karma.
- Refers to the universal law of cause and effect.
- Our present situation is a result of our past deeds and our present actions will determine our future. Once we understand this, we can no longer blame anybody else for what happens to us, but rather accept responsibility for ourselves.
- Therefore, the events of our future do not arise coincidentally, but are actually caused by the effects of our previous and present actions. In this way our destiny is predetermined by our karma.
- In the practice of “yoga in daily life”, positive thinking, wisdom and selfless service, we can lessen and alter the outcome of our karmas and gradually guide our destiny towards the positive.

Bhakti



Bhakti means love and devotion to God - love and devotion to His Creation, with respect and care for all living beings and all of nature.

- Bhakti Yoga includes the worship of a form of God. God is everywhere. God dwells within us and all around us. It is as though we are connected to God by a fine thread - the thread of love.
- God is Universal love. Love and Divine Grace surround us and flow through us, but we are not conscious of this. The moment this consciousness, this Divine love, has been experienced, one never desires anything more. We then know the meaning of true love for God
- Everybody can practice Bhakti Yoga, whether young, old, rich or poor, no matter to what nation or religion one belongs. The path of Bhakti Yoga leads us safely and directly to the goal.

- *Cosmic love* is when you love everything and everybody.

Jnana Yoga-yoga of mind



Deals with wisdom and Knowledge
Knowledge of true self (Soul)

- Jnana means knowledge. Jnana Yoga is the path where reality is discovered through insight, practice and knowledge. It has four principles:
- [Viveka - Discrimination](#)
- [Vairagya - Renunciation](#)
- [Shatsampatti - The Six Treasures](#)
- [Mumukshuva - Constant Striving for God](#)

Tantra Yoga-Yoga of rituals

- Tantra Yoga is a relatively modern revamping of the ancient Vedic and yogic spiritual practices.
- Rituals teach students to expand their awareness in anything.
- Humility, purity, courage, devotion, dispassion, faithfulness, truthfulness, non-couvetousness (greediness),cosmic love, dedication to guru.
- The devotional practices of mantra, yantra and puja are used

Psychoneuroimmunology (PNI)

also referred to as psychoendoneuroimmunology (PENI) or psychoneuroendocrinoimmunology (PNEI), is the study of the interaction between psychological processes and the nervous and immune systems of the human body.

Applications include how **stress** leads to **illness** and how chronic inflammation can lead to cardiovascular problems and cancer.

Robert Ader in 1975 –

- Robert Ader was an American psychologist and academic who co-founded psychoneuroimmunology, a field of study which explores the links connecting the brain, behavior, and the immune system.
- Faith in a physician
- Greek physician Galen wrote
“He cures most successfully in whom the people have most confidence”.

- Stress is thought to affect immune function through emotional and/or behavioral manifestations such as anxiety, fear, tension, anger and sadness and physiological changes such as heart rate, blood pressure, and sweating.
- Researchers have suggested that these changes are beneficial if they are of limited duration, but when stress is chronic, the system is unable to maintain equilibrium or homeostasis.

Placebo effect

- A beneficial effect produced by a placebo drug or treatment, which cannot be attributed to the properties of the placebo itself, and must therefore be due to the patient's belief in that treatment.
- The idea that the brain can convince the body a fake treatment is the real thing—the so-called *placebo effect*—and thus stimulate healing