

PALGHAT LIONS SCHOOL

YOGA REPORT

DATE :29/9/22

CLASS :12TH B

ABOUT YOGA

Yoga is an ancient physical and spiritual discipline and branch of philosophy that originated in India reportedly more than 5,000 years ago. The word yoga comes from the Sanskrit word *yuj*, which means to yoke, join, or unite. The Iyengar school of yoga defines *yuj* as the "joining or integrating of all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life." The ultimate aim of yoga, they claim, is to reach *kaivalya* (emancipation or ultimate freedom)

There is no written record of who invented yoga because it was practiced by yogis (yoga practitioners) long before any written account of it could have come into existence. Yogis over the millennia passed down the discipline to their students, and many different schools of yoga developed as it spread. The earliest written record of yoga, and one of the oldest texts in existence, is generally believed to have been written by Patanjali, an Indian yogic sage who lived somewhere between 2,000 and 2,500 years ago. Patanjali is credited with writing the Yoga Sutras (*sutra* means "thread" in Sanskrit), which are the principles, philosophy, and practices of yoga that are still followed today. Although many schools of yoga have evolved over the centuries, they all follow these same fundamental principles. Buddhism and other Eastern spiritual traditions use many of the yoga techniques or derivations of those techniques.

BENEFITS OF YOGA

Always perform yoga under trained supervision to avoid unnatural back strain, muscle injury, and other ill effects. Some other hot yoga advantages include:

1. Eases depression: Hot yoga is known for elevating your mood and relaxing your mind. Hence, psychiatrists have been recommending yoga for reducing the symptoms of depression.
2. Improves range of motion: A study has shown that a hot studio with some humidity allows complete stretching of the hands and legs while performing asanas (yoga postures).
3. Nourishes the skin: Because hot yoga boosts blood circulation and flow, it may nourish your skin from the inside.
4. Reduces cholesterol level: Bikram yoga reduces bad cholesterol and total cholesterol levels in older adults.

5. Improves glucose tolerance: A study reported that Bikram yoga can improve glucose tolerance in older adults. However, it has a lower effect on the sugar levels of the younger population.
6. Enhances bone density: A study has revealed that premenopausal women who practiced Bikram yoga for 5 years had increased bone density. Thus, Bikram yoga may be an option for alleviating the risk of osteoporosis in women.
7. Relieves stress: Studies have reported that hot yoga can boost your mood and reduce your stress significantly. Moreover, hot yoga improves the overall health-related quality of life.
8. Increases muscle tone and flexibility: Studies have shown that a hot yoga studio can make yoga poses easier and more effective. It allows you to stretch a little further and achieve a great range of motion.
9. Increases blood flow to the arms and legs: Sweating in a warm environment can accelerate blood circulation and flow to the arms and legs.

CONCLUSION

Since yoga plays a great role in the over all development of the children's health and mental strength , our school has included yoga period.The children learn meditation and different yoga postures during this session under the guidance of yoga trainees.