



YOGA ANXIETY THERAPY (A Form of Exercise)

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ABSTRACT

People suffering from depression often withdraw and stop engaging in pleasurable activities. This in turn, reduces opportunities for enjoyment, making depression worse. Most depressed persons I see have stopped exercising altogether. Only occasionally do I see a patient who is depressed but still exercising regularly; and when that happens it is likely that their exercise has kept their depression from getting even worse. One established psychological treatment for depression is behavioral activation: encouraging the patient to engage in activities that create pleasurable experiences, lessening symptoms of depression. Exercise can be one of these positive experiences. It facilitates opportunities to interact with others and get positive feedback, even if it's a mere smile as one walks around the neighborhood.

In addition, it is believed that exercise causes physiological changes in the body that help reduce depression. The physiological mechanisms behind this are not fully understood, but exercise appears to increase the supply of certain neurotransmitters in the brain that keep one happy, as well as boosting endorphins (the feel-good chemicals behind the "runner's high").

There are indications that the antidepressant effects of exercise begin as early as the first session of exercise and persist beyond the end of the exercise program. While even a single exercise session has been found to improve a person's immediate mood state, antidepressant effects are greater when exercise training is longer than nine weeks and involves more sessions. The greatest benefits seem to occur after 17 weeks of exercise. Effects also are bigger when exercise is of longer duration, more intense, and more frequent. Some studies indicate that exercise can be almost as powerful an antidepressant as psychotherapy.

KEY WORDS : pleasurable activities , facilitates opportunities , reduces opportunities.

INTRODUCTION

Exercise Reduces Anxiety and Stress

Anxiety sufferers often have physical symptoms such as muscle tension, aches and pains, shortness of breath, and racing heart. These symptoms are caused by a misfiring of the sympathetic nervous system, the part of the body designed to save one's life in the face of physical danger. Changes occur in the body as if one were getting ready to fight or run. However, in the case of anxiety there is no release: in the absence of true physical danger, the sufferer has nothing to fight and nowhere to run.

In this case, exercise can allow the sufferer to discharge frustration and muscle tension, often helping to reverse anxiety symptoms. Exercise can give a feeling of release from one's problems. Daily tension is displaced by close awareness of the body's movements. In that a person's attention shifts from



diffuse worries or repeated negative thoughts to the physical activity at hand, exercise shares some of the properties of meditation.

Exercise is correlated to a reduction in anxiety. Research has demonstrated that even short bursts of 5 minutes of aerobic exercise stimulate anti-anxiety effects. It produces greater effects when the exercise is aerobic, the length of the aerobic training program is at least 10 weeks, and the subjects have initially lower levels of fitness or higher levels of anxiety.

Once again the mechanisms are not entirely understood, but it is believed that exercise removes the build-up of stress hormones in the body. Published studies have concluded that individuals with improved levels of fitness are capable of managing stress more effectively than those who are less fit, and in fact report that they experience less stress in the first place. Even a single session of exercise may help to prevent stress, generating 90 to 120 minutes of relaxation response and reducing jittery and hyperactive behaviors. Exercise has also been associated with improved sleep.

Exercise Improves Self-Esteem

Exercise has been shown to have a positive influence on our perception of ourselves, providing a sense of accomplishment as we master skills, improve our body image and self-worth. Taking a proactive step such as exercising to manage depression or anxiety is a positive coping strategy that leads to active feelings of self-efficacy and self-esteem, as opposed to dwelling on these feelings, numbing them with alcohol, or hoping anxiety and depression will go away on their own.

Yoga (A Form of Exercise) as Anxiety Therapy

Recent research in support of yoga indicate that it can be highly effective in the treatment of anxiety. At the Boston University School of Medicine, professor of psychiatry and Trauma Center medical director Bessel van der Kolk recently published a study of yoga for the treatment of post-traumatic stress disorder (PTSD), a chronic anxiety disorder that can develop after someone is involved in a traumatic event, such as a sexual or physical assault, a war, a natural disaster or even a car accident. One physiological marker of PTSD is rapid heart rate. Yoga training can decrease heart rate; van der Kolk theorized that it would reduce PTSD's psychological symptoms as well. In the study, van der Kolk divided female patients with PTSD into two groups. One group completed eight hatha yoga classes. The other group had eight sessions of group psychotherapy. The hatha yoga group showed significantly more improvement, including less frequent intrusive thoughts and less tense nerves, than the psychotherapy group.

As a result, even the US military has begun to investigate the therapeutic potential of yoga, treating returning active-duty soldiers with PTSD with yoga. Preliminary results show the yoga produces a reduction in depression and an improvement in sleep. It seems likely that further work will demonstrate the benefits for yoga on other populations with anxiety or depression.

Successfully Adding Exercise to Our Life

First, if anyone have not been engaging in regular exercise, it is a good idea to consult a medical doctor and have a physical checkup before embarking on a new exercise program.

Don't think of exercise as a burden. Think of it instead as emotional medicine. Remember that starting out is the hardest part, especially if you are depressed; many people find that once they start exercising it quickly becomes a welcome part of their routine.

Pick an activity he/she like or try something new. Bring his/her headphones: music can make a solitary activity like running or walking more enjoyable. There are even water-proof iPod cases you can take swimming. Vary the types of physical activity to keep up your interest level and benefit from the cross-training.

An exercise partner can be a great incentive: the social obligation reduces the risk you will back out and the company can distract you from the exertion. You may find that joining a group class may inspire you

even more, the group feeding off its own energy and the instructor pushing you while ensuring you are doing the exercise correctly.

If this is intimidating at first or financially infeasible, there are numerous exercise videos offering excellent home workouts, ranging from yoga to step aerobics to belly dancing. Exercise does not have to be an elaborate or expensive endeavor. Simply going for a brisk walk around the neighborhood is a great moderate intensity exercise.

Set reasonable goals. Start small and build up gradually. You will not be ready to run a marathon in your first training session. At first you may only be able to swim 4 laps, jog for 15 minutes, or walk once around the block. However, by sticking with it, you will eventually build up stamina and muscle strength and be able to go for longer. Work up gradually.

Keeping Motivated

Treat exercise as a priority on our busy schedule, just as one would an important meeting. Although one may feel like he/she is too busy to fit in exercise, remember that its benefits will help in winning back that time, increasing your ability to focus and concentrate during the rest of the day.

If one do not already enjoy exercise itself, treat yourself to an additional reward for our efforts. Plan something of enjoyment, like a cup of tea, immediately after exercising; or treat oneself to a foot massage to reward oneself for his/her efforts after a whole week of exercise. Give yourself credit for every effort he/she make – believe it or not, this simple conditioning really does help to build a positive association with exercise. Keeping an activity diary where one should record his exercise (activity and distance or duration) can also be very reinforcing. Simply getting a pedometer to track your increased endurance can be a great motivator.

Make a list of the reasons exercise will be beneficial: I will feel better about myself. I will be healthier. I will be less stressed. I will look better in my clothes. And so on. Keep this list in wallet so it can pull it out and remind yourself why he have committed to exercise.

Address any barriers to exercise. Make a list of the excuses make Write each of these down on an index card. On the back side, write down the counterargument to this excuse: for example, if your excuse is “I’m too tired,” the response might read, “If I exercise now I will have more energy later.” Pull the cards out whenever you’re tempted to blow off your workout.

And expect that there will be setbacks. If exercise is skipped one day, don’t be too hard on oneself. Convincing thyself that have totally failed might make want to give up entirely. Remind self that one can get back on track the next day.

How Much Should One Exercise?

Even small amounts of activity – as little as 10 to 15 minutes at a time – can bring about some improvements in mood. However, more is better: the research suggests that it may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve depression symptoms.

The American College of Sports Medicine and the American Heart Association provide these guidelines (<http://www.acsm.org/>):

Moderately intense cardio 30 minutes a day, 5 days a week

or

Vigorously intense cardio 20 minutes a day, 3 days a week and 8 to 10 strength-training exercises two times every week.

Moderate-power physical movement implies buckling sufficiently down to raise your pulse and start to sweat, yet as yet having the capacity to carry on a discussion. It ought to be noticed that to get in shape or keep up weight reduction, 60 to a hour and a half of physical movement might be vital. The 30-minute suggestion is for the normal solid grown-up to keep up wellbeing and decrease the hazard for incessant infection.

Obviously, while the recommendations above ought to be useful to numerous individuals, remember that uneasiness and wretchedness, as other therapeutic issues, ought not be dealt with daintily. In the event that your side effects hold on or are extreme, making it difficult to work, counsel an emotional wellness proficient. Psychotherapy and medicine likewise offer a lot of assistance to people experiencing nervousness and dejection.

What Are the Psychological Benefits of Exercise With Depression?

Enhanced confidence is a key mental advantage of normal physical action. When you work out, your body discharges synthetics called endorphins. These endorphins associate with the receptors in your mind that decrease your impression of torment.

Endorphins likewise trigger a positive inclination in the body, like that of morphine. For instance, the inclination that pursues a run or exercise is regularly depicted as "euphoric." That inclination, known as a "sprinter's high," can be joined by a positive and invigorating point of view.

Endorphins go about as analgesics, which implies they lessen the impression of torment. They likewise go about as tranquilizers. They are fabricated in your cerebrum, spinal rope, and numerous different parts of your body and are discharged in light of mind synthetic concoctions called synapses. The neuron receptors endorphins tie to are similar ones that predicament some torment drugs. Be that as it may, not at all like with morphine, the actuation of these receptors by the body's endorphins does not prompt compulsion or reliance.

Customary exercise has been demonstrated to:

- Reduce push
- Ward off tension and sentiments of dejection
- Boost confidence
- Improve rest

Exercise likewise has these additional medical advantages:

- It fortifies your heart.
- It builds vitality levels.
- It brings down circulatory strain.
- It enhances muscle tone and quality.
- It fortifies and assembles bones.
- It lessens muscle to fat ratio.
- It makes you look fit and sound.

Exercising to relax

Rest and unwinding. It's such a typical statement, to the point that it has turned into a cliché. What's more, despite the fact that rest truly can be unwinding, the pat expression makes numerous men neglect the way that activity can likewise be unwinding. It's valid for most types of physical action just as for explicit unwinding works out.

Exercise is a type of physical pressure. Could physical pressure mitigate mental pressure? Alexander Pope thought so: "Quality of brain is work out, not rest." Plato concurred: "Exercise would fix a feeling of remorse." You'll suspect as much, as well — in the event that you figure out how to apply the physical worry of activity in a controlled, reviewed manner.

Aerobic and endurance exercise

Vigorous exercise is key for your head, similarly for what it's worth for your heart. You may not concur at first; in reality, the initial steps are the hardest, and at the outset, exercise will be more work than

fun. Be that as it may, as you get into shape, you'll start to endure work out, at that point appreciate it, lastly rely upon it.

Standard high-impact exercise will convey astounding changes to your body, your digestion, your heart, and your spirits. It has a one of a kind ability to thrill and unwind, to give incitement and quiet, to counter discouragement and disperse pressure. It's a typical affair among perseverance competitors and has been confirmed in clinical preliminaries that have effectively utilized exercise to treat tension issue and clinical gloom. In the event that competitors and patients can get mental advantages from exercise, so can you.

In what capacity can practice battle with issues as troublesome as tension and sadness? There are a few clarifications, some synthetic, others social.

The psychological advantages of oxygen consuming activity have a neurochemical premise. Exercise decreases dimensions of the body's pressure hormones, for example, adrenaline and cortisol. It additionally invigorates the generation of endorphins, synthetic compounds in the mind that are the body's common painkillers and state of mind lifts. Endorphins are in charge of the "sprinter's high" and for the sentiments of unwinding and confidence that go with numerous hard exercises — or, at any rate, the hot shower after your activity is finished.

Conduct factors likewise add to the enthusiastic advantages of activity. As your waistline contracts and your quality and stamina increment, your mental self view will make strides. You'll acquire a feeling of authority and control, of pride and fearlessness. Your reestablished life and vitality will enable you to prevail in numerous assignments, and the order of customary exercise will enable you to accomplish other imperative way of life objectives.

Exercise and sports likewise give chances to make tracks in an opposite direction from everything and to either appreciate some isolation or to make companions and manufacture systems. "All men," composed St. Thomas Aquinas, "require relaxation." Exercise is play and amusement; when your body is occupied, your mind will be diverted from the stresses of day by day life and will be allowed to think imaginatively.

Practically any sort of activity will help. Numerous individuals find that utilizing huge muscle bunches in a cadenced, redundant design works best; call it "solid reflection," and you'll start to see how it functions. Strolling and running are prime precedents. Indeed, even a straightforward 20-minute walk can clear the brain and decrease pressure. However, a few people incline toward lively exercises that consume worry alongside calories. That is one reason ellipticals are so well known. What's more, a similar extending practices that assistance loosen up your muscles after a hard exercise will help loosen up your psyche also.

Auto-regulation exercises

Standard physical action keeps you sound as it diminishes pressure. Be that as it may, another exceptional kind of activity known as auto-direction activities can likewise diminish pressure.

Stress comes in numerous structures and delivers numerous indications. Mental side effects extend from stress and peevishness to eagerness and sleep deprivation, outrage and antagonistic vibe, or impressions of fear, premonition, and even frenzy.

Mental pressure can likewise deliver physical indications. Muscles are tense, bringing about nervousness, tight outward appearances, migraines, or neck and back torment. The mouth is dry, creating voracious thirst or maybe the vibe of a bump in the throat that makes gulping troublesome. Gripped jaw muscles can create jaw torment and cerebral pains. The skin can be pale, sweat-soaked, and damp. Intestinal side effects extend from "butterflies" to acid reflux, spasms, or the runs. Visit pee might be a trouble. A beating beat is normal, as is chest snugness. Fast breathing is likewise ordinary, and might be joined by murmuring or dull hacking. In extraordinary cases, hyperventilation can prompt shivering of the face and fingers, muscle issues, wooziness, and notwithstanding blacking out.

The physical manifestations of stress are themselves upsetting. Actually, the body's reaction to stress can feel so terrible that it delivers extra mental pressure. Amid the pressure reaction, at that point, brain and body can enhance each other's trouble signals, making an endless loop of strain and nervousness.

Since the underlying driver of stress is passionate, it is best constrained by picking up understanding, decreasing life issues that trigger pressure, and altering conduct. In any case, stretch control can — and should — additionally include the body. Oxygen consuming activity is one methodology; physical wellness will help advance mental wellness. Be that as it may, there is another methodology: you can figure out how to utilize your psyche to loosen up your body. The casual body will, thusly, send signs of quiet and control that assistance diminish mental strain.

Auto-direction practices are a gathering of strategies intended to supplant the winding of worry with a cycle of rest. A few methodologies are accessible.

Breathing exercises

Indeed, even without formal contemplation and controlled breathing, the delicate muscle extending of yoga can diminish pressure. "Full administration" yoga is far and away superior. However, on the off chance that that is not your thing, basic breathing activities can help independent from anyone else. Quick, shallow, unpredictable breathing is a typical reaction to push. Moderate, profound, customary breathing is an indication of unwinding. You can figure out how to control your breaths so they emulate unwinding; the impact, truth be told, will unwind.

Here's the means by which profound breathing activities work:

1. Breathe in gradually and profoundly, driving your stomach out so your stomach is put to maximal use.
2. Hold your breath quickly.
3. Exhale gradually, thinking "unwind."
4. Repeat the whole succession five to multiple times, focusing on breathing profoundly and gradually.

Profound breathing is anything but difficult to learn. You can do it whenever, in wherever. You can utilize profound breathing to help disperse worry as it happens. Practice the daily schedule ahead of time; at that point use it when you require it most. On the off chance that you think that its accommodating, consider rehashing the activity four to six times each day — even on great days.

Mental activities, as well Substantial exercise can help loosen up the brain, and mental moves can, as well. Frequently, that implies talking out issues with a strong audience, who can be a companion, a pastor, or a prepared advocate or psychotherapist. However, you can likewise do it without anyone's help, tackling the intensity of your own brain to decrease pressure. Essentially recording your considerations and sentiments can be useful, and formal reflection practices have helped numerous individuals lessen pressure and increase point of view.

Contemplation is a prime case of the solidarity of brain and body. Mental pressure can speed the heart and raise the circulatory strain; reflection can really turn around the physiological indications of stress. Logical investigations of Indian yoga aces exhibit that reflection can, actually, moderate the pulse, bring down the circulatory strain, lessen the breathing rate, decrease the body's oxygen utilization, diminish blood adrenaline levels, and change skin temperature.

In spite of the fact that reflection is an old Eastern religious procedure, you don't need to wind up an explorer or convert to give it something to do for you. Truth be told, your best manual for reflection isn't an Indian mystic however a Harvard doctor, Dr. Herbert Benson. Here's a blueprint of what Dr. Benson has named as the unwinding reaction:

- Select a period and place that will be free of diversions and intrusion. A semi-obscured room is regularly best; it ought to be calm and private. On the off chance that conceivable, hold up two hours after you eat before you contemplate and void your bladder before you begin.

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- Get agreeable. Discover a body position that will enable your body to unwind with the goal that physical signs of distress won't encroach upon your psychological procedures. Inhale gradually and profoundly, enabling your brain to end up mindful of your cadenced breaths.
 - Achieve a casual, aloof mental demeanor. Shut your eyes to shut out visual upgrades. Endeavor to release your mind clear, shutting out considerations and stresses.
 - Concentrate on a psychological gadget. A great many people utilize a mantra, a basic word or syllable that is rehashed again and again in a cadenced, serenade like mold. You can rehash your mantra quietly or state it so anyone might hear. It's the demonstration of reiteration that matters, not the substance of the expression; even "one" will do pleasantly. Some meditators like to gaze at a settled item as opposed to rehashing a mantra. In either case, the objective is to concentrate on an unbiased article, subsequently shutting out standard musings and sensations.

Reflection is the most requesting of the auto-control procedures, but at the same time it's the most helpful and fulfilling. When you've aced contemplation, you'll most likely anticipate committing 20 minutes to it on more than one occasion per day.

DYNAMIC SOLID UNWINDING

Focused on muscles are tight, tense muscles. By figuring out how to loosen up your muscles, you will most likely utilize your body to scatter pressure.

Muscle unwinding takes somewhat longer to learn than profound relaxing. It likewise requires greater investment. Be that as it may, regardless of whether this type of unwinding requires a little exertion, it very well may be a valuable piece of your pressure control program. Here's the manner by which it works:

Dynamic muscle unwinding is best performed in a peaceful, separated place. You ought to be easily situated or extended on a supportive sleeping pad or tangle. Until you gain proficiency with the daily schedule, have a companion present the bearings or hear them out on a tape, which you can prerecord yourself.

Dynamic muscle unwinding centers consecutively around the significant muscle gatherings. Fix each muscle and keep up the withdrawal 20 seconds before gradually discharging it. As the muscle unwinds, focus on the arrival of pressure and the vibe of unwinding. Begin with your facial muscles and afterward work down the body.

Forehead

Wrinkle your temple and curve your eyebrows. Hold; at that point unwind.

- **Eyes**

Close your eyes firmly. Hold; at that point unwind.

- **Nose**

Wrinkle your nose and flare your noses. Hold; at that point unwind.

- **Tongue**

Push your tongue solidly against the top of your mouth. Hold; at that point unwind.

- **Face**

Scowl. Hold; at that point unwind.

- **Jaws**

Grip your jaws firmly. Hold; at that point unwind.

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- Neck
Tense your neck by pulling your jaw down to your chest. Hold; at that point unwind.

 - Back
Curve your back. Hold; at that point unwind.

 - Chest
Take in as profoundly as possible. Hold; at that point unwind.

 - Stomach
Tense your stomach muscles. Hold; at that point unwind.

 - Buttocks and thighs
Tense your backside and thigh muscles. Hold; at that point unwind.

 - Arms
Tense your biceps. Hold; at that point unwind.

 - Forearms and hands
Tense your arms and grip your clenched hands. Hold; at that point unwind.

 - Calves
Press your feet down. Hold; at that point unwind.

 - Ankles and feet
Draw your toes up. Hold; at that point unwind.

The whole normal should take 12 to 15 minutes. Practice it twice day by day, hoping to ace the strategy and experience some help of worry in around about fourteen days.

MODULE 1: YOGA

Module 1 consisted of physical postures (asanas), voluntary regulated breathing (pranayama), relaxation techniques and meditations. Initially in this training module subjects were explained the theory and philosophy of yoga through lectures to develop their interest in these activities and to ensure their regularity during the training.

Asanas are meant to increase physical stamina and mental balance. Pranayams are carried out to achieve a relaxed state of mind and to increase inner awareness. (Appendix 1 & Appendix 2)
1 represents the outline of training module 1.

Table 1 Outline of Training Module 1

Exercises	Time	Frequency
Prayer	30 secs	Daily
Udgeet	3 - 5 min	Daily
Bhastrika	3 - 5 min	Daily
Kapalbhati	3 - 5 min	Daily
Murcha (Relaxation)	1 min	Daily
Anulom-Vilom	3 - 5 min	Daily
Relaxation	1 min	Daily
Bhramri	1 min	Daily
Sarwagasana	1 min	Alternate
Halasana	1 min	Alternate
Matsyasana	1 min	Daily
Shirsasana	1 min	Alternate
Shalabasana	1 min	Daily
Bhujangasana	1 min	Daily
Dhanurasana	1 min	Alternate
Aradhmatasayasana	1 min	Daily
Paschimotasana	1 min	Daily
Gomukhasana	1 min	Alternate
Suryanamaskar	1 min	Daily
Hasyasana	1 min	Daily
Shavasana	3-5 min	Daily
Thanks		

The detail of various activities of this module is discussed below.

Prayer: The module began with prayer to foster a sense of values and feelings of responsibility. The meaning of prayer was that everyone in this world remain happy and healthy and no one suffers with problems.

Udgeet: (Sound of 'Om'): The word 'Om' is made up of three words a, o, and m. It is considered that it unfolds inner power. It gives peace to mind and body. For udgeet one sits in padmasana or sukhasana keeping his spine straight, hands on knees making gyan mudra. With closed eye individual needs to take long breath and will start sound of 'O' with open lips in low sound. Then will close the lips and make sound of 'm'. For one breathing 'O' sound should be for 1/3time and 'M' sound for 2/3 time. Sound should be clear, sweet and vibrating. This process was repeated for three times. It is said to improve concentration, memory and peace. It affects parasympathetic nervous system and reduces tension and stress. Some precautions should be taken in 'udgeet'. It should be according to the own capacity of breathing. Symptoms of calmness and happiness should be in body and mind. No tension on face or at any place of the body. No hurry should be made in breathing or making sound of 'Om'.

Bhastrika: Sit in padmasana or sukhasana or ardhpadmasana with closed eyes, straight back and hands on knees. Take long breath and breath out and feel the breath. Repeat this process for three to five minutes.

Kapal Bhati: This pranayam is helpful in cough problems. For this pranayam sit in padmasana or sukhasana or ardhpadmasana with closed eyes and hands on knees with palm towards sky. Now only breath out with force and let the breath come in automatically. Repeat this process for three to five minutes.

Anulom Vilom: Sit in padmasana or sukhasana or ardhpadmasana with straight back left hand on knees. Now put thumb of right hand on right nostril and little, ring and middle fingers on left nostril. First take long breath with only left nostril and breath out with right nostril. Now take breath from right nostril and breath out with left nostril. Repeat this process. This pranayam helps to keep one healthy.

Relaxation: After 15-20 minutes of yogic exercises subjects were asked for relaxation, lying on the back and loosening each muscle in the body to turn, as it were into soft clay. This lightening relaxation takes only few seconds to few minutes.

Bhramari Pranayama: For this pranayam one sits in padmasana or ardhpadmasana or sukhasana with closed eye and straight back. Thumbs of both hands will be on ears and middle fingers on eyes, ring fingers and little fingers will be on nose and first finger will be on eye brows. Concentration will be on inside sound. Take long breath and make the sound of bhanwara. It is said to provide inner peace to an individual.

Pawanmuktasana: It is an easy posture helpful in problems of digestion and abdomen part. The legs are turned towards abdomen from knee part. The lower back is also stretched in this asana. It can be done by both legs together or one by one leg.

Sarvangasana: (The Candle shoulder stand): It is an inverted posture, chosen for its considerable and immediate effect on the circulation of the blood and for the very small amount of muscular effort required to perform it. The force of gravity speeds up the rate of the circulation of any stagnating venous blood, which then return to the heart by gravitational force instead of being forced to run counter to it. Sarvangasana gets rid of any stoppage in the veins of the legs and the abdominal organs. All inverted postures powerfully activate the circulation with almost no muscular effort. That is why some Masters recommend Shirsasana, the Head-stand, but Sarvangasana is within reach of everyone, and which includes the thyroid region, stretches the nape of the neck, and liberates the nervous network of the cervical region. The essential crossroads in our bodies.

Halasana (The Plough): This posture, by increasing the compression of the neck, cleanses the thyroid and stretches the cervical regions (the neck and nape). It therefore increases the effects of Sarvangasana. The forward bending stretches the spinal column and the stomach is massaged. Because the thoracic cage is compressed and the rib-cage blocked, breathing is done from the stomach.

Matsyasana (The Fish): Matsyasana forms a counter-position for the Sarvangasana and Halasana exercises. In other words the neck which has been compressed for a considerable time is set free. In the inverse position, the cervicals are squeezed instead of stretched. The thorax opens widely which has a good effect upon thoracic breathing. The stomach is stretched, the back hollowed in the opposite way to the Plough, and the breathing is chiefly thoracic.

Shirsasana (The Head-stand): The Shirsasana is considered the queen of the asanas. This asana was introduced to subjects when they became comfortable in other asanas. The blood flow is more towards the brain in this posture.

Shalabhasana: It is also known as the Locust. It is muscular structure below the belt which contracts forcibly in order to raise the legs.

Bhujangasana (The Cobra): During the dynamic phase the stomach is stretched. The spinal column is bent backwards in the opposite manner to the Plough and the Forward Bend. In the Cobra the dorsal muscles, which in both the preceding postures were stretched and emptied of their blood like a squeezed sponge are about to contract; and it is possible to see how these contractions induce a great quantity of fresh blood in the back.

Dhanurasana (The Bow- Backward Bending): The bow posture which raises the bust and the bottom of the back together combines both Cobra and locust, complementary asanas which have prepared the dorsal muscles and the spinal column to stand up to the accentuated curve required in the bow, which therefore comes logically after these postures.

Ardh-Matsyendrasana (The spinal twist): The successive bending both forwards and backwards, elaborated and repeated, induces a special sensation in the muscles, intensifying the curvature which Ardh-Matsyendrasana immediately corrects because it twists the spinal column in both directions. This is why the posture is placed all the bending ones.

Pashimottasana (The Forward Bend sitting): It bends the spinal column forward without compressing or pulling out the nape or the neck itself. The curve reaches in particular to the bottom part of the back which is

why this asana completes the Plough posture. This time the stomach is compressed whereas in the Matsyasana it was stretched.

Gomukhasana: It is beneficial for joints and stretches the back. It also increases oxygen intake in lungs.

Suryanamaskar: A Salutation to the Sun is a splendid exercise, and a yoga session without it is inconceivable. It prepares for the asanas and completes them, toning up the muscles, quickening and intensifying the respiration and cardiac rhythm, without inducing any fatigue or breathlessness. Suryana-maskar is a very complex exercise, but do not be put off. In fact it is made up of just six movements. to be repeated in reverse. The subjects started it by learning the first four then work backwards, and then take up positions.

Hasyasana: This exercise was included in the module as relaxation. Subjects were first asked to laugh without make sound and then with sound.

Shavansana: This asana is done for complete relaxation of both body and mind. It removes strain and stress and helpful in problems of heart. In this asana subjects are asked to lie down on back with spread legs. Loose the body from any strain. Loose every part of body from toe to head one by one. This asana improve blood circulation. It was given to students once in every fifteen days.

Thanks: After completing all the scheduled asanas students recite thanks giving prayer for God, which is mentioned below:

It is good to give thanks
 It is good to give thanks to the Lord (2)
 To sing praises to your name O Most High !
 It is good to give thanks to the Lord !!
 To declare your steadfast Love (2)
 And declare your faithfulness !
 It is good to give thanks to the Lord !!
 For you have made me glad by your work (2)
 At the works of your hands I sing for joy !
 It is good to give thanks to the Lord !!
 How great are your works O Lord (2)
 Your thoughts O Lord are very deep !
 It is good to give thanks to the Lord !!

Concentration during Asanas:

Although it is possible to benefit from Western methods of physical exercise done without regard to mental attitude or to concentration of the mind, yet the latter, when used in conjunction with relaxation, is indispensable to the study of yoga as well as to the asanas.

The focus for concentration varies according to whether the active or static stage of the asana is being practised-and also according to the degree of progress reached by the student.

The expert keeps a perpetual check on muscular relaxation. In the Plough posture, for example, everything relaxes: the face, arms, hands, feet, calves, thighs and especially the muscles which are being stretched, for example those in the back. This lengthening process empties them of blood, like a sponge being squeezed, and on returning to their normal state after the posture they take up eagerly a fresh supply of blood.

When the adept can remain still and relaxed, breathing normally, he is able to concentrate on the asana's strategic point of action. Each asana (and here lies one of the essential differences between yoga and every other method of physical education), produces easily assessed effects upon some part of the body: the thyroid region, for instance is affected by the Sarvangasana posture, the solar plexus by the Bow posture and so on. This is the point on which the adept will concentrate.

It is interesting to see that an adept may be mastering different degrees of the various asanas, that is to say, when learning a new one he is a beginner, while for those which he has learnt thoroughly he may already have reached the most advanced stage.

Variation in series:

Module was given for nearly 45 minutes and therefore variation in the list of activities given in the table 3.7 were made. Prayer, Udgeet and all Pranayams were given daily to subjects but some changes were made in the sequence of postures. Initially subjects were asked to do comparatively easy asanas. When they become comfortable with asanas they were to do difficult asanas like Shirshana, Chakrasana etc. It was also considered in deciding the sequence of asanas that any bend made in a forward direction may be replaced by another in the same category. Any variation in a posture came before and after this principle, so long as it does not replace it. In this way, the structure of series remained unchanged and correct.

Precautions in Asanas:

It was kept in the mind that Asanas are not forced exercise; they work of their own volition, not by the application of violence. The researcher instructed to the subjects that the slow pace of the movements is essential to the effectiveness of yoga. Subjects were told to hold the posture for the prescribed length of time. Subjects were told to concentrate on the regions of the body assigned to each asana. The return to the starting position should also be done very slowly. Between two postures, rest for a few seconds relaxing the greatest possible number of muscles, including those of the face. The session was always ended with Shavasana for at least one minute.

It is not possible to lay down any fix plan for beginners, which will suit everyone without exception. In yoga everything is individual and personal. Therefore, many postures (asanas) were included in the module. Subjects were not made to do all the postures everyday but they used to do some of them.

Postures were maintained for as long as possible while relaxed. As subjects had more experience in asanas the time for which the posture was maintained was gradually increased. Through out the practices, the emphases were on relaxation and awareness of physical and other sensations. Asanas work in depth in our interior being, partly on the physical plane (viscera, endocrine glands, brain, voluntary and involuntary nervous system) and also on the mental level, where they produce the sort of calm and serenity, which may be the key to energy and happiness. The suppleness they create is unequalled and with this endurance there is no fatigue or nervousness.

CONCLUSIONS

The fast pace of life is entertained through television and like activities. Physically they are unfit due to lack of opportunities in participation in games and sports like activities. Therefore, various types of physical activities aerobic, anaerobic sports, games and yoga should be made compulsory and should be added in their curriculum.

Yoga plays a positive role in the development of an individual as an integrated person (Budhanada, 1990). The daily practice of yoga may help one to achieve a perfect understanding of the intellect of the body. Through the practice of Yoga one attains not only physical well being or “toning” of the body, but also emotional stability and clarity in the intellect (Yog Mimansa, 2004).

A physical exercise is a bodily activity that develops and maintains physical fitness and overall health. It is often practiced to strengthen muscles and the cardiovascular system, and to have athletic skills. These physical exercises help in increasing the blood and oxygen flow to brain, creating new nerve cells and increasing chemicals in the brain that helps cognition.

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