



# YOG-YTHM

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YOGYTHM  Wave of Life

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## Editorial - YOGYTHM

### Spreading Yoga: Empowering Lives with Yoga & Happiness

Yoga, a centuries-old practice originating from ancient India, has gained tremendous popularity and awareness among people from all walks of life. As a dedicated Yoga Professional, I am thrilled to witness the current development and widespread interest in yoga. Working under the banner of 'Yoga & Happiness,' our mission is to disseminate yoga education and certification programs worldwide. We proudly offer a range of certifications endorsed by the Yoga Certification Board (YCB), Ministry of AYUSH, Govt. of India, as well as certifications from the esteemed Indian Yoga Association (IYA).

#### Yoga Certification Programs:

At 'Yoga & Happiness,' we believe in providing comprehensive yoga education and training to individuals who wish to deepen their knowledge and become certified instructors. Our certification programs encompass various levels and specialties, allowing individuals to choose a path that aligns with their aspirations and interests. The certifications we offer include:

**Level-1 Yoga Protocol Instructor:** A foundational course providing a comprehensive understanding of basic yoga practices and protocols.

**Level-2 Yoga Wellness Instructor:** Focusing on holistic well-being, this certification equips individuals with the knowledge to guide others towards a healthier lifestyle.

**Level-3 Yoga Teacher & Evaluator:** Designed for aspiring yoga teachers, this certification program covers advanced teaching methodologies and assessment techniques.

**Level-4 Yoga Master:** This certification acknowledges individuals who have attained mastery in the art and science of yoga, enabling them to guide others at an expert level.

**Assistant Yoga Therapist:** A specialized certification that equips individuals with the skills to assist in yoga therapy sessions, supporting the well-being of others.

**Yoga Therapist:** A comprehensive program that trains individuals to become professional yoga therapists, capable of designing personalized therapeutic plans.

**Yoga Volunteer:** Designed for those who wish to contribute their time and skills to help others, this certification empowers individuals to serve their communities through yoga.

In addition to the YCB certifications, we are proud to be an associate center of the Indian Yoga Association (IYA). This affiliation enables us to offer IYA certifications, including the Foundation Course in Yoga, Certificate Course in Yoga, and Advanced Certificate Course in Yoga, catering to a broader range of individuals seeking to enhance their understanding and practice of yoga.



### Yoga at Home Services:

Understanding the importance of accessibility and personalized care, we have initiated Yoga at Home services in Kolkata. With a team of over 30 experienced Yoga Instructors, we provide comprehensive yoga sessions from the early morning until late evening, extending our healing touch to patients across the city. Our skilled instructors work diligently to address individual needs and help people achieve optimal physical and mental well-being through yoga.

### Community Involvement and Donations:

'Yoga & Happiness' is a registered trust, and donations made to our organization are eligible for tax redemption as per government rules. We humbly appeal to all individuals and organizations to consider supporting our cause. One of our primary goals is to organize free Yoga Courses specifically for deserving female candidates, empowering them with the knowledge and skills to become certified Yoga Instructors. By supporting us, you contribute to the upliftment of women, enabling them to pursue fulfilling careers in the field of yoga.

Furthermore, we are actively seeking land or building donations to establish a dedicated Yoga Institute in Kolkata or its nearby areas. This institute will serve as a hub for yoga education, research, and practice, fostering an environment where individuals can delve deeper into the vast world of yoga. It is our dream to see the realization of the 'Yoga & Happiness Yoga University and Research Institute,' where the principles and benefits of yoga can be explored and shared with the world.

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*Founde:r*

*Mr. Sisir Biswas*

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## MENTAL HEALTH AND YOGA:

Life is not just living, but living in joy ,living happily.Yoga keeps us healthy and happy in a number of ways .When we lift weights,our muscle get stronger and bigger .When we do yoga our brain cells develop new connections ,and changes occur in brain structure as well as function resulting in improve cognitive skills such as learning and memory .

Research also shows that yoga and meditation may improve brain function such as reasoning ,decision making ,memory learning ,reaction time ,and accuracy on tests of mental acuity.

Practicing yoga has been shown to improve ethical standards ,mindfulness ,self-discipline and spiritual practices ,withdraw from the senses ,concentration ,meditation and immersion in to calmness ,or a state of ecstasy

There are some effective yoga pose that increase brain power some of this are -----

[1]-Padmasana[Lotus pose]

[2]Vajrasana[Diamondpose]

[3]-Ardha Matsyendrasanaa[Half spine twist pose]

[4]-Paschimottanasana[Seated Forward Bend]

[5]-Halasana[plow pose]

[6]-Sirsasana[head stand] and etc .

There are some contraindication so we should do this with know the contraindication.

Corpse Pose or [Savasana] is best to control mental stress.

Position your arms next to your body at a 45-degree angle.align your head ,neck,and shoulders with you spine Breathe deeply as you allow your body to fully relax.Stay in this pose for 10-20 minutes.

Yoga can boost our mood by lowering level of stress hormone ,increasing the production of happy hormones ,Serotonin,Dopamine,Endorphins,and Oxytocin .And bringing more oxygenated blood our brain . Yoga may have additional benefits .It can affect mood by elevating levels of a brain chemicals called gama -aminobutyric acid (GABA)which is associated with better mood and decreased anxiety.

**GYAN MUDRA:** This is the most common mudra and is believed to help increase one's concentration, knowledge and memory. You can be sitting, standing or lying down to do this. However, you must make sure that your back is straight. To do this, you need to touch the tip of your thumb to the tip of your index finger while the other fingers are stretched out but relaxed. While doing so, focus on your breath

[4/6, 10:29] D.S: Yoga should be considered as a complementary therapy or alternative method for medical therapy in the treatment of stress, anxiety, depression, and other mood disorders as it has been shown to create a greater sense of well-being, increase feelings of relaxation, improve self-confidence and body image, improve.



Crocodile Pose — Makarasana (mah-car-ah-sun-uh) — is a deeply restorative posture, part of the Padma Sadhana sequence. Crocodile pose relaxes the entire nervous system and is an excellent posture to use in between back strengthening poses. It gets its name from the Sanskrit words, makara, meaning crocodile, and asana, meaning pose.

Benefits of makarasana

Provides deep relaxation

Releases tension in the back

Relieves stress.

One best pranayam , that is "Anulom Vilom ".

Simple tricks and techniques can greatly enhance your quality of life. Yoga happens to provide us with several breathing techniques that help calm the mind and provide clarity. In this article, we will look at one particular yoga breathing technique which is called anulom vilom pranayama.

Anulom vilom is categorised as a form of pranayama (or controlled breathing) that is popular among yoga practitioners. In order to practise this style of pranayama, you must hold one nostril closed while you inhale and then hold the other nostril closed while you exhale. This is then repeated with the reverse nostril. This form of controlled breathing is believed to bring with it several physical and psychological benefits. Before we move on to the benefits of this breathing technique.

There are several benefits associated with the practice of anulom vilom pranayama. Some of these have been discussed below.

Enhances the Respiratory System

Anulom vilom has been shown to improve the functioning of the lungs and help in enhancing a person's endurance levels.

Helps Calm the Mind

This breathing technique helps manage stress, depression, anxiety and tension.

Improves Memory

By practising anulom vilom on a regular basis, you can improve your memory and retain information for longer periods of time.

If we follow this several technic and enhance our knowledge our mental health will be Improve and we get a happy mind and happy facial expression.

*Author – DEBODWIJ GHOSH*



## Naturopathy:



## Naturopathy

Nature is the greatest healer. Naturopathy is a system of health care that promotes body's own self-healing mechanism. It is the art and science of healthy living.

The principals of naturopathy were first used by the Hippocratic School of Medicine in about 400BC.

The primary cause of all diseases is morbid matter or toxins and the treatment is to eliminate the same. Naturopathy treatments uses the Panchamahabhutas or the 5 elements i.e. Earth, Water, Air, Fire and Space through various therapies to purify and detoxify the body.

It believes that our body is made up of these 5 elements and any deviation from normal from normal functioning can be treated through these 5 elements. They are also responsible for the tri-doshas(vata, pitta, kapha ) according to Ayurveda.

It is believed that your chances of getting sick and the health issue you develop are link to the balances of your doshas.

To balance these doshas and to detoxify your body naturopathy uses various therapies such as Air therapy Hydro therapy, Chromo therapy, Mud therapy ,Massage therapy ;Diet, Yogic practices, Fasting therapy .





Why to choose Naturopathy?

Treats you physically mentally socially and spiritually

Recognised as an Indian System of medicine by AYUSH

Drugless system of medicine

It believes prevention is better than cure

When incorporated with yoga it can heal chronic diseases such as diabetes, hypertension, obesity, heart diseases.

Lastly, all of us know how valuable the mother earth is. keep nourishing it to ensure a better future for our next generations.

Thank you.

**Author – Trisha Dey Ganguly**



## Yoga Lesson Plan for grounding the self and reducing Stress and Anxiety

### Anam Kalsia:

Motive:

To ground the body and reduce stress and anxiety

Introduction :

Sitting on the mat in a comfortable sitting position, we will start with a Prayer.

*Aum, Sangacchadham Sambudadham*

*Sambho Manaasi Jaanataam*

*Deva Bhaagam Yathha Purve*

*Sanjanana Upasathhey*

*Aum, Sah Nabavatu*

*Sah Nau Bhunaktu*

*Sah Viryam Karvavahe*

*Tejasvinavadhi Tamastu*

*Ma vidhvishavahey*

*Aum, Shantih, Shantih, Shantih*

*Yogen chittasya paden vacham*

*Maalam Sharirasya ch vaidyakenam*

*Yopakarottam pravaram muninam*

*Patanjalim pranjaliranotasm*

*Aum, Shantih, Shantih, Shantih*

For today's session we will focus on inner strength. Building the bond between the mind and the body through various Yoga Asanas, Pranayama and Bandhas.

Since we live such busy lives, we sometimes forget to come back to our bodies. We lose that connection to ourselves with the excuse of not having the time to listen to our body, which



leads to us getting unwell or feeling attacks of anxiety and stress.

Through today's practice, I hope you will feel centered and relaxed and will be able to breathe more mindfully, to help stabilize your body in any situation.

Today's session is suitable for all ages and body types. If you feel any discomfort, please let me know so we can work together to make it comfortable.

We will begin with a very gentle Sukshma Vyama, from a sitting position.

Slow and steady movements through all the joints in the body, will ensure that we are warmed up before practicing any asanas and these movements will let us know of any stiffness present in the body.

Toes

Ankles

Knees

Hip

Fingers

Wrists

Elbows

Shoulder

Neck

Spine



We will use the base of our palm to gently press the temples on both sides.

Interlocking the fingers, we will start pressing the head from the forehead to the back.

This is a very relaxing exercise and can be repeated as many times as you like.

Moving on to the Asanas, we are going to focus on doing only a few Asanas but holding them for longer periods and breathing comfortably as we hold these poses.

- We will start by coming into **Mandukasana**. Taking the pose for 8 long breaths.
- Sliding the chest forward, we will come into **Bhujangasana** with the elbows resting on the ground. Keeping the head upright we will hold it here for ten deep breaths.



- Turning onto the back, we will lift the knees up and drop both knees to one side in **Markatasana**. Feel the spine stretch out and the abdominal muscles relax. After 5 breaths, we will change sides and hold for 5 breaths.
- Coming into a sitting position, we will stretch both legs out into **Upavishta Konasana**, as wide as it feels comfortable for you. Try to stretch your arms forward, drop the head and relax there for 10-12 breaths.
- Bring the legs in to **Gaumukhasana**. Stretching to the side before interlocking the hands behind the back.
- Finally, we will Come back to Vajrasana and end in **Shashankasana**, where the body is loose and we can hold it there for another 5-10 breaths.

We will now practice Bandhas. Bandhas are locks that we create in the body to stimulate chakras as well as feel the energy flow within us. It is a grounding practice and we will emphasize a lot on our breathing. Practicing Bandhas purifies, removes blockages and harmonizes and balances the self.

By restricting the flow of blood it rejuvenates the circulation in the body and even stimulates the internal organs, metabolic system and hormones.

There are 4 Bandhas and 2 ways to practice each Bandha. One with holding breath after inhale and one with holding breath after exhale.

#### Jalandhar Bandha

- Antara Kumbhaka
- Bahya Kumbhaka

#### Uddiyan Bandha

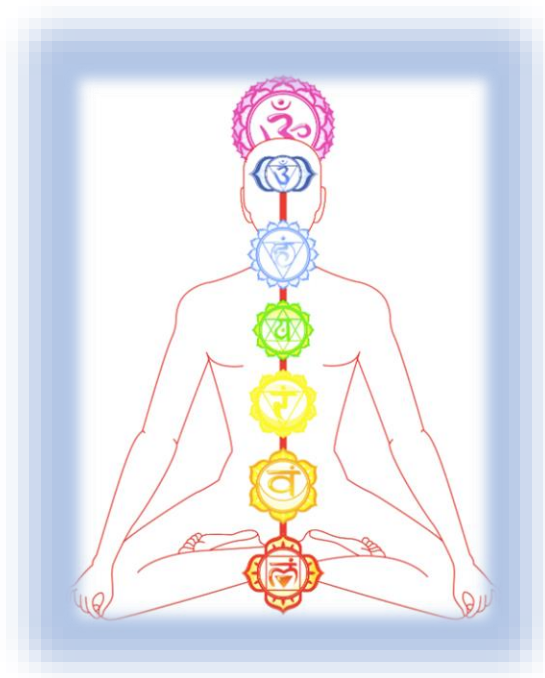
- Antara Kumbhaka
- Bahya Kumbhaka

#### Mula Bandha

- Antara Kumbhaka
- Bahya Kumbhaka

#### Maha Bandha

- Antara Kumbhaka
- Bahya Kumbhaka





A few Pranayama exercises that can be done to help reduce stress :

**Full Yogic breath**

-Graduating from Abdominal breathing, Thoracic breathing, Clavicular breathing

**Sheetkari**

**Sheetali**

**Brahmari**

Take a few moments to feel the vibration through the body.

***Author: Anam Kalsia***



## Yoga Posture By Puja Yadav:







## Soulful Sunday as on 22<sup>nd</sup> January - 2023:





## Yoga Wellness Retreat at Rishikesh – May'2023



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## International Day of Yoga at Raj Bhavan:



## Media Presence of Yoga & Happiness:

**KOLKATA** Go back to The Telegraph online

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**INTERNATIONAL YOGA DAY**

### In pics: How Kolkatans marked International Yoga Day on June 21

Fitness enthusiasts put up remarkable display at Raj Bhavan, on a ship, Fort William and Science City

BY MY KOLKATA WEB DESK | PUBLISHED: 21.06.22, 05:10 PM



Governor Dr CV Ananda Bose takes part in a yoga session on the lawns of Raj Bhavan on International Yoga Day on Wednesday

ADDITIONAL PICS

**WATER CHANGES EVERYTHING.**  
learn how at [charitywater.org](http://charitywater.org)

**MORE FROM THE GALLERY**

In pics: Khuti puja, Ulto Rath and more news from Kolkata

News of the day: **Bit Pawan**



International Day of Yoga: Glimpses of celebration from across the nation



People participate in yoga session on 9th International Yoga Day at Raj Bhavan in Kolkata. (Hindustan Times/ Samir Jana)

**YOGYTHM** Wave of Life



## Get attended to the Yoga Way of Life

### Courses we offer

#### Yoga Certification Board (YCB)

##### Yoga Education & Training

1. Yoga Volunteer
2. Level 1 – Yoga Protocol Instructor
3. Level 2 – Yoga Wellness Instructor
4. Level 3 – Yoga Teacher & Evaluator
5. Level 4 – Yoga Master

##### Yoga Therapy

1. Assistant Yoga Therapist
2. Yoga Therapist
3. Therapeutic Yoga Consultant

#### Indian Yoga Association (IYA)

1. Foundation Course in Yoga
2. Certificate Course in Yoga
3. Advance Certificate in Yoga

#### Combined Yoga Teachers Training Courses

4. Beginner Course
5. Certificate Course in Yoga
6. Advance Certificate in Yoga



## Our Services:

- I. Yoga Teacher's Training Course
- II. Yoga at Home
- III. Physical Yoga Session in Kolkata, Guwahati, Delhi
- IV. Corporate Yoga Sessions
- V. Yoga Retreats
- VI. Yoga Studio
- VII. Personalized Online Yoga Session

