

BHARATHI COLLEGE OF EDUCATION



An Adobe of Education

Kandri, Mandar, Ranchi

B.Ed.

Session - 2020-2022

Assignment

EPC - 4

UNDERSTANDING THE SELF

Topic - Biography & Film Review & YOGA

Guided by:
Prof./Lect.
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Session - 2020-2022

BIOGRAPHY

SRI

AUROBINDO

GHOSE

INDIAN PHILOSOPHER

ACKNOWLEDGEMENT

Even the slightest attempt of making this project a success would not have been possible without the support and guidance of Prof.

I extend my gratitude to him and to our Principal Sir Upendra Upadhyay

as they permitted and encouraged us to chose this topic and make this project a success.

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SRI AUROBINDO GHOSE

LIFE SKETCH

"Sri Aurobindo", Originally called Aurobindo Ghose; also spelled 'Arawinda' or 'Sri Arawinda' was born on 15th August, 1872 in Kolkata (then called Calcutta). - and died on Dec 5, 1950. He was a great-yogi, seer, philosopher, poet and an Indian Nationalist who propounded a "philosophy of divine life on Earth through spiritual evolution".

Aurobindo's early education began in a Christian convent-school in Darjeeling.

While still a young boy, he was sent to England, for

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England, 1884
About age 12, as a student in
Manchester or London

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further schooling.

He later was enrolled in the "University of Cambridge" where he became proficient in 2 classical and several modern European languages which included French, English, Dutch, Latin, Greek, German etc.

He returned to India in 1893. In India he studied Sanskrit language and literature and served the state of Baroda for 14 years.

He also became a prominent figure in the Indian National Movement against the

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Bande Mataran

Weekly Edition.

PUBLISHED EVERY SUNDAY.

Price One Anna.

Price One Anna.

VOL. I. { CALCUTTA, SUNDAY, SEPTEMBER 29, 1907. } NO. 18.

OUR PICTURE GALLERY.



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British Government - / Rule then in India.

His fiery speeches along with his written work became sources of arousal of nationalistic and patriotic zeal amongst Indians. His work was prominent in 3 newspapers - Bande Mataram, Karmayogin, and Dharm.

His political and nationalistic activities made him visit the jail several times. Once in such times in 1905, when he was imprisoned in Alipore Jail, Kolkata; he had a divine vision. He was intrigued and so deeply moved by

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PHILOSOPHICAL IDEAS OF SRI AUROBINDO

Philosophical ideas of Sri Aurobindo-
do-; mostly taken from his Bengali
weekly news paper "Karma Yogi"
are as follows -

He was an Idealist- by
nature and his Idealistic
philosophy of life is based on
the knowledge and philosophy
of the "Upanishads". He laid
emphasis on spiritual penance,
Yogic practices, meditation and
Sadhu; Brahmacharya etc.
for the promotion of development

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of human soul.

"Growth and Development - is always guided by certain Principle. The aim of this principle of growth is to achieve all the divine powers through Yoga and Meditation. This principle of growth continues to operate in all conditions and at all times and places i.e. acquisition of Divine power is universal."

A/q to him; the conscience has 4 stages; namely -

- 1) CONSCIOUSNESS
- 2) MIND
- 3) INTELLIGENCE
- 4) KNOWLEDGE

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Early Life Photo of
Sri Aurobindo Ghose

Submitted by
Pranab
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"Education should develop
all the stages i.e

- 1) CONSCIOUSNESS
- 2) MIND,
- 3) INTELLIGENCE;
- 4) KNOWLEDGE;

as much as possible. A man doesn't possess a physical spirit- only. A/q to him, in order to realize these potencies, he should develop his "power of thinking", "concentration" and "deep meditation"; together with the Divine facilities to the fullest.

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True knowledge is not
attained by thinking.

It is what you are; it is
what you become.

- Sri Aurobindo



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EDUCATIONAL IDEAS OF SRI AUROBINDO

Aurobindo's Educational Ideas can be elaborated as follows.

MEANING OF EDUCATION-

A/q to him Education should be according to the mental and spiritual needs of the children; and on the demands of the country.

Thus Education must be in accordance with the changing needs of our real, modern life so that the

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children can face all challenges
thrown to them by life, with
great ease.

A/q to him -

"Education to be true, must not
be a machine made, fabric
but - a true building or
living evolution of the
powers of the mind, and, spirit
of the human being."

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AIMS OF EDUCATION

1. PHYSICAL PURITY & DEVELOPMENT -

A/q to Sri Anubindo - "It is the body which performs all religious function;" and so it must be fit and purified. Without physical progress, spiritual progress cannot be attained.

2. TRAINING OF SENSES -

Senses are the important sources of knowledge; and so they must be trained to the fullest. This can be attained by education.

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3. MENTAL DEVELOPMENT -

Mental development means the development of all mental faculties such as memory, thinking, reasoning, special relationship, imagination, discrimination and generalization etc.

4. DEVELOPMENT OF MORALITY -

As to him without moral and emotional development. Mental development of the child requires development of emotions, habits and temperament. These

3 factors are purified and sublimated by education

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5. DEVELOPMENT OF CONSCIENCE -

Conscience has four levels *apq* to him, namely Chitta, Manas, Intelligence and Knowledge. All these levels should be developed harmoniously step - by - step.

6. SPIRITUAL DEVELOPMENT -

Apq to Anubindo, every individual has some element of divinity in him. The actual aim of education is to get spiritual development. It can be attained through yogic exercises and adoption of Brahmacharya.

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7. Development of Potentials -

Every child has some latent physical, mental and spiritual potentialities. The task of the teacher is to draw out these potentialities in the harmonious manner.

This turns the child into a complete man, i.e. superhuman.

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CURRICULUM -

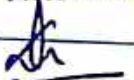
According to Anurobindo, only those subjects and activities are to be included which suits the students' interest. Subjects and activities must also possess creativity and educational expression.

Stage-wise outline of the curriculum
is given below -

1. PRIMARY STAGE

- Education to be imparted in mother-tongue.
- English, French, Literature, National History, Arts, Painting, General Science, Social Studies and Arithmetic to be taught.

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2. SECONDARY STAGE -

- Mother tongue to be the medium of instruction
- English, French, Arithmetic, Arts, Physics, Chemistry, Biology, Physiology, Health Education and Social Studies.

3. UNIVERSITY EDUCATION -

- Study of Indian and Western Philosophers
- History, Science, English Literature, French Literature, Sociology, Psychology, Physics, Chemistry, Zoology, Botany and International relations to be included.

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METHODS OF TEACHING

Dr. Amalindo focussed on the following Principles that - a teacher should follow the teaching - learning process -

1. Freedom to the Child -

Free environment - should be created for children, so that - they may gain more and more knowledge by their own efforts. Any restrictions on children, whatsoever, retards their natural development.

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**The mother-tongue
is the proper
medium of education
and therefore the
first energies of
the child should
be directed to the
thorough mastering
of the medium.**

EARLY CULTURAL WRITINGS:
A PREFACE ON
NATIONAL EDUCATION

॥ Sri Aurobindo ॥

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2. Mother Tongue as the medium of Instruction -

children should be imparted education through their mother-tongue. It will increase their grasping capacities and they will learn easily all the matter and subjects taught to them.

3. Sympathetic Attitude -

Amor- love and sympathy should be shown to the pupils by their teachers in the class.

This helps in reducing tension and stress of learning from the minds of the pupils.

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7.

Education According to the nature of the children -

Teacher should try to develop the unique attributes that each child possess. He emphasised that - each child has a divinity preserved within; and the teacher can empower it further.

8.

Sensory Approach -

Senses are the gateways of knowledge; so senses of children should be properly awakened by proper training so that they acquire and experience knowledge.

9.

Principle of Need of the Child -

Specific needs of each child must be kept in focus while imparting education.

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DISCIPLINE

Sri Anubindo believed that children must be provided a free environment- so that- they are able to gain more knowledge by their own efforts.

Any restrained and imposed environment- stunt- the growth of the children and disturbs their natural development.

Anubindo propagated the concept of self discipline which was the cure of impressionistic discipline.

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The teacher is not an instructor or taskmaster, he is a helper and guide. His business is to suggest and not to impose. He does not actually train the pupil's mind, he only shows him how to perfect his instrument of knowledge and helps and encourages him in the process.

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- Sri Aurobindo

Dharathi College of Education
Ranipet, Madurai, Tamil Nadu

ROLE OF THE TEACHER

- According to Amabindo, the
- Teacher is only a helper and guide in the class.
 - He doesnot interfere in the self-experiences of the pupils.
 - He is not an instructor or a task-master.
 - ~~His~~ task is to suggest and not impose.
 - He doesn't impart knowledge; rather he shows his pupils the way to ~~acquire~~ knowledge that is innate and well within them.

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ROLE OF SCHOOL-

Sri Aurobindo's philosophy of education aims at modifying the school curricula, maximising the learning modalities, helping the children to achieve his potentiality at his own pace and level and devote his time to discover himself.

The type of schooling envisioned by Sri Aurobindo is seen as aiming to bridge the gap between the child's life at school and that at home.

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Sri Aurobindo Ghose

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CONCLUSION

Sri Anubindo Ghose strived to philosophically reconcile Western scientific rationalism with Eastern transcendent-metaphysics; into a holistic narrative of reality.

His approach to yoga, is an integration of the physical-social behaviour with the metaphysical level as a inner-self-meditation and outer-social-action.

Philosopher Anubindo can be viewed as a 20th century renaissance person.

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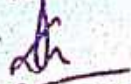
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MOVIE REVIEW

CHHAPAK

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ACKNOWLEDGEMENT

Even the slightest attempt to make this venture possible; would not have been possible without the enriched guidance of Prof. Rakesh Kumar Rai.

I also thank our principal, Mr. Upendra Upadhyay for providing us with the opportunity to collaborate in this movie review and to take up such an excellent movie to discuss the associated basis on selling acid report-day

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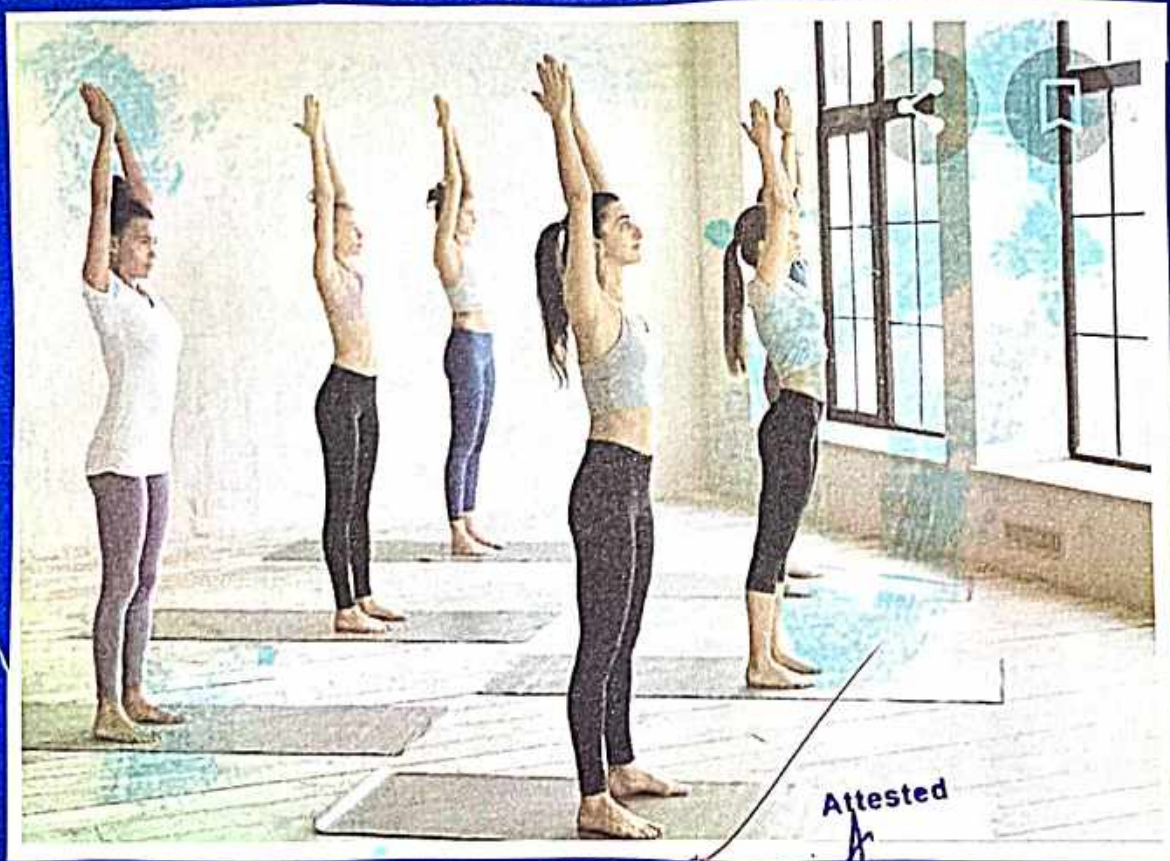
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CHHAPAAK (2020) FILM

INTRODUCTION

Chhapak is Bollywood biographical-drama, helmed by Meghna Gulzar. Produced by directed by Meghna Gulzar and co-produced by Fox-Studios and Dipika Padukone herself is an India-based, Bollywood, (Hindi) movie that released on 10th January 2020 all around India.

It is classified PG; and is of duration 2 hour 18 minutes.

"Chhapak" is based on the true story of Laxmi Agarwal, who was 15 years old when she was

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W Wikipedia
Laxmi Agarwal - Wikipedia

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attacked (by acid on her) by Naeem Khan, a 32 year man; apparently her family-friend; in 2005. Agaewal had rejected Naeem's proposal of marriage and had spurned his advances, thus- enraged him so much as to plan and execute an acid attack on this girl.

Agaewal fought for a new law for such victims so as to sought- harsher punishment for the perpetrators of acid attacks as well as to put- ban on the over-the counter sales of acid.

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CAST AND CREW

- DIRECTOR MEGHNA GULZAR
- PRODUCER DEEPIKA PADUKONE,
GOVIND SINGH SARDA,
MEGHNA GULZAR
- WRITER MEGHNA GULZAR,
ATIKA CHOHAN
- CAST DEEPIKA PADUKONE
(LEAD CAST) VIKRANT MASSEY
- EDITOR NITIN BAID
- DATE OF RELEASE 10th JANUARY, 2020
- COUNTRY OF ORIGIN INDIA
- LANGUAGE HINDI
- CLASSIFICATION PG
- DURATION 2 HRS. 18 MINS.

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CAST:

DEEPIKA PADUKONE

VIKRANT MASSEY

ANKIT BISHT

VISHAL DANIA

VAIBHAVI UPADHYAY

IPSHITA CHAKRABORTY

MADHURJEET SARGHI

PAYAL NAIR

PALLAVI BATRA

GEETA AGARWAL

ANNA PURNA SONII

MANOHAR TELI

ANAND TIWARI

SANJAY GURBAXANI

MALTI

AMOL DWIVEDI

RAJESH

BASHEER (BABBU) KHAN

MINAKSHI

PARVEEN SHEIKH

ARCHANA BAJAJ (LAWYER)

SHIRAZ JAMSHED

HARDEEP KAUR

MALTI'S MOTHER

DEEPA

MALTI'S FATHER

BAJAJ'S HUSBAND

MALTI'S DOCTOR

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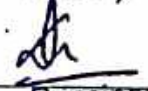
SUMMARY

Released in December 2020, movie Chhapak is a Biographical drama.

The film revolves around Malti (Deepika Padukone) who is attacked with acid on the streets in New Delhi, in 2005. 'Chhapak' then takes us on a journey about surviving an acid attack in India, the medico-legal-social state of affairs that transpires after the acid has been hurled and the face is irreparably burnt.

It shows Malti's journey after the acid attack and how she is forced to go through ordeal of a court-procedure while trying

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to heal mentally. In the process, she decides to fight for justice for those like herself.

The movie tells us the human story behind flashy news headlines that tend to focus on the act itself.

The movie tells the story of Malti's fight for justice as she launches a PIL case to ban the sale of corrosive fluids which are easily available in Indian general stores. She laments when she says "Kitna Acchcha hota ki Acid bikta hi nahi. Bikta nhi to fikta bhi nhi."

i.e. she says that if acid would not have been

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old in general stores, even the
acid attack would never happened.
It also takes us to the deep
rooted sadness and the emotional
and mental scar that these
acid attack survivors go through.

It shows how Malti, a
talented girl is doomed by
a heinous act of acid
attack by a person whom she
has been knowing, more as
an elder brotherly figure. How
this act shatters her dreams.

Making the basic act of
even getting a job or stepping
out in public becomes a
difficult and haunting.
Her lawyer tells her

"Shor ki adat dal lo"



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get used to all screams, is a touching line. The story line goes subtly deep down into all the trauma and pain these attack survivors face.

The journey of Malti as a fighter, who upholds other such girls and also goes to the extent of filling PIL and fighting for them is the main zeal and zest of the story.

Dialogues like "Unhone meri Saraf badi hai, mera mann nhi." shows the grit of the girl Malti. Also it emphasises the fact that the parameters of outer beauty is baseless.

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PLOT (STORY) :

The opening shot of the film recreates the protests that followed the Delhi gang-rape case in 2012, setting the tone for "Chhapaak"

A reporter, 'Alka' meets Anand Dwivedi (Manney); the creator of a foundation / NGO "Chhaya" that works for acid attackers.

He pointedly retorts to the journalist - "who cares about acid attacks in the face of rape attacks". After all, on the scale of violence against women, acid attack 'don't' figure as much highly as attacks on women's - and by extension the family's honour.

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His challenge to the TV reporter brings us to Malti's story. When Alka interviews Malti, she realises and we see that Malti (an acid attack survivor by then) is in desperate need of money and a job. She gives her the link to Anand's NGO 'Chhaya' and this is how Malti gets associated to this NGO eventually as Anand employs her at his organization.

In April 2005, Malti is attacked with acid in a busy market-street in New Delhi. The police investigate - based on Malti's and her boyfriend Rajesh's testimony, they suspect Basheer

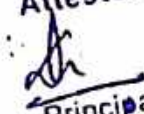
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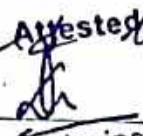


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with hot water come under the same section of the Indian Penal Code, so the punishment will be same.

In the first hearing, it is clear that Babbar and Parveen are guilty based on many evidences. However, as law doesn't treat acid attack as a serious crime, Babbar is able to get bail and continue on with his life.

Malti recognizes the need of a change to the law and regulation on acid sale; and she and Archana prepare a petition. Meanwhile Malti's brother Rohit is diagnosed with advanced intestinal tuberculosis and the

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"Babbar" Khan, a family friend of Malti's and his brother's wife Parveen Sheikh.

The police arrests Babbar after triangulating his phone signals in the same location; and time when the incident had occurred.

Meanwhile, Malti has to go through a number of plastic surgeries to reconstruct her severely damaged face.

Malti's parents work as the domestic help in Shiraz's house. She helps financially with Malti's ~~treatment~~ and also hires Archana Bajaj as her lawyer.

Archana notes that acid attack and burning someone

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family's finances etc. are to
diverted towards him. However
in such times Malti finds
immense support from Anol, her
employer, Archana - her lawyer
and many other acid-attack
survivors who are now taken
care of by the NGO where
Deepika works.

In August-2009, the
court-sentences Basheer (Babbar)
10 years of imprisonment, and
7 years of imprisonment to Pameen
Shahid. But they appeal at the
high court.

Malti collects funds for treatment
and legal action for other
acid attack survivors.

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She eventually succeeds in having the penal code amended after a long - long battle.

In 2013, another acid attack in Mumbai claims the life of Pinky Rathore, which leads to public outrage and regulations on acid sale. Malti becomes the face of acid attack survivors and also develops feelings for Anmol.

It is revealed that - Basheer planned the acid attack on Malti, out of jealousy, and carried it out - with the help of Parveen.

In October 2013, the Delhi High Court rejects Basheer's appeal, keeping the attacker in jail.

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The film ends with another attack (acid attack) in December 2013, and laments that despite the new regulations and media exposure, the frequency of acid attacks have not decreased, while acid is still bought and sold freely in India.

Before the end credits roll, a few statistics appear on the screen to note the acid attacks in India occur in the hundreds every year, and are on the rise.

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CONCLUSION -

The word 'Chhapak' describes the sound of a splash; which usually is associated with a sense of innocence, joy and fun. However, by making acid-attack survivor Matti Lal its central character, and by training the camera's unflinching gaze on her - and several other acid-attack survivors - "Chhapak" does the exact opposite thing.

"Chhapak se pehchan legaya"
- someone took away my identity with a splash; is in itself the pain of such acid attack survivors.

It tells us the human story

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behind flashy news headlines that tend to focus on the act itself. By keeping the script taut, the film doesn't sound preachy.

Why do acid attacks happen? There's no clear answer to this question; that victims constantly arise in the movie. Patriarchy, toxic masculinity, caste discrimination, general apathy - the reason could range from systematic to mundane.

As Matti's lawyer points out in one of the court statements, its victims are always young women with larger-than-life aspirations. It remains possible today because acid is still commonly available for sale.

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YOGA

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ACKNOWLEDGEMENT

The aim of Education is the overall development - mind, spirit- and thought. EPC-4- YOGA, has an important- role in acquiring knowledge and utilise it in future prospects.

Even my slightest success in completing this task on Yoga would not have been materialised without the guidance of Prof. Rakesh Kumar Rai.

I sincerely extend my gratitude to ~~Mr.~~ Rakesh Kumar Rai and our Principal Upendra Upadhyay Sir for providing us with the opportunity to do this work.

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YOGA

MEANING OF YOGA -

The word Yoga is derived from Sanskrit- word "Yuj" meaning to join or union.

Hence Yoga means joining the individual self with the divine or universal spirit.

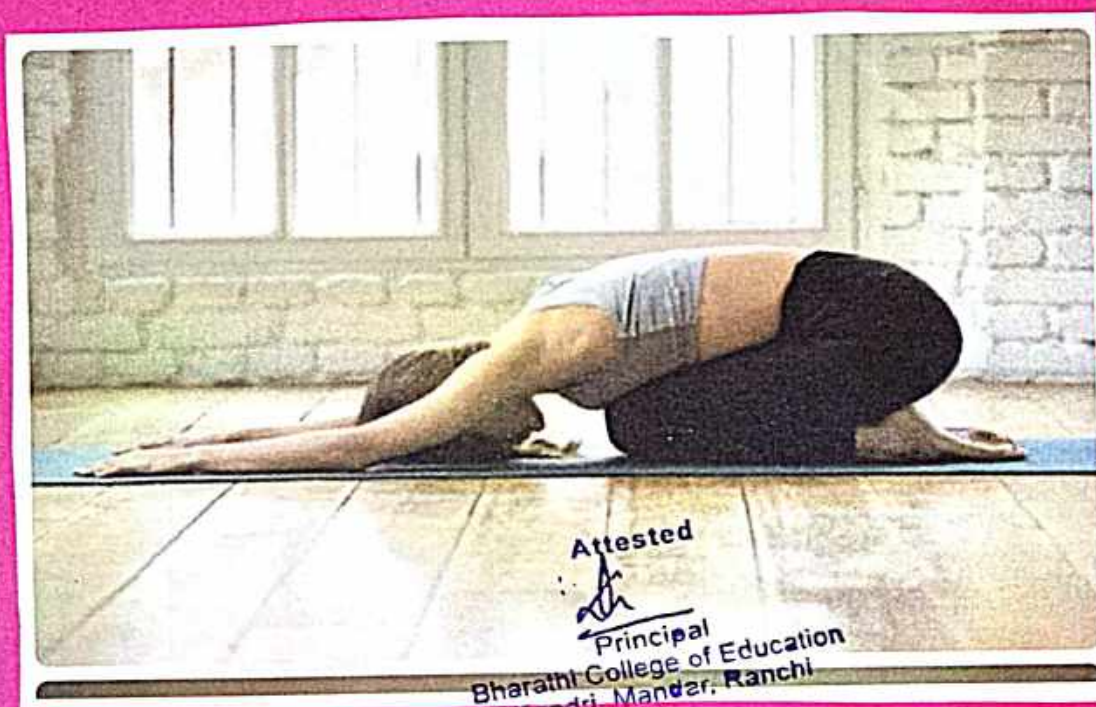
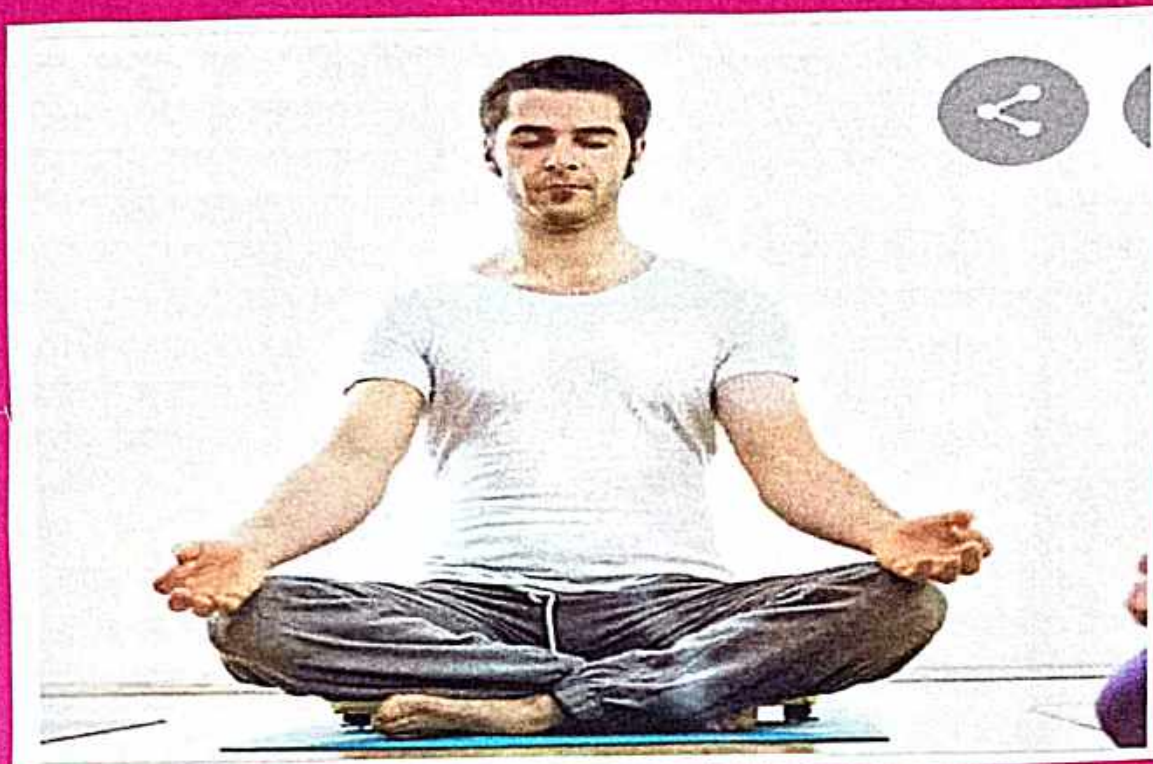
It is a science of development of man's consciousness.

Yoga is an ancient Indian practice which is now globally and universally recognised and practised.

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DEFINITIONS OF YOGA -

According to different- ancient- Philosophers; the definition of Yoga is given as follows. -

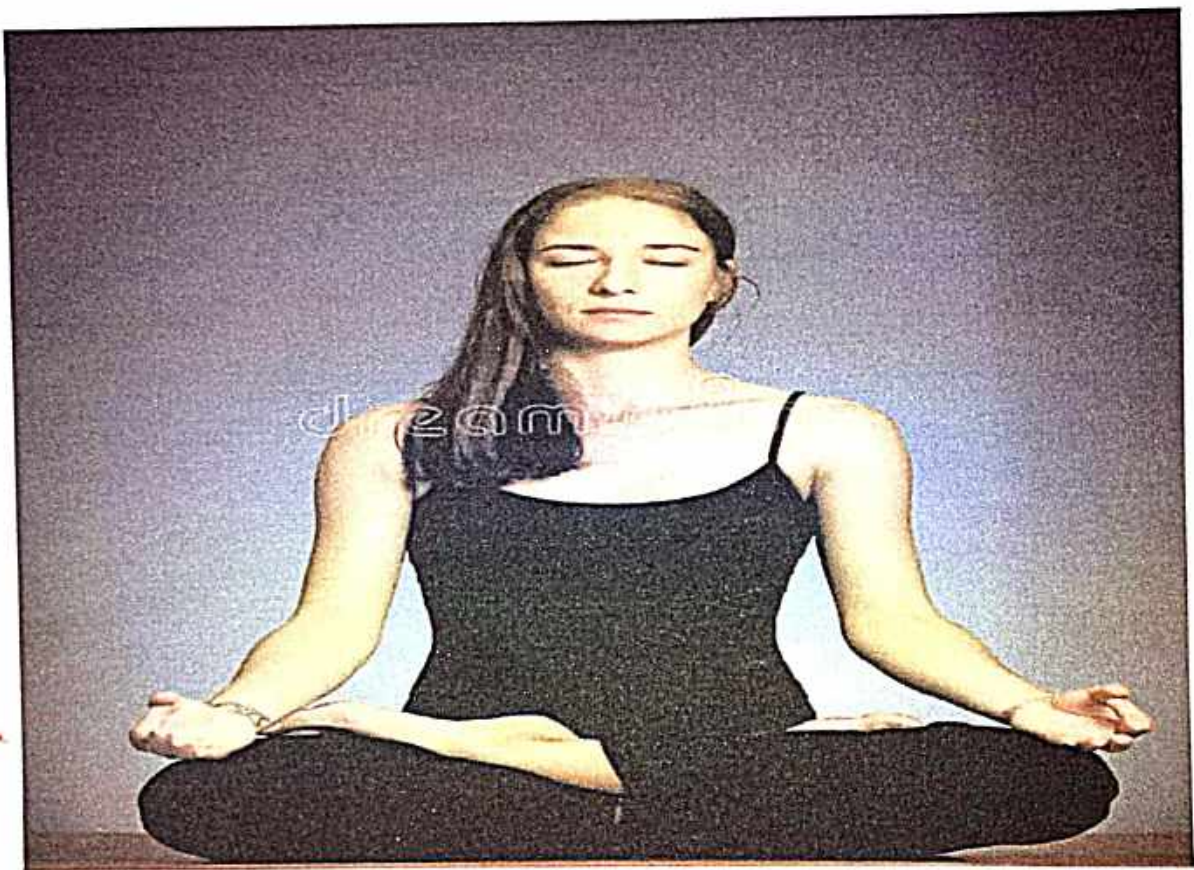
- "~~Checking the impulse of mind is Yoga.~~" - Patanjali
- "Yoga is attaining the pose." - Maharishi Ved Vyas.
- "~~Skill in action or efficiency alone is yoga.~~" - Lord Krishna (as quoted in the Bhagwat-Geeta)

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ORIGIN OF YOGA -

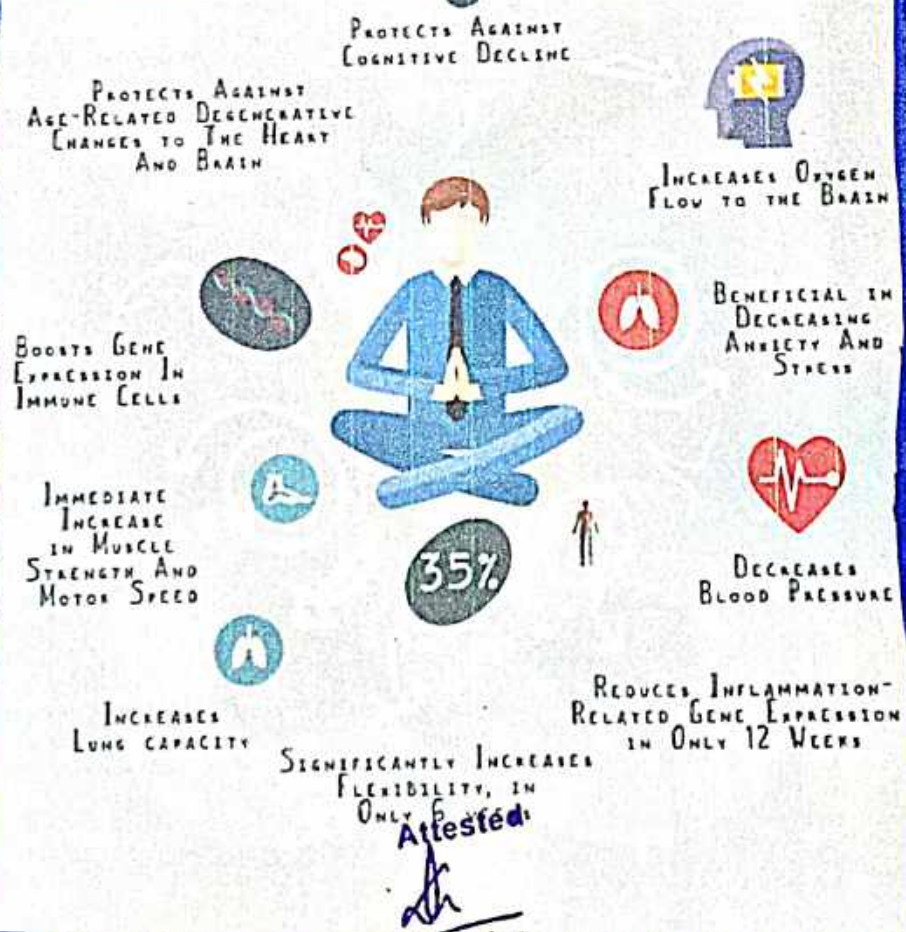
Yoga dates back over 5000 years, to northern India. The word "Yoga" first appeared in the ancient scriptures, the Rig Veda, Rishis (sages) improved and developed yoga by documenting their practices and views in the Upanishads, a vast work of more than 200 sutras.

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How Yoga Helps Your Body



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IMPORTANCE OF YOGA

Importance of Yoga can be

1. Physical
2. Social
3. Mental
4. Spiritual

1. PHYSICAL IMPORTANCE OF YOGA -

- Physical purity
- Prevention from disease
- Beautification of body
- Correct posture of body
- Development of muscles
- Increase the efficiency of heart and lungs
- Increasing flexibility.

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Pranayama Breathing



Ardha Chandrasana
(Half Moon Pose)



Utkatasana
(Awkward Pose)



Garbhastana
(Eagle Pose)



Dandayamana Janushirasana
(Standing Head to Knee)



Dandayamana Bhajarasana
(Standing Bow Pulling Pose)



Tuladandavana
(Balancing Stick pose)



Dandayamana Bishakrapada
Paschimotthasana (Standing
Separate Leg Stretching Pose)



Tribhujasana
(Triangle Pose)



Dandayamana Bishakrapada
Janushirasana (Standing Separate
Leg Head to Knee Pose)



Tadasana
(Tree Pose)



Padangusthasana
(Toe Stand)



Savasana
(Corpse Pose)



Pawanmuktasana
(Wind Removing Pose)



Bhujangasana
(Cobra Pose)



Bhujangasana
(Cobra Pose)



Salabhasana
(Locust Pose)



Pawanmuktasana
(Wind Removing Pose)



Dhanurasana
(Bow Pose)



Setu Bandha Sarvangasana
(Fixed Firm Pose)



Ardha Kurmasana
(Half Tortoise Pose)



Ushtrasana
(Camel Pose)



Sarvangasana
(Shoulder Stand)



Janushirasana with
Paschimotthasana
(Head to Knee with
Stretching Pose)



Ardha Matsyendrasana
(Twisting Pose)



Kapalabhati
Breathing
(Breath of Fire)

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2. SOCIAL IMPORTANCE OF YOGA -

- Develop social qualities.
- Develop social relationships.

3. MENTAL IMPORTANCE OF YOGA -

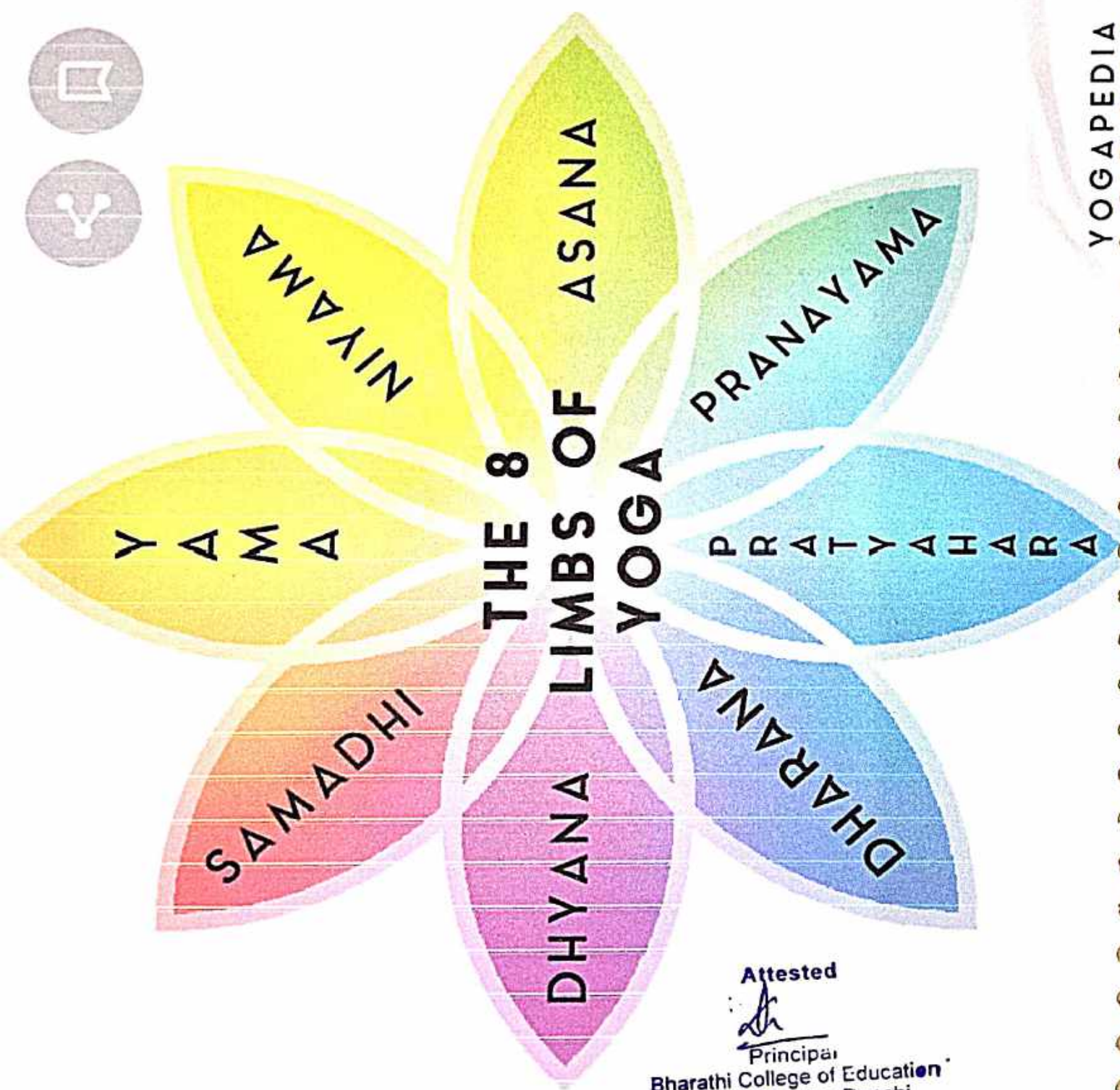
- Reduce mental tension
- Provide relaxation
- Develop concentration power
- Increase memory power
- Increase will power.

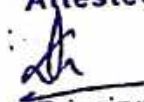
A. SPIRITUAL IMPORTANCE OF YOGA -

- Spiritual development through asanas
- Increase meditation power
- Increase moral values.

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ELEMENTS OF YOGA -

The main aim of yoga is to control the mind and the senses. This is possible by following "Ashtang Yoga" i.e. eight fold paths or eight steps developed by Maharishi Patanjali. These are -

- **YAMA** - (ABSTINENCES)
- **NIYAMA** - (OBSERVANCES)
- **ASANA** - (YOGA POSTURES)
- **PRANAYAMA** - (BREATH CONTROL)
- **PRATYAHARA** - (WITHDRAWAL OF SENSES)
- **DHARANA** - (CONCENTRATION)
- **DHYANA** - (MEDITATION)
- **SAMADHI** - (ABSORPTION)

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Eight Limbs of Yoga



1 yamas

5 social ethics

ahimsa - kindness
satya - truthfulness
asteya - nonstealing
brahmacharya - moderation
aparigraha - generosity

2 niyamas

5 personal practices

saucha - purity
santosha - contentment
tapas - austerity
swadhyaya - self-study
isvara-pranidhana - surrender

8 samadhi

pure bliss

Constant complete harmony
of the Self with universe

3 asana

postures

Easy comfortable positions
of the body, connecting
the mind and spirit to
experience stillness
and infinity

7 dhyana

de-concentration

Dropping all the efforts and letting go

4 pranayama

mindful breathing

Honoring the breath to
uncover the light within

6 dharana

concentration

Focus and
attention

5 pratyahara

turning inward

Providing alternate "inner point of attraction"
(like breath, chakra) to the senses to turn inward

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FORMS OF YOGA

The most common types of yoga one should be aware of are -

- Karma Yoga
- Raja Yoga
- Bhakti Yoga
- Mantra Yoga
- Jnana Yoga
- Tantric Yoga
- Hatha Yoga

• Vinyasa

• Kundalini

• Ashtanga

• Iyengar

• Bikram

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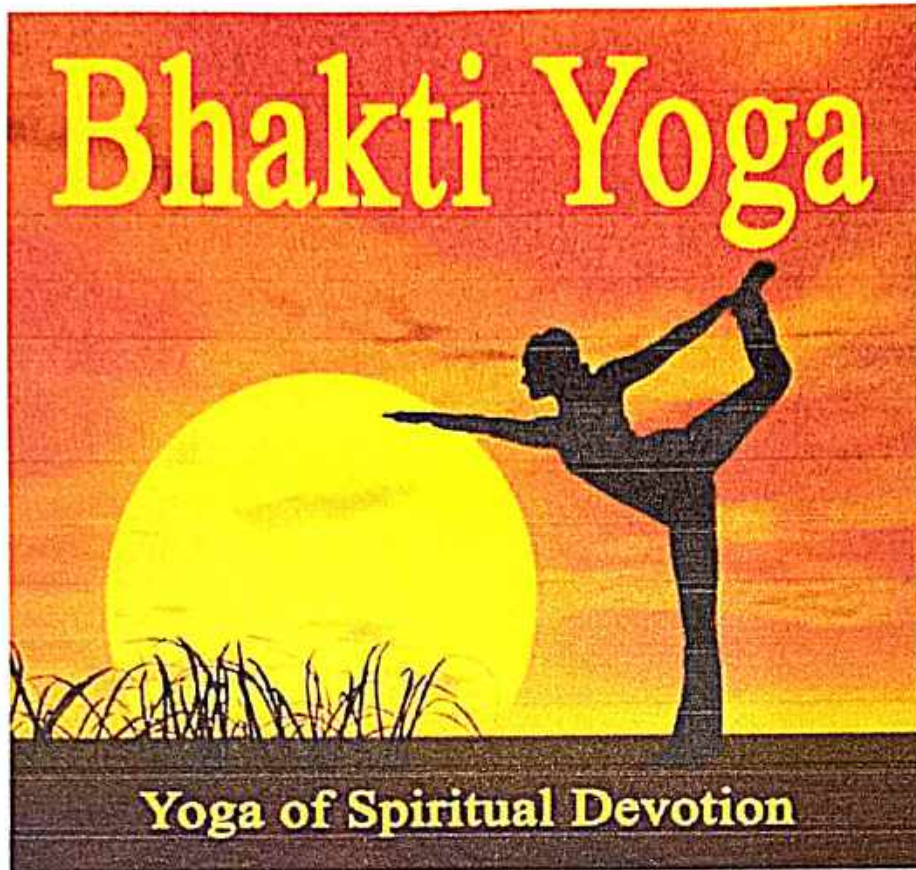
• KARMA YOGA -

Karma Yoga is a form of yoga that focuses on doing good deeds. Giving one's time, effort, and kindness to others without expecting anything in return or personal gain. It is the most humble form of yoga because it focuses on working for greater good.

• RAJA YOGA -

Raja yoga is a type of yoga that focuses on the mind. It focuses on the intellectual, emotional and intuitive aspects of personality.

Raja yoga is a great way to -things in perspective.



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- BHAKTI YOGA -

Bhakti Yoga is a form of yoga that focuses in devotion and love to the Supreme, God or Guru. It is truly universal and surpasses all religions by the power of love.

- MANTRA YOGA -

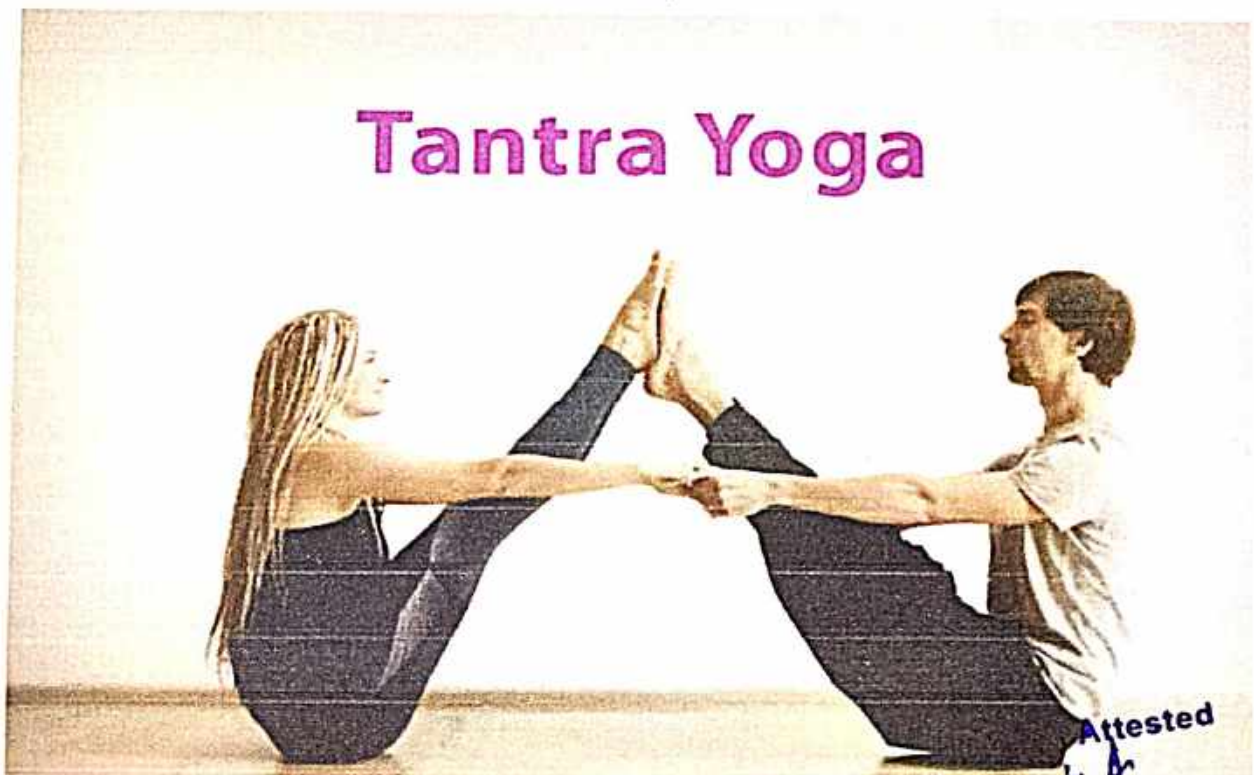
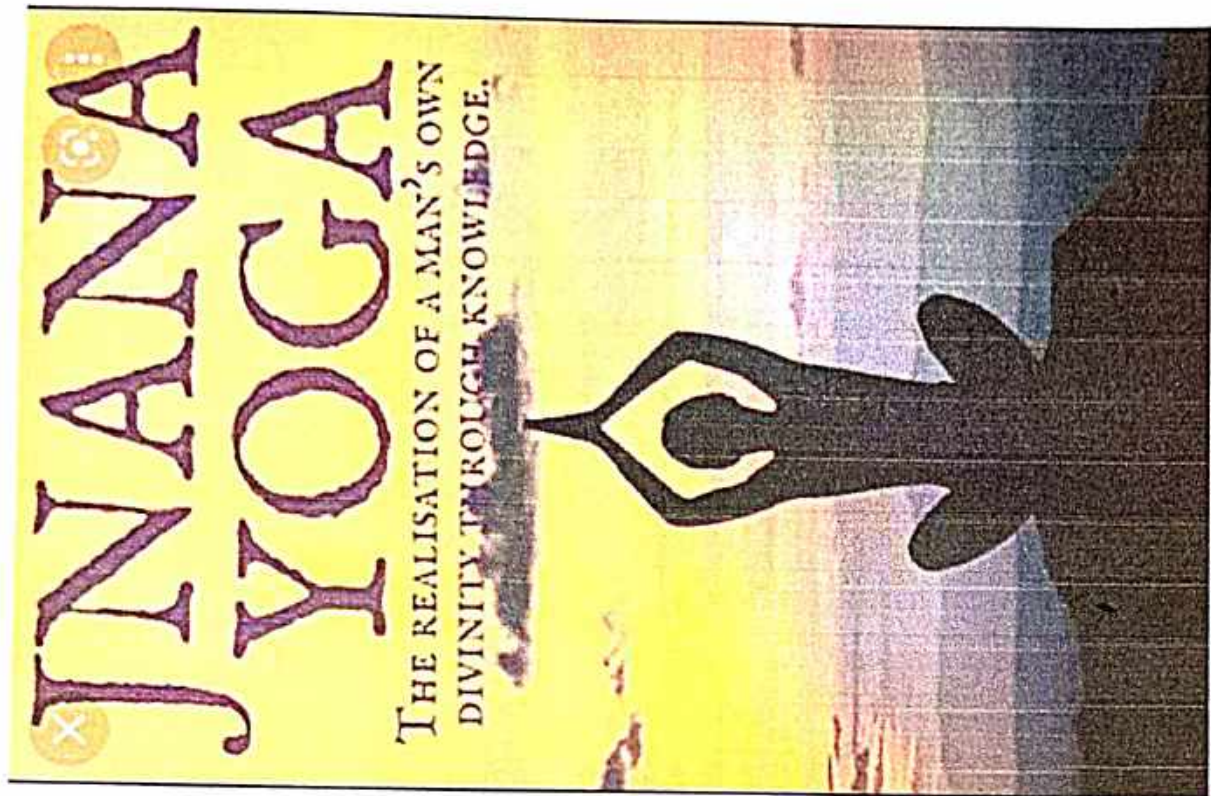
Mantra Yoga is a form of yoga based on the vibrations of the fundamental sounds of the universe. Mantras are spiritually charged Sanskrit words and phrases.

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• JNANA YOGA -

The Yoga of Knowledge and Wisdom is known as Jnana Yoga. This is a yoga of self-discovery and questions like "Who am I"?

In Jnana yoga, we pay attention to our higher selves and are intuitively guided by experience.

• TANTRIC YOGA -

Tantric yoga is also known as Energy Yoga. The basic goal is to achieve complete union by bringing the duality of the feminine (shakti) and male (shiva) forces within ourselves into a state of non-duality.

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12 BASIC HATHA YOGA POSES



Headstand



Shoulderstand



Plough



Fish



Seated
Forward Bend



Cobra



Locust



Bow



Half Spinal Twist



Crow



Standing
Forward Bend



Triangle

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• HATHA YOGA -

Hatha Yoga is a yoga that balances the body and the subtle body. It is a recently popular form of yoga defined as Asanas.

Hatha yoga has following "subgenres"

→ VINYASA YOGA - a popular yoga style that combines pranayama with a continuous flow of asanas

→ KUNDALINI YOGA - awakens deactivated Kundalini energy at the base of the spine and flows upwards.

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ASHTANGA YOGA PRIMARY SERIES

by Clayton Horton of

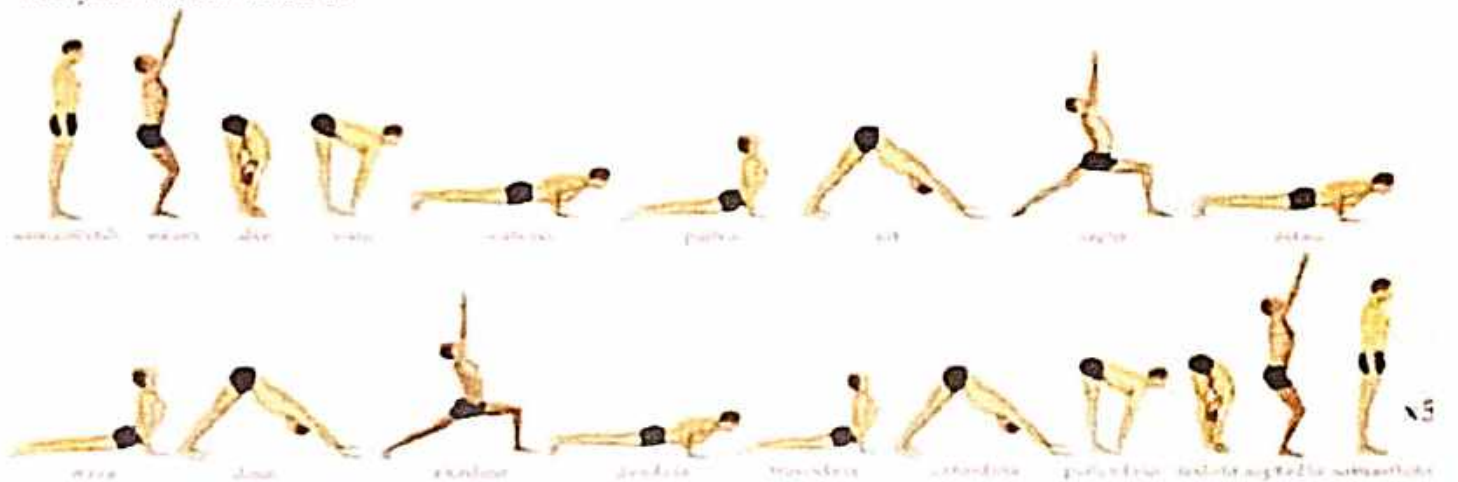
Greenpath Yoga



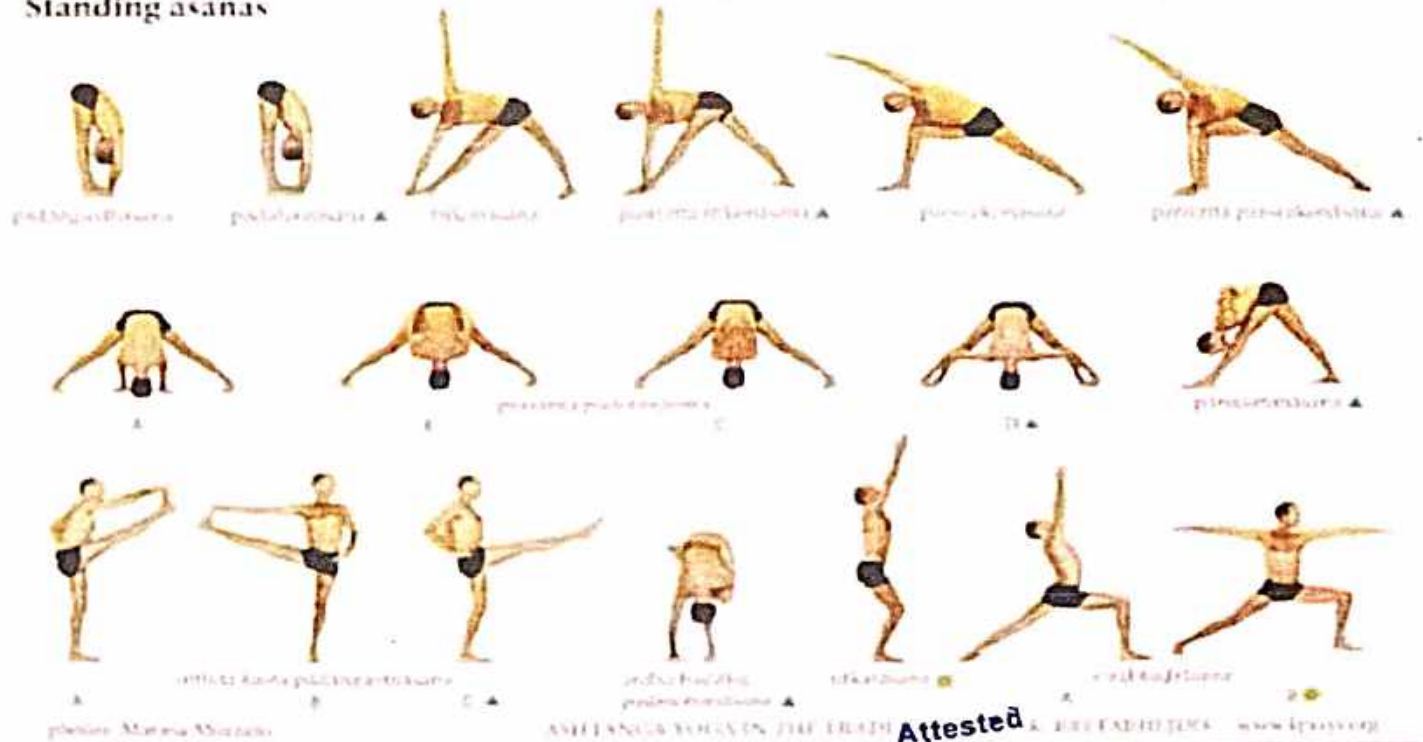
Sūrya Namaskara A



Sūrya Namaskara B



Standing asanas



ASHTANGA YOGA IN THE TRADE

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→ ASHTANGA - is an energetic form of yoga that includes a variety of postures.

→ IYENGAR → developed by B.K.S. Iyengar; is a different style of hatha yoga.

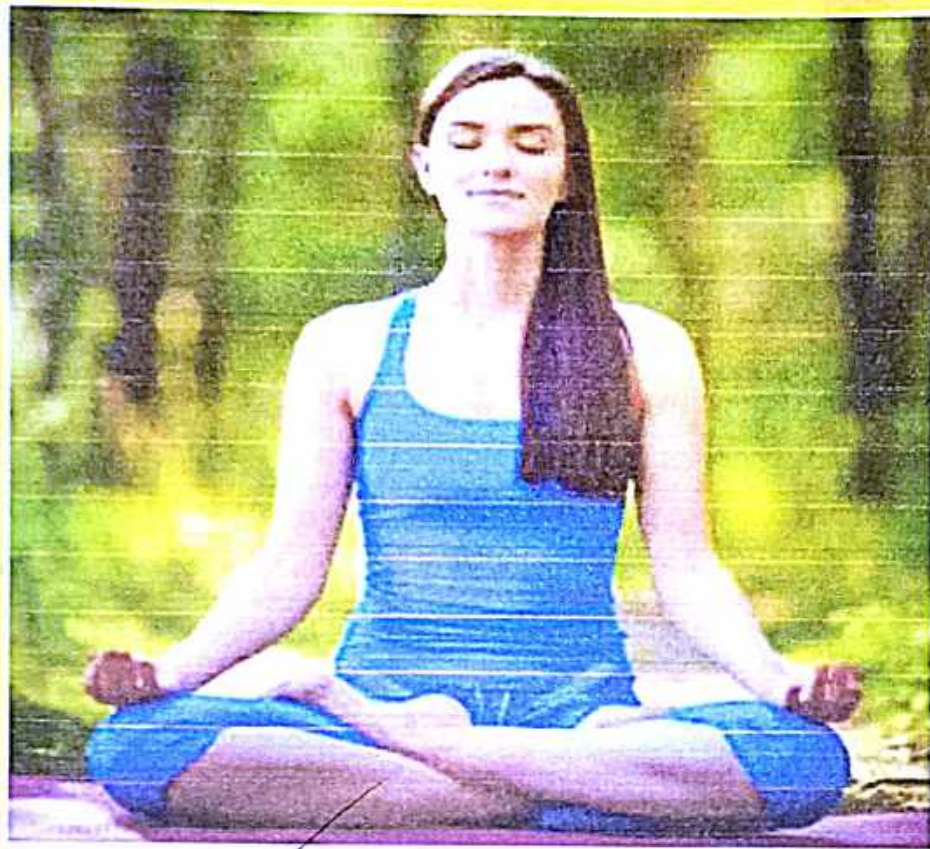
→ BIKRAM → often known as "hot-yoga", is performed in an enclosed space heated to high temperatures and humidity

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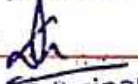


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INTRODUCTION TO ASANAS, PRANAYAM, MEDITATION & YOGIC KRIYAS

- **ASANA** - According to Patanjali, it means "sthira sukham asanam" i.e. that posture which is comfortable and steady.
- **PRANAYAM** - The word Pranayam is composed of 2 words; "Prana" + "Ayama". Prana means life force and Ayama means control.
i.e. "The control or regulation of Prana."
- **MEDITATION** - Meditation or Dhyana is a process of complete constancy of mind.
- **YOGIC KRIYA / SHUDDHI KRIYA** - is a cleansing technique for internal, external organs of the body.

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TADASANA THE PALM TREE POSE



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EASY & EFFECTIVE YOG - ASANAS FOR BOOSTING THE BRAIN -

1. TADASANA - (Mountain Pose) OR PALM TREE POSE

- This asana is considered as base or the mother of all asanas from within etc other asanas emerge.
- It increases the level of oxygen in the spinal cord and frontal part of the brain.
- It improves concentration and boosts energy.

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**SUKHASANA
THE EASY SITTING POSE**



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2. SUKHASANA -

- It is also known as easy sitting pose.
- It is one of the simplest pose for meditation suited for all beginners.
- It comes from Sanskrit word 'Sukham' which means 'comfort', 'easy', 'joyful'.
- It can be done by all age groups.

3. SHASHANKASANA -

- It means the 'hare pose' in Sanskrit.
- The meaning of shashank is moon.
- The Shashankasana pose is said to benefit the practitioners by helping in calming the nerves and providing feeling of tranquility.
- The name shashank is made up of two words - 'Shash' meaning hare and 'ank' meaning lap.

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A. PADMASANA - (LOTUS POSE)

→ Padmasana is a Sanskrit word which means "lotus flower"; and so it is called lotus pose.

→ It is so called because of the lotus-like formation which made by our legs during this asana.

→ It is a yogic exercise in which one crosses the legs while maintaining a straight posture.

→ It is an important position for meditation.

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Yog Nindra



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5. YOGA - NIDRA -

- A yoga routine provides deep restoration to your body and the mind.
- It is ideal to end your yoga sequence with yoga nidra (yogic sleep)
- In yoga nidra, we consciously take our attention to different parts of the body and relax then.
- Yoga nidra cools down the body.

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