

SURENDRANATH COLLEGE



NCC UNIT
2(B) BN NCC
Celebrates



INTERNATIONAL DAY OF YOGA

(21st JUNE 2021)

ARDHA MATSYENDRASANA



- Stimulates the liver, kidneys and the digestive fire in the belly.
- Relieves menstrual discomfort, fatigue, sciatica, and backache.
- Therapeutic for asthma and infertility.
- Energizes the spine.
- Stretches the shoulders, hips and neck.

SIRSASANA

- It helps us to calm the brain, relieve stress.
- It improves digestion, strengthens the lungs, the arms, spine and many more .
- It improves sleep.
- It keeps the spine into correct alignment.
- It restores the positions of vital organs by reversing gravity.
- It promotes hair growth by increasing circulation to the scalp.
- It improves brain function and increases vitality and confidence.



NATARAJASANA

- Stretches the shoulders and chest.
- Stretches the thighs, groins and abdomen.
- Strengthens the legs and ankle.
- Improves balance.



BAKASANA

- Strengthens arms so that they can hold the body weight.
- Strengthens core to help hold you up.
- Strengthens gluts, adductors and shoulders stabilizers.
- Helps to tone arm and hand muscles.
- Strengthens the abdominal muscles and organ.





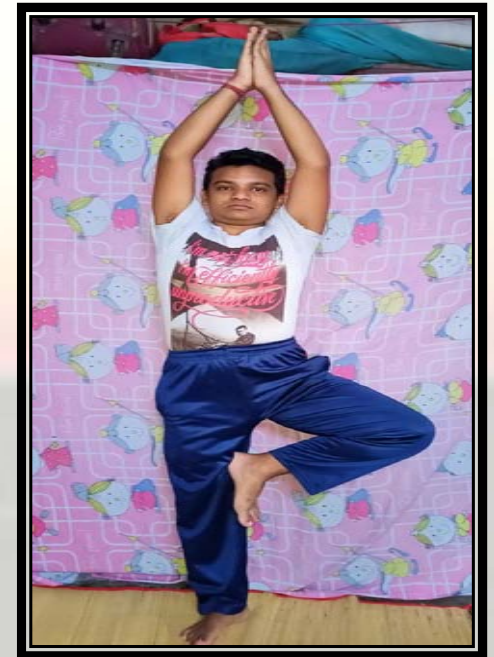
PADMASANA

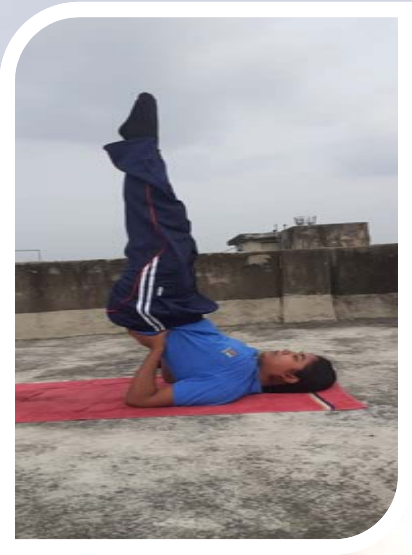
- Calms the brain.
- Increases awareness and attentiveness.
- Eases menstrual discomfort and sciatica.
- Keeps spine straight.
- Helps to develop good postures.
- Helps to keep joints and ligaments flexible.



VRIKSHASANA

- Improves your neuromuscular coordination and improves body-minded co-ordination.
- It helps with balance and endurance .
- Improves sense of balances.
- It improves alertness and concentration.
- Relieves sciatica and reduces flat feet.
- It strengthens the legs, and opens the hips.
- Builds self-confidence and esteems.





SARVANGASANA

- This helps in curing ailments related to bronchitis, asthma, heavy breathing and shortness in breath. Digestion is one of the major problem which people may face, due to fast food and other junk we fill in our stomach. Digestion would come in terms with food by this asana as well as body would be a place of better health.

USHTRASANA

- Improves spinal flexibility; strengthens shoulders and back muscles, thighs and arms; tones organs of abdomen, pelvis and neck; reduces fat on thighs; loosens up the vertebrae; opens up the hips; and improves posture.
- It corrects any disorders of neck, shoulders, and the spine. It cures various types of visionary defects of the eyes and strengthens all the sense organs.



BHUJANGASANA

- Beneficial for the backache due to overload or long hours of standing.
- Limbers spine.
- Aids in relief and elimination of menstrual irregularities.
- Affects the adrenal glands, sending them a richer supply of flood.



HALASANA

- Stimulates the abdominal organs and thyroids glands.
- Stretches the shoulders and spine.
- Therapeutic for backache, headache, infertility etc.
- Good for people suffering from stiffness, obesity, muscukar rheumatism, enlarges liver and spleen, constipaton , indigestion and arthritis.
- Best posture for spine flexible.



DHANURASANA



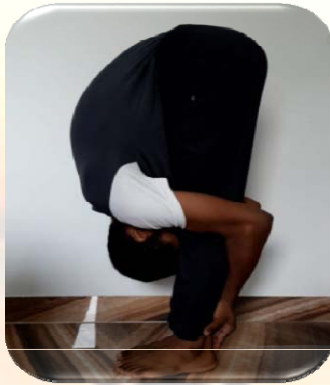
- Stretches the entire front body, ankles, abdomen, and chest, throat, and deep hip flexors.
- Improves postures, stimulates the organs of the abdomen and neck.
- Increases blood flow in abdominal area and aids all sorts of digestive disorders and discomforts.

GOMUKHASANA

- Opens shoulders and increases the range of motion for shoulder joints.
- Stretches the chest .
- Stretches triceps and strengthens biceps.
- Stretches the quads.
- Stretches the butt which helps relieve tightness in hips and lower back pain.
- Alleviates stress and mental tension.
- Makes body flexible.
- Opens up the chest.



PADA HASTASANA



- Makes the spine flexible.
- Helps to remove back pain.
- Strengthens the thigh.
- Helpful in preventing constipation.
- Correct menstrual problems in women.

BIDALASANA

- Doing this asana improves health by stimulating spin fluids and the digestive tract besides improving circulation through the spine and core.
- It is also beneficial for managing stress.



PASCHIMOTTANASANA



- Stretches the spine, shoulders.
- Soothes headache ,anxiety, and reduces fatigue.
- Joints of the arms, shoulders,legs,knees,ankles,hip become more flexible.
- It is good remedy for consumption , dyspepsia, flatulence, belching, hiccoughs and digestive disturbances.
- Improves digestions and the peristaltic action of the bowels.

PARIPURNA NAVASANA

- Strengthens the abdominal muscles
- It helps in sugar level.
- It strengthens the muscles of the arms,tighs, and shoulders.
- Tones the hips and the buttocks.
- Removes tension from the neck and the side muscles and opens up the chest and expands it.





**THANK
YOU**

JAI HIND