

NAAC DVV CLARIFICATIONS

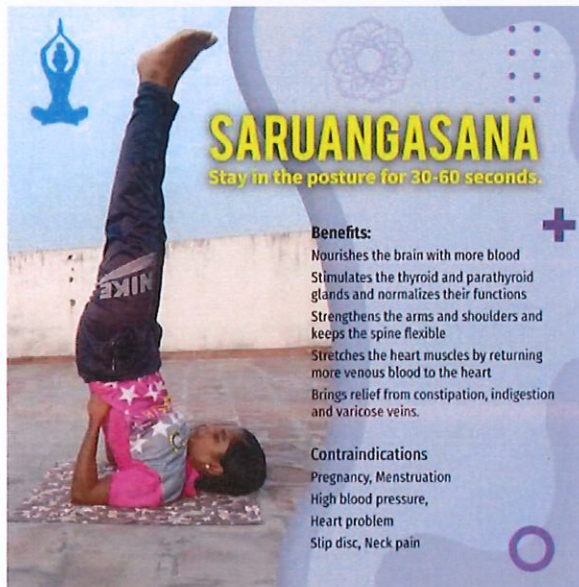
CRITERIA – 5

5.1.2. Following capacity development and skills enhancement activities are organised for improving students' capability

REPORTS- Life skills (Yoga, physical fitness, health and hygiene)

2020-2021

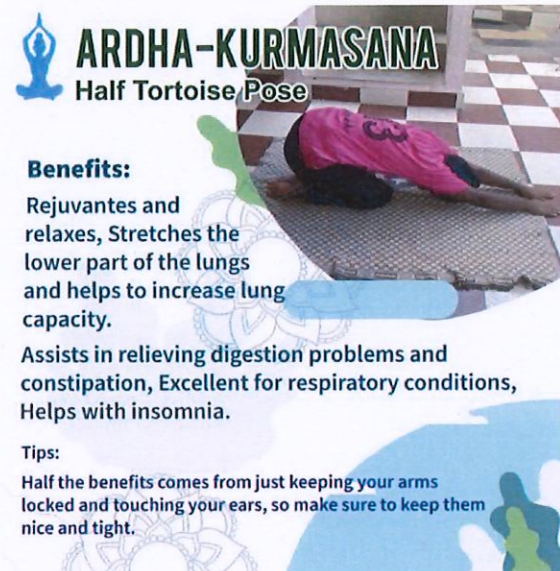
INTERNATIONAL YOGA DAY- POSTERS BY STUDENTS



**SARUANGASANA**  
Stay in the posture for 30-60 seconds.

**Benefits:**  
Nourishes the brain with more blood  
Stimulates the thyroid and parathyroid glands and normalizes their functions  
Strengthens the arms and shoulders and keeps the spine flexible  
Stretches the heart muscles by returning more venous blood to the heart  
Brings relief from constipation, indigestion and varicose veins.

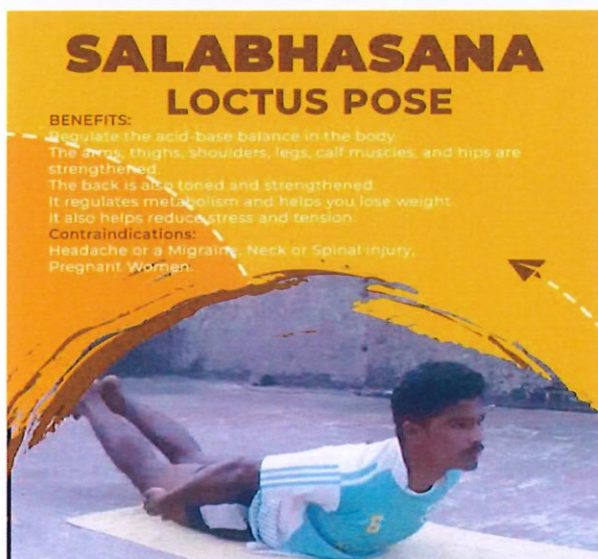
**Contraindications**  
Pregnancy, Menstruation  
High blood pressure,  
Heart problem  
Slip disc, Neck pain



**ARDHA-KURMASANA**  
Half Tortoise Pose

**Benefits:**  
Rejuvenates and relaxes, Stretches the lower part of the lungs and helps to increase lung capacity.  
Assists in relieving digestion problems and constipation, Excellent for respiratory conditions, Helps with insomnia.

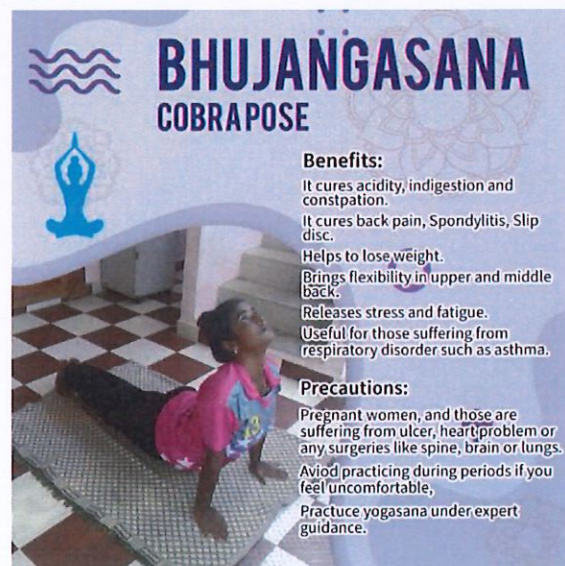
**Tips:**  
Half the benefits comes from just keeping your arms locked and touching your ears, so make sure to keep them nice and tight.



**SALABHASANA**  
LOCTUS POSE

**BENEFITS:**  
Regulate the acid-base balance in the body.  
The arms, thighs, shoulders, legs, calf muscles, and hips are strengthened.  
The back is also toned and strengthened.  
It regulates metabolism and helps you lose weight.  
It also helps reduce stress and tension.

**Contraindications:**  
Headache or a Migraine, Neck or Spinal injury,  
Pregnant Women.



**BHUJANGASANA**  
COBRA POSE


**Benefits:**  
It cures acidity, indigestion and constipation.  
It cures back pain, Spondylitis, Slip disc.  
Helps to lose weight.  
Brings flexibility in upper and middle back.  
Releases stress and fatigue.  
Useful for those suffering from respiratory disorder such as asthma.

**Precautions:**  
Pregnant women, and those are suffering from ulcer, heart problem or any surgeries like spine, brain or lungs.  
Avoid practicing during periods if you feel uncomfortable,  
Practice yogasana under expert guidance.

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## VAJRASANA

Duration : 5 to 10 Minutes

**BENEFITS**

This asana improves digestion and with regular practice, it eliminates constipation. Better digestion prevents ulcers and acidity.

This asana strengthens the pelvic muscles too.


It helps to ease out labor pains and also reduces menstrual cramps.

**Contraindications**

Knee problem

Pregnant women should keep their knees slightly apart when they practice this asana so that they avoid putting pressure on their abdomen.

Any spinal column ailments on the lower vertebrae.



## ARDHA-KURMASANA

Half Tortoise Pose


**Benefits:**

Rejuvenates and relaxes, Stretches the lower part of the lungs and helps to increase lung capacity.

Assists in relieving digestion problems and constipation, Excellent for respiratory conditions, Helps with insomnia.

**Tips:**

Half the benefits comes from just keeping your arms locked and touching your ears, so make sure to keep them nice and tight.



## GOMUKHASANA

Cow Face Pose

Duration : 30 to 60 seconds

**Benefits:**


This asana helps to flex the back, making it more elastic.

It helps to cure stiff shoulders and also helps reduce backaches.

It enhances the working of the kidneys, thereby helping those suffering from diabetes.

It also works the chest muscles and helps in treating sexual ailments.

Practicing this asana regularly can reduce stress and anxiety.



## JANUSIRSASANA

**Benefits:**

Calms the brain and helps relieve mild depression.

Stretches the spine, shoulders, hamstrings, and groins.

Stimulates the liver and kidneys.

Therapeutic for high blood pressure, insomnia, and sinusitis.

Relieves anxiety, fatigue, headache, menstrual discomfort.



**DANDAYAMANA-DHANURASANA**  
STANDING BOW POSE

**Stretches:**

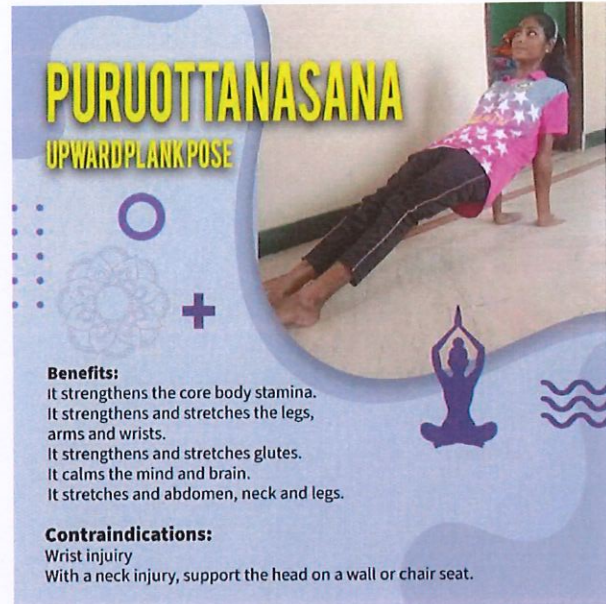
- Diaphragm, Ribcage
- Spine, Hamstrings

**Stimulates:**

- Circulatory System
- Digestive System
- Reproductive System
- Urinary System

**Benefits:** +

- Improves elasticity of the spine, tones hips and buttocks improves balance, Develops determination, patience and self-confidence, Flushes kidneys, bladder and urinary system.



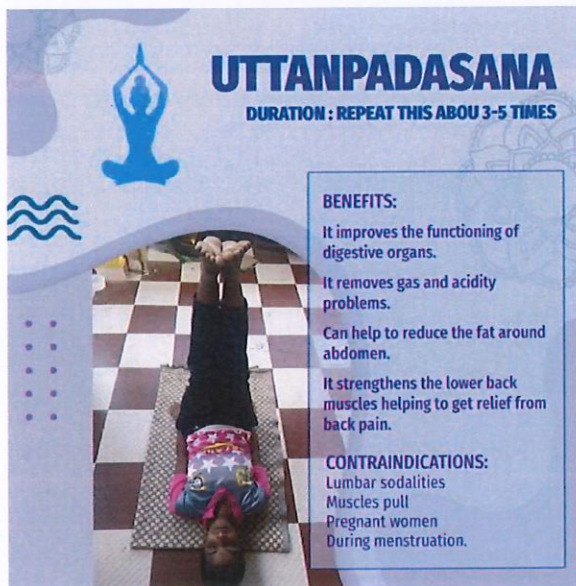
**PURUOTTANASANA**  
UPWARD PLANK POSE

**Benefits:**

- It strengthens the core body stamina.
- It strengthens and stretches the legs, arms and wrists.
- It strengthens and stretches glutes.
- It calms the mind and brain.
- It stretches and abdomen, neck and legs.

**Contraindications:**

- Wrist injury
- With a neck injury, support the head on a wall or chair seat.



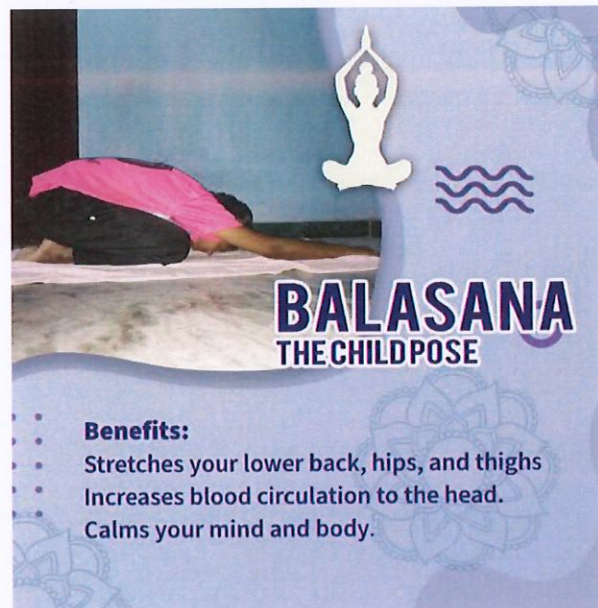
**UTTANPADASANA**  
DURATION : REPEAT THIS ABOUT 3-5 TIMES

**BENEFITS:**

- It improves the functioning of digestive organs.
- It removes gas and acidity problems.
- Can help to reduce the fat around abdomen.
- It strengthens the lower back muscles helping to get relief from back pain.

**CONTRAINDICATIONS:**

- Lumbar spondylitis
- Muscles pull
- Pregnant women
- During menstruation.



**BALASANA**  
THE CHILD POSE

**Benefits:**


- Stretches your lower back, hips, and thighs
- Increases blood circulation to the head.
- Calms your mind and body.

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**SHIRSASANA / HEADSTAND**

**KING OF ASANAS**

Shirsasana improves blood circulation, gives strength to the respiratory system, improves concentration and memory. The asana involves the brain, spine and entire nervous system and stimulates the pituitary and pineal glands. The upside-down pose helps to ease constipation and relieves nervous disorders and anxiety.

**PADMASANA**  
LOTUS POSE WITH DEEP BREATHING  
DURATION: 1 TO 5 MINUTES

**Benefits:**

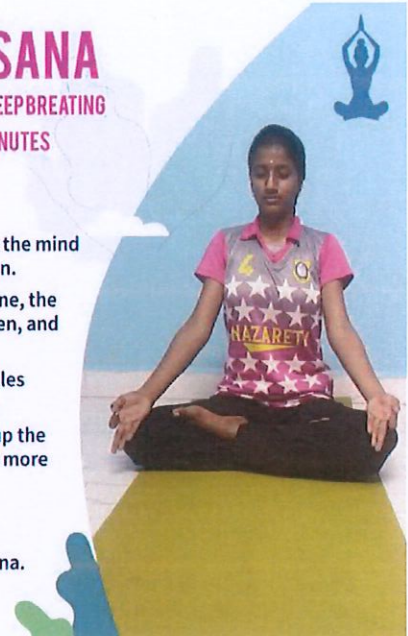
This asana relaxes the mind and calms the brain.

It activates the spine, the pelvis, the abdomen, and the bladder.


The knees and ankles get a good stretch.

This asana opens up the hips, making them more flexible.

Energy levels are restored with the practice of this asana.



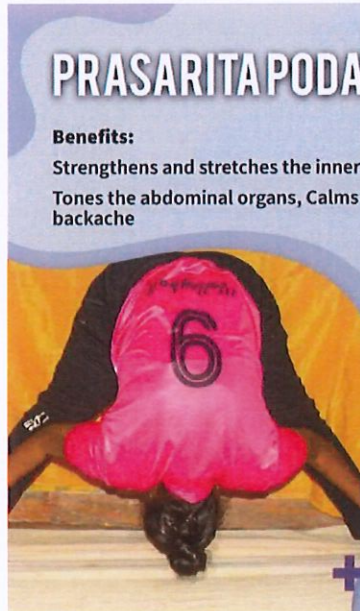
**Trikonasana**  
Triangle Pose

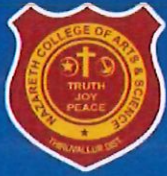


**Benefits:**  
Strengthens legs, knees, ankles, arms and chest.  
Increases mental and physical equilibrium.  
Helps improve digestion  
Reduces anxiety, stress, back pain and sciatica

**PRASARITAPODATTANASANA**

**Benefits:**  
Strengthens and stretches the inner and back legs and the spine  
Tones the abdominal organs, Calms the brain, Relieves mild backache





# NAZARETH COLLEGE OF ARTS & SCIENCE

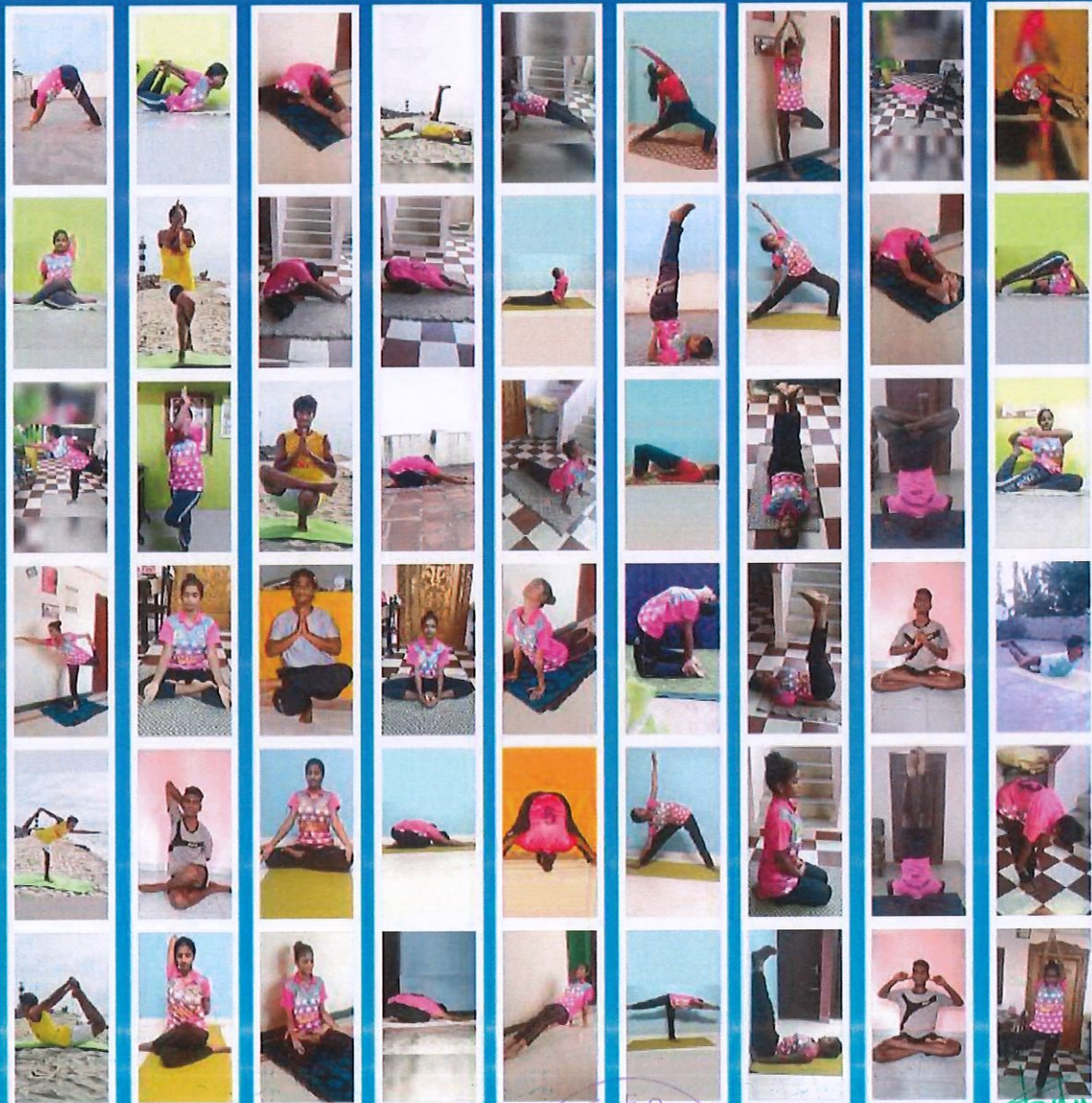
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 AVADI, CHENNAI - 600 062



## 7<sup>th</sup> INTERNATIONAL YOGA DAY Celebrations

**21 JUNE 2021**

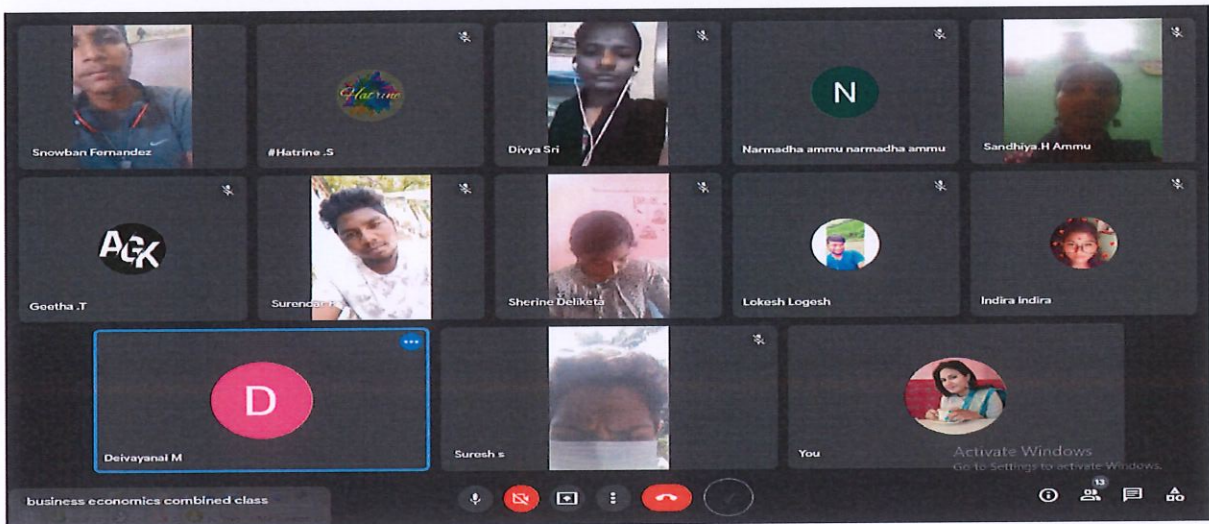
Organised by... **DEPT. OF PHYSICAL EDUCATION**



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## THE BENEFITS OF WEARING MASK

The Health club of Nazareth College of arts and science conducted a webinar on the benefits of wearing mask during the pandemic period on 18.1.2021. Dr Haseena Banu, university of madras was invited as the resource person. She pointed out the negligence of our social duty in wearing mask properly. She also explained the benefits of wearing mask and the scientific reports regarding wearing mask relentlessly.



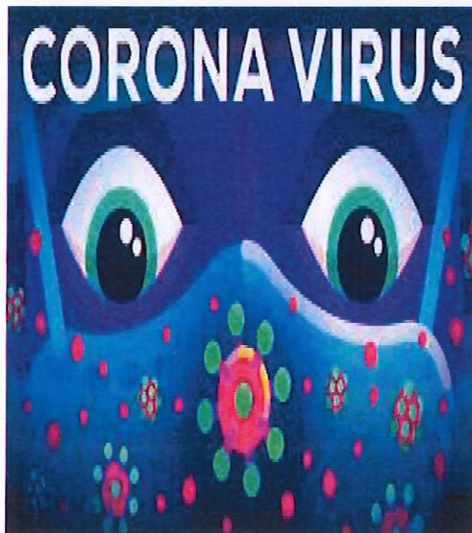
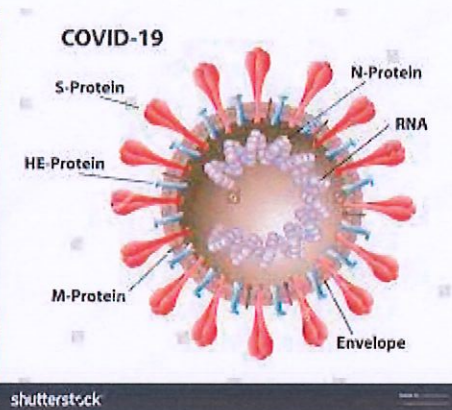
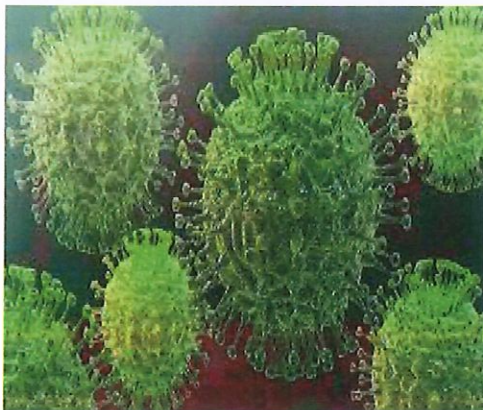
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## COVID-19- MEASURES TO FIGHT IT

The health club conducted another webinar on post COVID syndrome and prudent measures to fight it on 30.1.2021. DrsuganthiBhaktavatsalam Memorial College for women in koratturwas invited as the speaker. She elaborated on how COVID-19 virus can restructure its DNA for survival and the possibilities of inventing new medicine to fight it.



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