

E-LAKSHYA

PREFACE



Lakshya is an initiative taken by the Rotaract club of Gayatri Vidya Parishad (RACGVP) in the year 2018-19. Lakshya mainly focuses on creating awareness about the importance of sports along with academia and ensuring that all students participate actively. Every year, Rotaractors conduct this event explaining the importance of physical education and the way it helps us in improving our mental health. They try to engage them in fun and exhilarating mini-sports competitions followed by prize distribution. In this way, we stimulate young minds through Lakshya.

What if the schools are closed? You still have your home, get set play! This year (2021-22), though the COVID-19 pandemic has become an obstacle for us to make them play on grounds, we did not stop as learning has no boundaries. Thereby taking forward Lakshya through online platforms as E-Lakshya, by releasing the guides of various sports. Each month a guide is released consisting of a set of rules and regulations to play. Further, the Rotaractors visit several Zilla Parishad High Schools (ZPHS) and present the game guide to the heads of the respective educational institutions. Later the guide will be passed down to students to learn and understand the rules of the game which shall be conducted after the pandemic.

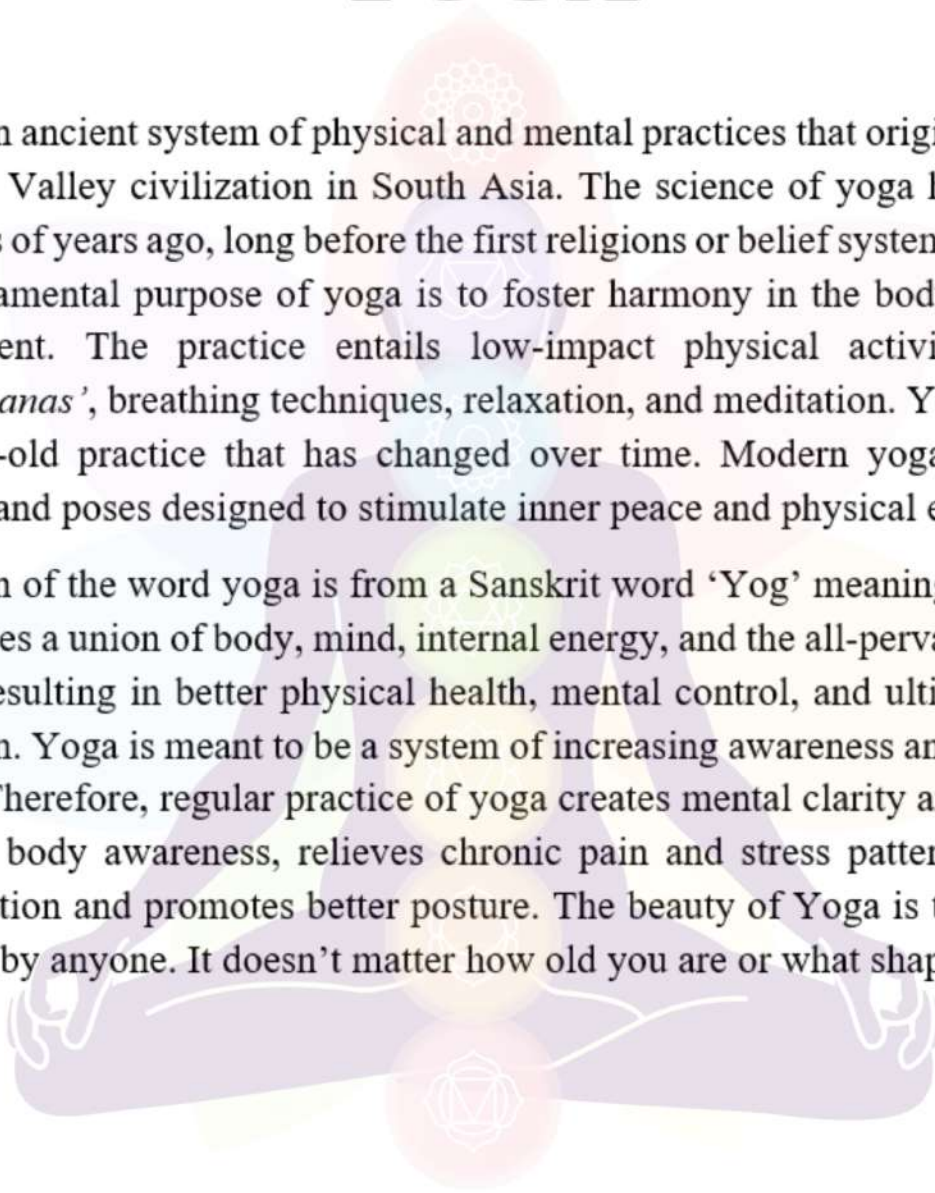
E-LAKSHYA

YOGA



Yoga is an ancient system of physical and mental practices that originated during the Indus Valley civilization in South Asia. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. The fundamental purpose of yoga is to foster harmony in the body, mind, and environment. The practice entails low-impact physical activity, postures called '*asanas*', breathing techniques, relaxation, and meditation. Yoga is a five-millennia-old practice that has changed over time. Modern yoga focuses on stretches and poses designed to stimulate inner peace and physical energy.

The origin of the word yoga is from a Sanskrit word 'Yog' meaning union. One experiences a union of body, mind, internal energy, and the all-pervading cosmic energy, resulting in better physical health, mental control, and ultimately, self-realization. Yoga is meant to be a system of increasing awareness and decreasing disease. Therefore, regular practice of yoga creates mental clarity and calmness, increases body awareness, relieves chronic pain and stress patterns, sharpens concentration and promotes better posture. The beauty of Yoga is that it can be practiced by anyone. It doesn't matter how old you are or what shape you are in.



E-LAKSHYA YOGA



KAPALABHATI PRANAYAMA



Start by sitting in a comfortable seat with a tall, straight spine, and exhale completely. Inhale briefly through both nostrils, then sharply exhale while pulling your navel in toward your spine. The exhalation is short and quick, but very active, while the inhalation is short and passive. Again, pull your navel in as you exhale and soften it on the inhalation. Do one round of 30 (counting your exhalations) and rest for a minute with some deep breaths in between and repeat this procedure.

E-LAKSHYA YOGA



NADI SHODHANA PRANAYAMA



Nadi shodhana can be done seated with a straight spine. To start, empty all the air from your lungs. Using the thumb of your dominant hand, block your right nostril and inhale through your left nostril only. Be sure to inhale into your belly, not your chest. Once you are full of breath, seal your left nostril with the ring finger of the same hand, keeping your right nostril closed, and hold the breath for a moment. Then release your thumb and exhale through your right nostril only. Be sure to exhale all the breath out of the right side and pause before inhaling again through the same side. Seal both nostrils once you've inhaled on the right side and exhaled through the left side. A complete cycle of breath includes an inhalation and exhalation through both nostrils.

E-LAKSHYA YOGA



SURYA NAMASKAR

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, it is also known to have an immensely positive impact on the body and mind.

PRANAMASANA: Stand at the edge of your mat, keep your feet together. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in prayer position.



HASTHA UTHANASANA: Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.



E-LAKSHYA YOGA



SURYA NAMASKAR

HASTHA PADASANA: Breathing out, bend forward from the waist keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.



ASHWA SANCHALANASANA: Breathing in, start bending your knees towards the right side of your chest while stretching your left leg backwards. Place both your hands on the ground. Raise your head and look forward.



CHATURANGA DANDASANA: As you breathe in, take the right leg back joining both your legs and bring the whole body in a straight line. Make sure that both of your hands are just below your shoulders and the body is parallel to the ground.



E-LAKSHYA YOGA



SURYA NAMASKAR

ASHTANGA NAMASKARAM: Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin should touch the floor.



BHUJANGASANA: Slowly bring your hip down and place your legs as well as midsection on the ground while inhaling. Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.

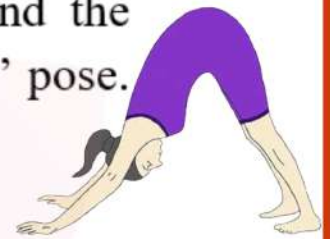


E-LAKSHYA YOGA



SURYA NAMASKAR

PARVATASANA: Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose. Try to keep your heels on the ground.



ASHWA SANCHALANASANA: Breathing in, bring the left foot forward in between the two hands. The right knee goes down on the floor. Press the hips down and lookup.



HASTHA PADASANA: Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.



E-LAKSHYA YOGA



SURYA NAMASKAR

HASTHA UTHANASANA: Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.



TADASANA: As you exhale, first straighten the body, then bring the arms down. Relax in this position and observe the sensations in your body.



This completes one set of Surya Namaskar. To complete the round, repeat the steps. This time, start with taking the right foot behind in step number 4 and bringing the right foot forward in step number 10. Once done, you would've completed one round of Surya Namaskar.