

JUNE : 2023, VOL : 05, ISSUE : 06

V-Discover

THE STUDENTS
DIGITAL MAGAZINE



SWAMY VIVEKANANDHA COLLEGE OF PHARMACY

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YOGA AND EXERCISES



INTRODUCTION TO YOGA

Yoga asanas encompass a sequence of postures and breathing exercises aimed at nurturing the body and mind. In yoga, breath, known as "prana," serves as the life force that fuels all energy. Proper breathing is essential in any form of yoga, as incorrect breathing obstructs the body channels and lead to severe pain and physical discomfort. Health professionals advocate for daily yoga practice to maintain a healthy body. The term "yoga" originates from Sanskrit, with its root word "yuj" meaning "to attach, join, harness, or yoke."

Yoga shares a connection with the English term "yoke." The earliest mention of the word "yoga" can be found in the Rig-Veda hymn, a devotional expression to the Sun-god. The word has been translated as "yoke" or "control." According to Pini, a philosopher from the 4th century BCE, the word "yoga" can be derived from two possible roots "yujsamdau," which means "to concentrate" or "to yoke," or "yogis yoga," which means "to yoke." Traditional interpreters believe that the root "yuj samdhau" (to concentrate) is the most appropriate origin for the Yoga Sutras. Vaasa, the author of the first commentary on the Yoga Sutras, asserts that yoga is derived from this root.

SONISHA.N, I-Pharm.D



HISTORICAL PRACTICE

Yoga, primarily a spiritual practice, is founded upon a subtle and intricate science that emphasizes the harmonious connection between the body and mind, aiming to lead a healthy and balanced life. A person who has attained mukti, nirvana, or moksha, which signifies liberation and the realization of the oneness of existence, is considered a practitioner of yoga and is referred to as a yogi. By practicing yoga, individuals seek to achieve freedom, recognize their inherent divinity, and attain a state of liberation.

The primary objectives of yoga encompass living with freedom in all aspects of life, attaining good health, and experiencing inner peace. Yoga encompasses an inner science comprising various techniques that aid individuals in achieving unity and union within themselves, often associated with gaining control over their future. Dating back to 2700 B.C., yoga is widely acknowledged as an enduring cultural achievement of the Indus Saraswati valley civilization, renowned for its ability to promote both material and spiritual progress. The core principles of yoga sadhana form its distinctive identity, and it is believed to have been practiced since the earliest days of human civilization.

HISTORICAL EVIDENCE

From ancient times before the Vedic period (2700 B.C.) up to the era of Patanjali, there exists substantial historical evidence that validates the existence and practice of yoga. Valuable information regarding yoga practices and the relevant literature during this period is derived from various sources such as the Vedas, Upanishads, Smritis, teachings of Buddhism and Jainism, works of Panini, Epics, Puranas, and more.

LIBISHA. J, I-Pharm.D

THE SCIENCE BEHIND YOGA

The integration of ancient wisdom with modern scientific understanding highlights the profound impact of yoga on our physical, mental, and emotional health. The science behind yoga encompasses various aspects that contribute to its benefits on physical, mental, and emotional well-being. Here are some key scientific principles underlying the practice of yoga:

MIND-BODY CONNECTION : Yoga recognizes the strong connection between the mind and the body. Scientific research has shown that engaging in yoga practices, such as asanas (postures) and pranayama (breathing exercises), can positively influence the central nervous system, endocrine system, immune system, and other physiological processes.

STRESS RESPONSE : Yoga has been found to activate the parasympathetic nervous system, which is responsible for the "rest and digest" response. This leads to a decrease in stress hormones like cortisol and an increase in relaxation and overall well-being.

BREATH CONTROL : Pranayama techniques in yoga involve conscious control of the breath. Research suggests that specific breathing exercises can influence the autonomic nervous system, leading to a calming effect, improved mental focus, and regulation of emotions.

MINDFULNESS AND MEDITATION : Yoga incorporates mindfulness and meditation practices, which have been extensively studied for their positive effects on mental health. Regular meditation has been shown to reduce stress, increase emotional resilience, improve attention and focus, and enhance overall cognitive function.

PHYSICAL HEALTH BENEFITS : Yoga asanas involve stretching, strengthening, and balancing the body, leading to improved flexibility, muscle tone, joint stability, and overall physical fitness. Research has demonstrated the effectiveness of yoga in managing chronic pain, improving cardiovascular health, enhancing respiratory function, and supporting weight management.

NEUROPLASTICITY : Yoga practices have been found to influence neuroplasticity, the brain's ability to reorganize and adapt. Regular yoga practice has been associated with structural and functional changes in the brain, such as increased gray matter volume, strengthened neural connections, and improved cognitive function.

EMOTIONAL WELL-BEING : Yoga promotes self-awareness, emotional regulation, and the cultivation of positive emotions. It has been shown to reduce symptoms of anxiety and depression, improve mood, increase self-esteem, and enhance overall emotional well-being.

INFLAMMATION AND IMMUNITY : Studies have indicated that practicing yoga can have anti-inflammatory effects on the body by reducing levels of pro-inflammatory markers. Yoga has also been found to enhance immune function and improve the body's ability to fight off infections and diseases.

BRAMITHA.R, I-Pharm.D

HARNESSING SOLAR ENERGY WITHIN : THE SCIENCE BEHIND SURYA NAMASKAR



The Science Behind Surya Namaskara, also known as Sun Salutation, lies in its holistic approach to the body and mind. Surya Namaskara is a series of yoga asanas (postures) combined with synchronized breathing that is performed in a specific sequence.

From a physical standpoint, Surya Namaskara engages multiple muscle groups and joints in the body, promoting flexibility, strength, and coordination. The sequence involves stretching, bending, and twisting movements, which help improve the overall range of motion and suppleness of the body. The repeated flow of postures also enhances blood circulation, oxygenates the body, and stimulates the vital organs, promoting their optimal functioning.

Mentally, Surya Namaskara has a calming and meditative effect. The practice can reduce stress, and anxiety, and promote a positive mindset. Energetically, Surya Namaskara activates and balances the energy centers in the body known as the chakras. The sequence is designed to awaken and channel the prana (life force energy) throughout the body, promoting vitality and a sense of inner balance. The integration of breath and movement in Surya Namaskara helps to harmonize the flow of energy, creating a feeling of rejuvenation and vitality.

ASHVITHA S, I-Pharm.D

POSITIVE OUTCOMES OF YOGA

STRESS REDUCTION : Regular practice helps activate the relaxation response, lower cortisol levels, and promote a sense of calm and well-being.

IMPROVED MENTAL HEALTH : It can help alleviate symptoms of anxiety, depression, post-traumatic stress disorder (PTSD), and other psychological disorders by promoting emotional regulation, enhancing self-awareness, and fostering a positive mindset.

ENHANCED PHYSICAL WELL-BEING : Regular practice can increase flexibility, muscle tone, joint mobility, and cardiovascular health.

PAIN MANAGEMENT : It can help reduce pain intensity, improve physical function, and enhance quality of life for individuals with conditions such as arthritis, fibromyalgia, and lower back pain.

RESPIRATORY HEALTH : Breathing exercises and mindful breathing techniques in yoga therapy improve respiratory function and lung capacity.

IMPROVED SLEEP QUALITY : Practicing yoga therapy promotes better sleep by reducing stress and anxiety, calming the mind, and promoting relaxation.

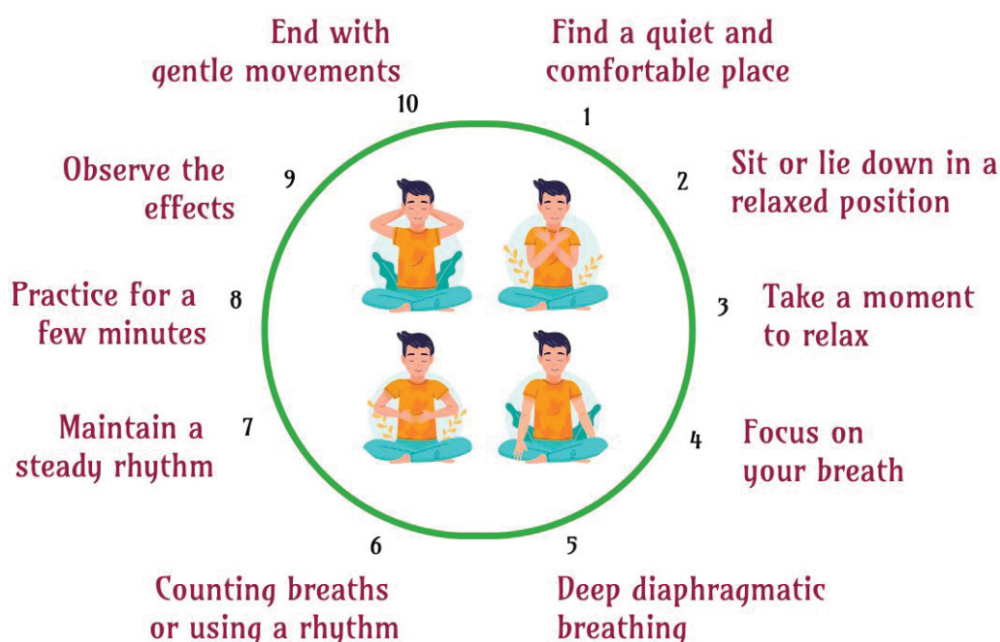
INCREASED SELF-COMPASSION AND SELF-ACCEPTANCE : It encourages individuals to listen to their bodies, respect their limitations, and embrace their unique journey, leading to improved self-esteem and self-care.

BETTER MIND-BODY CONNECTION : Yoga therapy enhances the mind-body connection, fostering a deeper understanding of the interplay between physical sensations, thoughts, and emotions.



NISHA .G, I-Pharm.D

ART OF ATTENTION : BREATHING EXERCISES



SAFRAN NISHA .S, I-Pharm.D

ADAPTATION OF TRADITIONAL YOGA PRACTICE

Modern yoga refers to the evolution and adaptation of traditional yoga practices in contemporary times. While yoga has its roots in ancient India, modern yoga has undergone various changes and developments to cater to the needs and preferences of a global audience.

1. Expansion of Yoga Styles
2. Accessibility & Popularity
3. Integration of Science & Research
4. Emphasis on Mindfulness & Meditation
5. Yoga for Specific Populations
6. Fusion & Innovation
7. Yoga Therapy
8. Integration of Technology



AKSHAYA .P, I-Pharm.D

THE THREE ELEMENTS OF FITNESS

CARDIOVASCULAR ENDURANCE : Cardiovascular endurance refers to the ability of the cardiovascular system (Heart, Blood Vessels and Lungs) to deliver oxygen and nutrients to the working muscles during prolonged periods of physical activity.

MUSCULAR STRENGTH AND ENDURANCE :

Muscular strength refers to the maximum force that a muscle or group of muscles can generate. It is typically measured through exercises like weight lifting or resistance training. Strengthening muscles can enhance overall performance, support joint health, and prevent injuries.



FLEXIBILITY : Flexibility refers to the range of motion around a joint or group of joints. It involves the ability of muscles, tendons, and ligaments to lengthen and stretch without causing discomfort or injury. Maintaining good flexibility helps prevent muscle imbalances, enhances posture, and promotes efficient movement patterns. It also reduces the risk of muscle strains and joint injuries.

UMADEV I .M, I-Pharm.D

YOGA DURING PREGNANCY

PRENATAL MODIFICATIONS :

Yoga poses can be modified to accommodate the changing needs & comfort of pregnant women. Prenatal yoga classes often focus on gentle movements, modifications for poses & practices that support the pregnant body, such as modified twists & gentle stretches.



PELVIC FLOOR STRENGTHENING : Prenatal yoga includes exercises and poses that target the pelvic floor muscles. Strengthening the pelvic floor can support the uterus, bladder and bowel, helping to prevent issues such as incontinence and promoting postpartum recovery.

MINDFULNESS AND RELAXATION : Prenatal yoga emphasizes deep breathing techniques, mindfulness, and relaxation practices. These techniques can help reduce stress, anxiety & promote a sense of calm during pregnancy, which can benefit both the mother and the developing baby.

IMPROVED POSTURE AND ALIGNMENT : As the body changes during pregnancy, maintaining good posture becomes important. Prenatal yoga helps strengthen the muscles that support proper alignment & posture, alleviating common discomforts such as lower back pain and sciatica.

CONNECTION WITH BABY : Prenatal yoga offers an opportunity for expectant mothers to connect with their growing baby. Through gentle movements, breath awareness & visualization, pregnant women can cultivate a sense of bonding and nurturing towards their baby.

PREPARATION FOR LABOR AND BIRTH : Prenatal yoga often includes specific poses and exercises that help prepare the body for labor & birth. These practices focus on opening the hips, strengthening the legs & promoting relaxation techniques that can be helpful during labor.

ADVANTAGES OF YOGA

COMMUNITY AND SUPPORT : Joining prenatal yoga classes can provide a supportive community of other expectant mothers. Sharing experiences, concerns & joys with like-minded women can create a sense of camaraderie and support during pregnancy.

POSTPARTUM RECOVERY : The physical & mental benefits of prenatal yoga can extend into the postpartum period. Building strength, maintaining flexibility & practicing relaxation techniques during pregnancy can aid in postpartum recovery and support the body's transition after giving birth.

ANUVARSHINI .S.K, I-Pharm.D.,

GET YOUR GEAR

SHOES : Shoes without socks provide no issues. Yoga is often performed on a mat with bare feet. Because socks are slippery, wearing them is not advised. If you must wear socks, seek for athletic socks with rubber grips on the bottoms.

YOGA MATS : Although most yoga studios and gyms sell mats, many yoga practitioners prefer to purchase their own due to hygienic reasons as well as the fact that mats vary in material, density and stickiness. Select a mat that won't let you slide about because that will provide you with a sturdy basis for changing between poses. If you are looking to buy your yoga mat, The wire cutter, a website owned by The New York Times Company, has done a complete review of your options.



CLOTHES : Wearing comfortable clothes is advised. Yoga class attire may typically be any exercise attire. However, as you advance to headstand and handstand postures, clothing that is too loose may get in the way.

SRINIVI .V, I-Pharm.D

- ★ Improved Flexibility
- ★ Increased Strength & Muscle Tone
- ★ Stress Reduction
- ★ Enhanced Mind-Body Connection
- ★ Improved Balance & Coordination
- ★ Increased Energy & Vitality
- ★ Better Sleep Quality
- ★ Improved Mental Health
- ★ Enhanced Respiratory Function
- ★ Overall Well-being



PAVITHRA .B, I-Pharm.D.,

BHUJANGASANA

- ★ Stretching the muscles in your chest, shoulders and abdomen.
- ★ Facilitate increased flexibility & better digestion
- ★ Widens the chest and clears the bronchial passageways.
- ★ Develops the mind, stretches the chest and lungs and enhances mental tranquility.



CHAKRASANA

- ★ Expanding lungs to get more oxygen intake
- ★ Reduction of stress and tension in the body.
- ★ Strengthens and increases the elasticity of the spine.
- ★ Improves body circulation in your body and purifies the blood.
- ★ Reduces abdominal fat and tones your core muscles.
- ★ It ensures the proper functioning of your body organs.



DHANURASANA

- ★ Enhancing blood circulation & managing diabetes.
- ★ Maintain a healthy gut & gives a glowing and healthy skin appearance.
- ★ Gives the entire back a good stretch and flexibility,
- ★ Relieves menstrual irregularities and comforts.
- ★ Improve curing dyspepsia (obesity), gastrointestinal problems.



VIPARITA KARNI

- ★ Alleviates menstrual cramps
- ★ Relieves swollen ankles and varicose veins
- ★ Helps testicular, semen, and ovarian problems
- ★ Calms the nervous system, which in turn, helps lower stress and anxiety.
- ★ Increase circulation and elevate the venous drainage, relieving tension



GARUDASANA

- ★ Increases balance and focus
- ★ Improve your capacity for concentration, alertness and awareness.
- ★ Aid in blood circulation to the body's vital organs.
- ★ Balances the body, increases flexibility.
- ★ Strengthens the bones in the legs & sharpens the mind.



PADMA SARVANGASANA

- ★ Helps stretch the back of the trapezius, hip flexors, and ankles.
- ★ Strengthens the muscles that support the spine.
- ★ Aids in neck, core, and spinal muscular strengthening.
- ★ Beneficial for thyroid problems, digestion, metabolism, respiratory health, and blood circulation.



HASTA UTTANASANA

- ★ Improves your digestion & respiratory functions
- ★ Stretches your arms, spine, abdomen, and chest
- ★ Reduces fatigue & Improves blood circulation
- ★ Increases your memory & Relieves the stress
- ★ Strengthens your arms, legs, and shoulders



USTRASANA

- ★ Aids in deep hip flexor stretching & increased hip flexibility.
- ★ Expanding the pelvic region & relieves lower back pain.
- ★ Promotes healthy blood flow throughout the organs
- ★ Helps in Pain relief during menstruation.



SIRASANA

- ★ Relieve stress by reducing the production of stress hormones.
- ★ Help in improving the digestive process of the body.
- ★ Remove toxins from the body.
- ★ Improve the blood flow toward the eyes.



SHAVASANA

- ★ Calms the mind and decreases stress.
- ★ Reduces headache, exhaustion, and anxiety.
- ★ Helps lower blood pressure.
- ★ Promotes spiritual awakening and awareness of higher consciousness.
- ★ Supporting the digestive and immunological systems





"Vidhya Rathna"

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Pharmacy Practice

Pharmacology

Pharmaceutical Chemistry

Pharmacognosy

Pharmaceutical Analysis

