

YOGA PROTOCOL FOR DIPLOMATS



INTRODUCTORY PART

Duration	Activity & It's Description	Illustration	Benefits
3 min.	SHATKARMA Kapalbhati (Cleansing of Cranial Cavity)		<p>Kapalabhati purifies the frontal air sinuses, helps to overcome cough disorders.</p> <p>It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.</p> <p>It rejuvenates the whole body, and keeps the face young and vibrant.</p> <p>It balances and strengthens the nervous system and tones up the digestive system.</p>
2 min.	Humming Sound		<p>Humming slows down the breathing rate significantly. We normally breathe 15-17 times in a minute, which may reduce to 4-6 times in a minute with the practice of humming. This helps in slowing down the heart rate, reducing our stress level. It also calms our nervous system by activating the parasympathetic nervous system.</p>
2 min.	Yogic Prayer <i>May we march forward with a common goal.</i> <i>May we be open minded and work to gather in Harmony.</i> <i>May we share our thoughts for integrated wisdom.</i> <i>May we follow the examples of our ancestors who achieved higher goals by virtue of being united.</i>		<p>Prayer is a psycho-physical phenomenon or practice which purifies our mind and heart to unfold the virtues of devotion and faith within us. It also connects us with the Divine.</p> <p>Prayer is essential in the beginning of yogic practices to bring balance between body and mind.</p>

Micro Exercises

Duration

Activity & It's Description

Illustration

Benefits

10 min

SUKSHM VYAYAM

1. Uccharan Sthal tatha Vishudh Chakra-Shudhi
(Exercise for Vocal Cord)
2. Budhi tatha Dhriti Shakti Vikasak
(Exercise for Intelligence)
3. Karn Shakti Vikasak
(Exercise for Ears)
4. Skandh tatha Bahumool Shaktivikasak
(Exercise for Shoulders)
5. Vaksh Sthal Shakti Vikasak
(Exercise for Chest)
6. Udarshakti Vikasak
(Exercise for Abdomen)
7. Kati Shakti Vikasak
(Exercise-1 for Back bone)
8. Kati Shakti Vikasak
(Exercise-2 for Back bone)
9. Pindali Shakti Vikasak
(Exercise for Calf Muscles)



Sukshma Vyayam includes minor exercises for all joints and muscles in a particular sequence from head to toes. These exercises helps in improving breathing pattern, reducing stress levels, controlling blood pressure, lowering cholesterol levels, improving body alignments and posture, minimizing allergies to diseases and enhancing immunity, maintaining appropriate body weight, improving concentration, and slowing down the ageing process etc.

5 min.

RELAXATION

Shavasana (The Corpse Pose)



Shavana helps in relaxing our whole body. It helps in relieving all kinds of tensions and gives rest to both body and mind. It relaxes the whole psycho-physiological system, improves concentration, cures insomnia, and calms our mind to improve mental health. The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment. It is found very beneficial in the management of stress and its consequences.

MAIN PART

ASANAS (Standing Postures)

Duration

Activity & It's Description

Illustration

Benefits

20 min

Vrikshasana



Improves neuro-muscular coordination, balance, endurance and alertness.
tones up the leg muscles and rejuvenates the ligaments also.
On a metaphysical level, helps one to achieve balance in other aspects of life.
Assists the body in establishing pelvic stability.

Parshvkonasana



Corrects misalignment of the shoulders and shoulder blades.
Relieves backache and neck sprains.
Makes the hip joint and spinal column supple.
Strengthens the legs and knees, particularly the hamstring muscles.
Stretches and tones the abdominal and pelvic organs.
Stimulates digestion by relieving gastritis, acidity, and flatulence.
Helps relieve menstrual disorders

ASANAS (Sitting Posture)

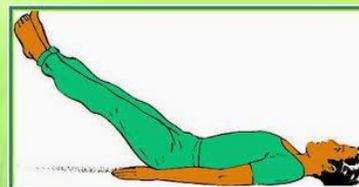
Ardh-matsyendrasana



Alleviates backache.
Relieves lumbago.
It strengthens the spinal column and the muscles of the back.
Increases energy level and stimulates the facial nerves and blood vessels thus brighten up the face.
This asana stimulates gastric secretions.
Very effective for patients who are suffering from diabetes.
Improves the functioning of the liver, spleen, pancreas, kidneys and intestines.

ASANAS (Supine Posture)

Uttanpadasana



Reduces fat around the waistline.
It balances the navel centre i.e. belly button.
It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhoea.
It builds up the abdominal muscles.
Helps to improve breathing and lungs capacity.
It relieves menstrual pain and helps to treat the symptoms of menopause.

Duration

Activity & It's Description

Illustration

Benefits

Sarvangasana

ASANAS (Inverted Posture)



Relieves stress and nervous disorders.
Eases migraines and stress-related headaches.
Alleviates hypertension and insomnia.
Reduces palpitation.
Improves the functioning of the thyroid and parathyroid glands.
Relieves cervical spondylitis and shoulder pain.
Relieves bronchitis, asthma, sinusitis and congestion.
Prevents varicose veins.
Alleviates ulcers, colitis, chronic constipation and haemorrhoids.

Halasana



Reduces fatigue, insomnia and anxiety.
Relieves stress-related headaches, migraine and hypertension.
Relieves palpitation and breathlessness
Disease like dyspepsia, constipation, obesity, hernia, varicose veins can be treated by it.
Improves the functioning of the thyroid and parathyroid glands.
Relives backache, lumbago, and arthritis of the back and spine.
It improves the vitality of the body.

ASANAS (Proline Posture)

Tiryaktadbhujangasana



Provides strength and flexibility to the spine.
It helps to correct many postural defects of the upper spine.
It is an ideal cure for cervical spondylosis and relieves neck stiffness, provides relaxation.
The asana is good for establishing health and improving the functions of the pancreas, kidneys, stomach and liver.
Tones up the ovaries and uterus, helps in menstrual and gynaecological disorders.
It helps in sharpening the memory and also helps in coordination of sensory and motor functions.

Makarasana



The abdominal wall gets a light massage from the firm surface of seat every time one breathes, this provides a deep relaxation.
The intestine will be suspended in a relaxed state and hence get soothing effect.
It is beneficial in Anxiety neurosis.

BREATHING PRACTICES

Duration

Activity & It's Description

Illustration

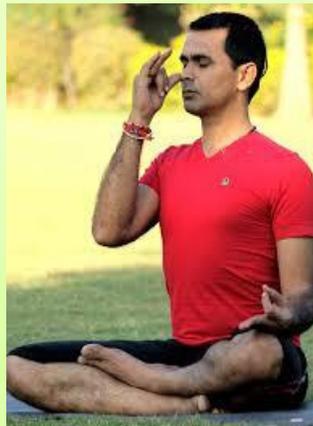
Benefits

Anulom Vilom
(Pre practice of pranayama)



Calms and steadies the mind, improves focus and concentration. Balances left and right hemispheres. Strengthens the immune system. Manages hypertension. Provides sufficient oxygen for the functioning of every cell in our body. Removes waste products such as carbon dioxide and other toxic gases from the body, so that they do not remain in the blood stream.

Suryabhedhi Pranayama



Surya-nadi is associated with heat, and hence, this pranayam cures ailments related to cold. It can cure cough, cold and asthma. It helps to maintain body's temperature. Improves digestion and release energy in body. Destroys intestinal worm and cures diseases related to digestive system. Boost the appetite and cures gas problems

Ujjayi Pranayam



Removes the heat from the head. The practitioner's voice becomes clear and melodious. It increases the digestion power. It removes phlegm in the throat and all sorts of pulmonary diseases are managed effectively. It is good for Asthmatic patients and for the patients of respiratory disorders.

Duration

Activity & It's Description

Illustration

Benefits

5 min.

Meditation

Green Colour Meditation
(Leshya Dhyam)



Green

Green provides a sense of balance in all aspects.
It has the strength to integrate the intuitive
right and intellectual left hemispheres of the brain.
In the natural world, green is the colour of life.

From The Meditation Book of Light and Colour

CONCLUDING PART

3 min.

Shanti Path (Prayer)

Oh God...

May there be peace in the sky and in space.

May there be peace in land and in the waters.

May herbs and vegetation bring us peace.

May all personifications of god bring us peace.

May god bring us peace.

May there be peace throughout the world.

May the peace be peaceful.

May god give me such peace also.



Closing prayer is recited to bring calmness and peace everywhere. It brings internal peace, calms the mind, helps in building strong emotional and spiritual bond with our Essential self, the God – the Ultimate Reality.

