
RAS Mains 2018 Edition

Sports & Yoga

2019



Book by RajRAS



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Introduction: Sports

India is home to a diverse population playing many different kinds of sports across the country. Cricket is the most popular sport in India. Field Hockey is the most successful sport for India at Olympics with India winning six consecutive (8 total) hockey gold medals at Olympics between 1928 and 1956. Kabaddi is the most popular indigenous sport in the country. As per a RTI in 2012, it was confirmed by Sports Ministry that **hockey was not the national sport of India** ([TOI](#)). In fact, the country does not have a national game as no game has been notified as such.

As per the Constitutional provisions, Sports & Physical Education are a **State subject** (Entry 33 State List). The development of sports had been conceived originally as an activity that would require a broad centralized direction along with the freedom and given to individual States to decide the course of their individual sports policy.

Union Ministry of Youth Affairs and Sports looks after the affairs of sports in India. In April, 2008, two separate Departments, namely, Department of Youth Affairs and Department of Sports, were created under the Ministry. At State Level in Rajasthan, there is Department of Youth Affairs and Sports to coordinate sports related activities within the state.

First-Aid in Sports

Accidents are a common feature across all sports. No matter, how much caution players take, it is impossible to avoid accidents in sports, be it amateur level or professional level. These accidents may result in injury to players and since, there is lack of availability of medical expert, the knowledge of first-aid comes in handy. This post looks at the various aspects of First-Aid in sports.

Definition of First-Aid:

First Aid is the initial assistance or treatment given to a casualty for any injury or sudden illness before the arrival of an ambulance, doctor, or other qualified personnel.

- First-Aid is usually performed by a Non-Expert person
- It involves simple procedures
- It requires minimum equipment to carry out.

Aims of First-Aid:

- Primary aim is to prevent the casualty's condition from becoming worse.
- To give immediate care and relief from pain.
- To preserve life.
- To promote recovery.

Types of Sports Injuries:

There are two kinds of sports injuries: acute and chronic.

- **Acute Injury:** An injury that occurs suddenly, such as a sprained ankle caused by an awkward landing, is known as an acute injury.
- **Chronic injuries:** are caused by overusing the same muscle groups or joints. Poor technique and structural abnormalities can also contribute to the development of chronic injuries.

Some Common sports Injuries:

- **Cuts and abrasions** - Usually caused by falls. The knees and hands are particularly prone.
- **Bruises** – a blow can cause small bleeds into the skin.
- **Strains:** A strain is a stretched or torn muscle or tendon. Strains can happen suddenly or develop over time.
 - Groin strain – symptoms include pain and swelling.
 - Hamstring strain – symptoms include pain, swelling and bruising.
- **Sprain** - also known as a torn ligament, is damage to one or more ligaments in a joint, often caused by joint being taken beyond its functional range of motion.
- **Fractures** – particularly in the lower limbs. The impact of repeated jumping or running on hard surfaces eventually stresses and cracks the bone.
- **Concussion** – mild reversible brain injury from a blow to the head, which may be associated with loss of consciousness.

Basic Steps to Prevent Injuries:

- Wear appropriate footwear.
- Warm up thoroughly according to your sport.
- Use the appropriate safety equipment, such as mouth guards, helmets and pads.
- Tape or strap vulnerable joints, if required.
- Drink plenty of fluids before, during and after the game.
- Cross-train with other sports to ensure overall fitness and muscle strength.
- Don't exert yourself beyond your level of fitness.
- Cool down after sport with gentle, sustained stretches.
- Allow adequate recovery time between sessions.

First-Aid Treatment for Injuries:

Treatment for a sports injury will depend on factors such as how severe the injury is and the part of your body affected. A general principle for first-aid is:

- Protect (avoid risk)
- Call
- Aid (help)

First aid for sprains, strains and joint injuries

The primary treatment to stop swelling of injured soft tissue is with the RICE method. This includes:

- **Protection** - Protection means stopping activity immediately and protecting the injured part from additional damage.
- **Rest** – keep the injured area supported and avoid using for 48-72 hours.
- **Ice** – apply ice to the injured area for 20 minutes every two hours for the first 48-72 hours.
- **Compression** – apply a firm elastic bandage over the area, extending above and below the painful site.
- **Elevation** – raise the injured area above the level of the heart at all times. This allows any fluid that is collecting to drain away.

The RICE method skips Protection, which is also an important step. Hence, some texts advocate PRICE regime for first-aid.

Avoid HARM:

- **No Heat** – heat will increase bleeding.
- **No Alcohol** – alcohol increases bleeding and swelling.
- **No Running** – running or exercise increases blood flow, delaying healing.
- **No Massage** – massage increases swelling and bleeding, also delaying healing.

First aid for nose-bleeds

Suggestions include:

- Stop the activity.
- Sit with your head leaning forward.
- Pinch your nostrils together and breathe through your mouth.
- Hold your nose for at least 10 minutes.
- If bleeding continues past 30 minutes, seek medical advice.

First Aid for Athletic Injuries Cuts, Scrapes and Bruises:

Cuts, scrapes and bruises are everyday occurrences in many sports. Most are obviously minor and can be treated with simple first aid. The objectives in treating these minor injuries are to.

- 1. Stop the bleeding
- 2. Clean the wound thoroughly; and
- 3. Protect the wound.

The proper technique to stop bleeding is to apply direct pressure to the wound by firmly holding a clean dressing against it.

Returning After an Injury

Returning to sports too soon can increase your risk of re-injury or developing a chronic problem that will lead to a longer recovery. Waiting too long, however, can lead to unnecessary fitness declines (deconditioning). The best way is getting doctor's or physiotherapist's assessment.

Sports Policies of India

National Sports Policy, 2001

The National Sports Policy, 1984 was formulated with the objective of raising the standard of Sports in the country. Over the years, the policy fell short of its objectives and a new National Policy on Sports was reformulated in 2001.

This policy has two main objectives viz, promotion of excellence in sports and broad-basing of sports. Salient features of the National Sports Policy 2001, are as under:

- Broad basing of sports and achievement of excellence;
- Up-gradation and development of infrastructure;
- Support to National Sports Federations and other sports bodies;
- Strengthening of scientific and coaching support to sports;
- Special incentives to promote sports;
- Enhanced participation of women, scheduled tribes and rural youth;
- Involvement of corporate sector in sports promotion; and
- Promote sports mindedness among the public at large.

Khelo India Programm

Khelo India was introduced by Ministry of Sports and Youth affairs to revive sports culture in India at grass-root level.

Objective:

- Mainstreaming sport as tool for individual development, community development, economic development and national development.

Program:

- Central government initiative for development of sports.
- Khelo India programme has been divided into 12 verticals, namely:
 - Play Field Development
 - Community Coaching Development
 - State Level Khelo India Centres

- Annual Sports Competition
- Talent Search and Development
- Utilization and Creation/Upgradation of Sports Infrastructure
- Support to National/Regional/State Sports Academics
- Physical fitness of school children
- Sports for Women
- Promotion of sports amongst people with disabilities
- Sports for Peace and Development
- Promotion of rural and indigenous/tribal games
- Khelo India is a merger of following schemes:
 - Rajiv Gandhi Khel Abhiyan(RGKA)
 - Urban Sports Infrastructure Scheme (USIS)
 - National Sports Talent Search Scheme (NSTSS)
- Includes 16 disciplines:
 - Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Hockey, Judo, Kabaddi, Kho-Kho, Shooting, Swimming, Volleyball, Weightlifting, and Wrestling.
- Help scout young talent from schools in various disciplines and groom them as future sports champions.
- High-Powered Committed to identify talented players under it in priority sports disciplines at various levels and each will be provided annual financial assistance of Rs. 5 lakh for 8 years.
- The revamped programme for period 2017-18 to 2019-20 aims to impact entire sports ecosystem, including infrastructure, talent identification, community sports, coaching, competition structure and sports economy.
- The broader scope will allow participants to compete in two categories, (Under 17) and (Under 21). Additionally, It also allows students from colleges and Universities to compete. It will see over 10,000 participants from 29 states and 7 Union Territories.

Khelo India Youth Games

- The first edition of this games under Khelo India Programme was held in New Delhi in February 2018
- The second edition of Khelo India School Games rechristened as Khelo India Youth Games was held from January 9-20, 2019 at Shree Chatrapati Sports Complex in Pune, Maharashtra.

National Sports University

National University Bill 2018 has been passed by the Parliament, which seeks to establish National Sports University in Manipur.

The National Sports Ethics Commission Bill, 2016

All sports governing bodies are registered as 'societies' under Societies Registration Act, 1860. Almost all sports federations and associations, despite being autonomous entities, have earned a name for their mal-administration. Due to inexistent sports laws, absence of governing body for the management and political interference have failed miserably in their objectives and purposes.

To regulate sports, then Union government came out with National Sports Development Bill, 2013 which proposed to set up an Ethics Commission and enforce a Code of Ethics in accordance with the International Olympic Committee's code and principles enshrined in the Constitution of India. However, the bill was not passed and did not become an act.

In 2016, MP Anurag Thakur introduced a private member bill in Lok Sabha – The National Sports Ethics Commission Bill, 2016 to bring about legislative reform to help improve and uphold ethical practices and integrity of sports in India. The bill proposed to set up National Sports Ethics Commission consisting of judges and eminent sportspersons to frame guidelines and rules for ensuring ethical practices in sports bodies. Additionally, the new bill required each sports federation to constitute an internal Ethics Committee and frame a Code of Ethics as per the guidelines established by the National Commission. The bill received President's assent but is yet to be tabled in the Parliament.

Issues with development of Sports in India

India has world's second-largest population and seventh largest economy, yet, both development and performance of sports (except cricket) in the country is far from expectations. The sports ecosystem in India (including Cricket in some cases) suffers from critical issues. Few of them include:

Governance of Sports in India

As highlighted in previous topic, almost all sports federation across the country suffers from corruption and unaccountability. Both Supreme Court of India (through Justice Lodha Committee) and Rajasthan High Court (through Justice NK Jain Committee) have intervened in governance of sports to sanitize the sports organisations from disputes, litigations and politics. Both State and Union government have failed to bring out laws and regulations to control this menace.

Poor Infrastructure

Lack of facilities at the grass root level is a major problem. Schools and colleges lack basic infrastructure that can supplement the natural talent in a particular sport and hence in most cases, it gets crushed at the school level itself.

Lack of Sports Culture

The fundamental problem lies in the absence of a sporting culture in India. Sports in India are considered a secondary and supplementary activity and not a viable career option.

Planning & Policy Lacunae

For the development of any sector, formulation and execution of an effective policy is a sine qua non. This is true for sports also. While, Sports is a state subject, most of states donot have a comprehensive sports policy. Additionally, the National Sports Policy was also released in 2001 and has not been updated. There is dire need of realigning National and sports policies to move towards a dedicated goal. Additionally, the sports policy needs to be holistic, that envisages Sports as a viable career option, taking care of social security and post-retirement rehabilitation.

Indian Olympic Association

The **Indian Olympic Association** is the body responsible for selecting athletes to represent India at the Olympic Games, Asian Games and other international athletic meets and for managing the Indian teams at these events.

Indian Olympic Association: Fact File

- Formed: 1927
- Headquarter: New Delhi
- First President: [Sir Dorabji Tata](#)
- Current President: Dr. Narinder Dhruv Batra
- First Secretary General: Dr. A. G. Noehren
- Current Secretary General: Rajeev Mehta

History of Indian Olympic Association

India first participated in the Olympics in 1900 in Paris, represented by Norman Pritchard, an Anglo Indian. Sir Dorabji Tata suggested the need for a Sports body at National level for promoting Olympic Sport in united India. Subsequently, in 1923-24, a provisional All India Olympic Committee was set-up, which organised the All India Olympic Games (that later became the National Games of India) in February 1924.

Eight athletes from these Games were selected to represent India at the 1924 Paris Summer Olympics, accompanied by manager Harry Crowe Buck. Later, in 1927, the *Indian Olympic Association (IOA)* was formed, with *Sir Dorabji Tata* as its founding President and *Dr. A.G. Noehren* as Secretary.

IOA: Organisation

The Indian Olympic Association is the governing body for the Olympic Movement and the Commonwealth Games in India. It was formed in 1927 and is registered as a Non-Profit Organisation under the Societies Registration Act of 1860. As member of the IOC and OCA, it is the Indian Olympic Association's primary mission to develop, promote and protect the Olympic Movement in the country.

The members of IOA include:

- National Sports Federations,
- State Olympic Associations,
- IOC Members
- Other select multi-sport organisations.

The Indian Olympic Association is currently governed by a 28-member *Executive Council*, headed by President, Dr. Narinder Dhruv Batra. The election for the Executive Council is held once in every 4 years. The working of the Executive Council is also assisted by different Standing Committees of the IOA that are constituted with experts in the subject-field to help in various aspects of governance.

India at Olympics

India's journey at Olympic Games in 1900, with single athlete Norman Pritchard participating and winning two medals- both silver- in athletics. Till now, India has won 9 Gold Medals, 7 Silver Medals and 12 Bronze Medals in Olympics with maximum number of gold medals (Eight) coming from Hockey.

Brief History of Olympics

Inspired by the ancient Olympic Games, which were held in Olympia, Greece, from the 8th century BC to the 4th century AD. Baron [Pierre de Coubertin](#) founded the International Olympic Committee (IOC) in 1894, which led to the first modern Games in Athens in 1896.

Types of Olympics:

- **Summer Olympics**
 - Oldest, held first in 1896, Athens.
 - Hosted by a different city every four years. But did not take place in 1916 (World War I), 1940 and 1944 (World War II)
 - Most recent, [Rio de Janeiro](#), Brazil (2016).
 - USA - hosted maximum number of time - (4) & also won most number of medals.
 - Forthcoming - 2020: Tokyo, Japan & 2024: Paris, France.

- **Winter Olympics**
 - Held first in 1924, Chamonix, France.
 - Held once every four years for sports practised on snow and ice. But did not take place in 1940 and 1944 (World War II).
 - Until 1992 the Winter and Summer Olympic Games were held in the same years but with the 1994 Games, the Winter Olympics were held every four years, two years after each Summer Olympics.

- **Paralympics**

- In 1948, Sir Ludwig Guttman, determined to promote the rehabilitation of soldiers after World War II, organised a multi-sport event between several hospitals to coincide with the 1948 London Olympics.
- For the 1960 Olympic Games in Rome, Guttman brought 400 athletes to compete in the "Parallel Olympics", which became known as the first Paralympics. Since then, the Paralympics have been held in every Olympic year.

- **Youth Olympic Games**

- In 2010, the Olympic Games were complemented by the Youth Games, which give athletes between the ages of 14 and 18 the chance to compete.
- The first Summer Youth Games were held in Singapore in 2010, while the inaugural Winter Games were hosted in Innsbruck, Austria, two years later.

- **Continental Games**

Olympic: Trivia

Olympic Flag

- The five rings signify the five continents:

Colour	Continent
Yellow	Asia
Red	America(s)
Blue	Europe
Green	Oceania
Black	Africa



- Africa remains the only **continent** to have never hosted the **Olympic games**.

India's Olympic Journey: Timeline

- **1900 (Paris):**
 - Norman Pritchard, sole athlete representing India competed in the Men's 200 meters (Silver Medal) and 200 meters hurdles (Silver Medal).
- **1920 (Antwerp):**
 - India's Second appearance at Olympics.
 - First time, India sent team.
- **1924 (Paris):**
 - Athletes set to represent India at the Paris 1924 Games were selected from the first ever Indian Olympic Games.
 - First time that female athletes were representing India.
 - Competed in Tennis event for the first time.
- **1928 (Amsterdam):**
 - India men's hockey team won gold medal. Captain - [Jaipal Singh Munda](#). Dhyan Chand in Team
- **1932 (Los Angeles)**
 - Hockey - Gold
- **1936 (Berlin)**
 - Hockey - Gold - Dhyan Chand Captain.
- **1948 (London)**
 - Hockey - Gold
- **1952 (Helsinki)**
 - Hockey - Gold
 - Freestyle Wrestling - Bronze - Khashaba Jadhav
- **1956 (Melbourne - Stockholm)**
 - Hockey - Gold

- **1960 (Rome)**
 - Hockey - Silver
 - Milkha Singh - finished 4th with a timing of 45.6, an Indian record that was unbroken till the 1984 Games.
- **Tokyo (1964)**
 - Hockey - Gold
- **1968 (Mexico)**
 - Hockey - Bronze
- **1972: (Munich)**
 - Hockey - Bronze
- **1976 (Montreal)**
- **1980 (Moscow)**
 - Hockey - Gold
- **1984 (Los Angeles)**
 - P. T. Usha lost a bronze by one-hundredth of a second.
- **1988 (Seoul)**
 - Competed in Archery for the first time.
- **1992 (Barcelona)**
- **1996 (Atlanta)**
 - Leander Paes - India its first medal in Tennis - Bronze
- **2000 (Sydney)**
 - First medal won by a Woman and a first in Weightlifting - Karnam Malleswari - Bronze
- **2004 (Athens)**
 - First medal in Shooting - Silver - Rajyavardhan Singh Rathore in the Men's Double Trap Event.

- **2008 (Beijing)**
 - Abhinav Bindra - Gold - Shooting - Men's 10M Air Rifle (India's first individual Olympic Gold medal)
 - Vijender Singh - Bronze - Boxing - Men's Middleweight
 - Sushil Kumar - Bronze - Wrestling - 66 kg
- **2012 (London)**
 - Vijay Kumar - Silver - Shooting - Men's Rapid-Fire Pistol, 25M
 - Sushil Kumar - Silver - Wrestling - Men's Air Rifle, 10M
 - Saina Nehwal - Bronze - Badminton - Women's Singles
 - Mary Kom - Bronze - Boxing - Women's Flyweight
 - Gagan Narang - Bronze - Shooting - Men's Air Rifle, 10M
 - Yogeshwar Dutt - Bronze - Wrestling - Men's Lightweight, Freestyle
- **2016 (Rio):**
 - Pusarla Sindhu - Silver - Badminton - Singles
 - Sakshi Malik - Bronze - Wrestling - Women's Lightweight, Freestyle

Winter Olympics:

- **1964 (Innsbruck, Austria)**
 - India appeared for the first time
 - Jeremy Bujakowski - sole athlete - competed in the Men's Downhill event in Alpine Skiing
- **1968 (Grenoble, France)**
- **1988 (Calgary, Canada)**
 - India competed after a gap of 20 years.
 - Shailaja Kumar, the first female athlete representing India at Winter Olympics

- 1992 (Albertville, France) - 1998 (Nagano, Japan) - 2002 (Salt Lake city, USA) - 2006 (Turin, Italy) - 2010 (Vancouver, Canada) - 2014 (Sochi, Russia) - 2018 (Pyeongchang County, South Korea) - Participated but did not win.

Paralympics:

- **1968 (Tel Aviv, Israel)**
 - India made its Summer Paralympic debut
- **1972 (Heidelberg, West Germany)**
 - First Gold - Murlikant Petkar swam the 50 meter freestyle in a world record time of 37.331 seconds.
- **1984 (New York, USA)**
 - Joginder Singh Bedi won Silver at the Men's Shot Put and bronze Medals in the Discus and Javelin throws.
 - Bhimrao Kesarkar, won the Silver medal in the Javelin.
- **2004 (Athens, Greece)**
 - Devendra Jhajharia - Javelin throw - won Gold
 - Rajinder Singh won Bronze for powerlifting in the 56-kg category
- **2012 (London)**
 - H. N. Girisha, - Silver medal - men's high jump F-42 category
- **2016 (Rio)**
 - Mariyappan Thangavelu - Gold- Athletics - Men's High Jump T42
 - Devendra Jhajharia - Gold- Athletics - Men's Javelin Throw F46
 - Deepa Malik - Silver - Athletics - Women's Shot Put- F53
 - Varun Singh Bhati - Bronze - Athletics - Men's High Jump T42

Way-ahead for India at Olympics:

Few ways in which we can do better in the upcoming editions of Olympics:

1. **Focused Olympics training facilities** – Establish more non-profit organisations like the Olympics Gold Quest set up by Geet Sethi and Prakash Padukone. This organisation was built with a vision to provide holistic support to Olympic athletes.
2. **Make sports a viable career option for athletes** – Most of the top performers in the national games in China are on government payroll and are paid to train/play [sports](#) at various competitions. A balanced approach that employs players for non-sport government jobs (with financial aid) and allows them to train properly will encourage greater participation.
3. **Grass-root level scouting and talent identification** – Centralise scouting efforts among young children, nurture, and provide them with proper infrastructure, facilities, equipment. Coupled with employment opportunities from government and other institutions, this can create a positive environment for the players to push for greatness.

National Games

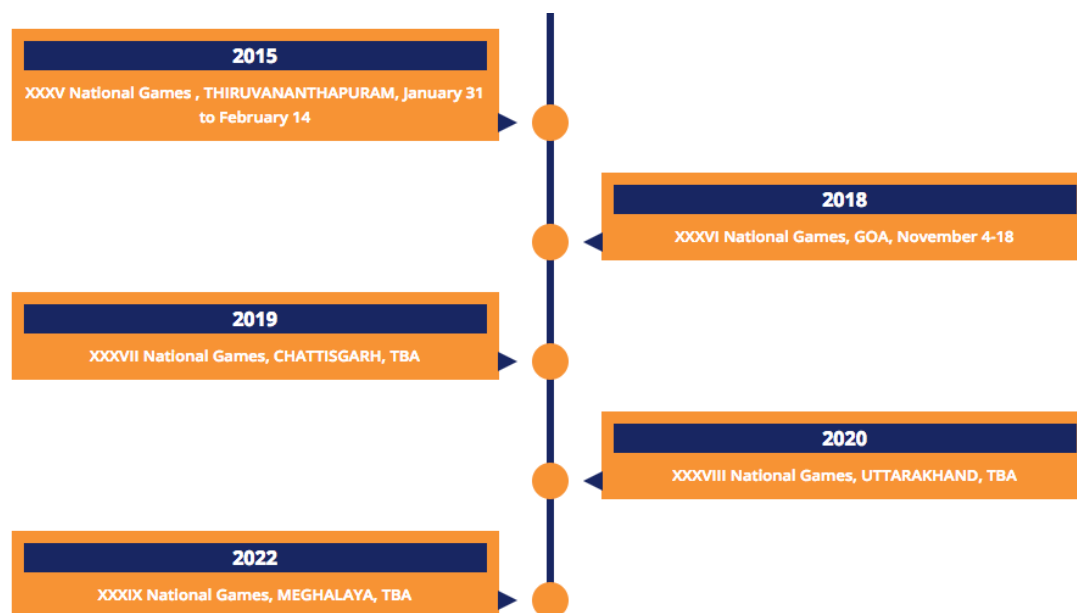
The National Games comprises various disciplines in which sportsmen from the different states of India participate against each other.

Brief History of National Games of India:

The genesis of the National Games is in the Olympic movement, which gathered momentum in the country in the 1920's. There was a need to identify national talent that could be picked for the Olympic Games. With this idea, Dr. A. G. Noehren (Director YMCA) and Harry Crowe Buck (founder of YMCA College in Madras), conceptualised the idea of a sporting event to assimilate and channel the energy of the youth. The culmination of their efforts was the launching of the 1st edition of the **Indian Olympic Games** at Lahore (now in Pakistan) in February 1924 to select Indian competitors for the 1924 Paris Olympics.

The games were then held every two years, and were renamed as National-Games, after the eighth edition (1938) in Calcutta, during the 9th Games in Bombay in 1940. The city of Lucknow hosted the first National-Games post-independence and the first National Games got rechristened on the lines of the Olympics in 1985 at New Delhi. The 25th edition of National-Games was held in Thiruvananthapuram, Kerala in 2015.

The National Games are also held solely within the jurisdiction of the [Indian Olympic Association](#).

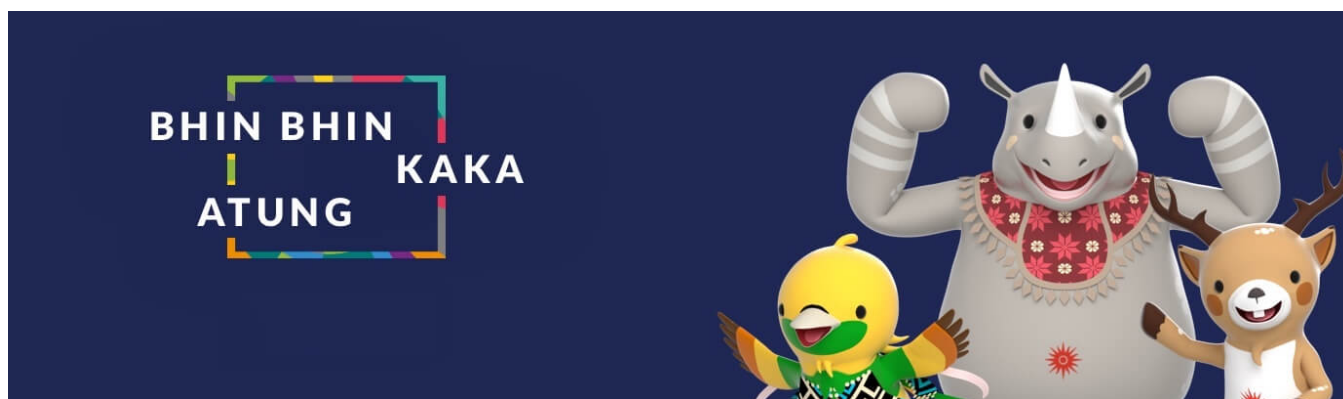


India at Asian Games

The Asian Games is the most prestigious event organized by the Olympic Council of Asia. Beginning in 1951, New Delhi, eighteenth (18th) edition took place in Indonesian cities of Jakarta and Palembang in 2018.

Asian Games 2018: Some important facts

- China led the medal tally for the tenth consecutive time.
- Japanese swimmer [Rikako Ikee](#) was announced as the most valuable player (MVP) of the Games.
- Mascots: Three different animals have been used as Mascots:
 - *Bhin Bhin* is a bird of paradise (*Paradisaea Apoda*) that represent strategy.
 - *Atung* is a Bawean deer (*Hyelaphus Kuhlii*) that represents speed.
 - *Kaka* is a single-horned rhinoceros (*Rhinoceros Sondaicus*) that represents strength.



India at the 2018 Asian Games

India competed at the 2018 Asian Games and improved upon its previous best medal haul achieved 8 years earlier at the 2010 Asian Games in Guangzhou, China. Neeraj Chopra was the flag bearer for the opening ceremony while Rani Rampal was named as the flag bearer for the closing ceremony.

India's Performance Snapshot:

Medals	Gold	Silver	Bronze	Total
Ranked 8th	15	24	30	69

Some important facts:

- India won most medals in Athletics (19 total, 7 gold), followed by Shooting (9 total, 2 gold) and Wrestling (3 total, 2 gold).
- Out of 69, Indian Women won 27 medals, while 4 medals were won in mixed category.

Gold Medalist at 2018 Asian Games:

Sports person	Sport	Event
1. Bajrang Punia	Wrestling	Men's freestyle 65 kg
2. Vinesh Phogat	Wrestling	Women's freestyle 50 kg
3. Saurabh Chaudhary	Shooting	Men's 10 metre air pistol
4. Rahi Sarnobat	Shooting	Women's 25 metre pistol
5.1. Sawarn Singh 5.2 Dattu Baban Bhokanal 5.3 Om Prakash 5.4. Sukhmeet Singh	Rowing	Men's quadruple sculls
6.1 Rohan Bopanna 6.2 Divij Sharan	Lawn tennis	Men's doubles
7. Tajinderpal Singh Toor	Athletics	Men's shot put
8. Neeraj Chopra	Athletics	Men's javelin throw
9. Manjit Singh	Athletics	Men's 800 metres

10. Arpinder Singh	Athletics	Men's triple jump
11. Swapna Barman	Athletics	Women's heptathlon
12. Jinson Johnson	Athletics	Men's 1500 metres
13.1 M. R. Poovamma 13.2 Saritaben Gaikwad 13.3 Hima Das 13.4 Vismaya	Athletics	Women's 4 x 400 m relay
14. Amit Panghal	Boxing	Light flyweight (49 kg)
15.1 Pranab Bardhan 15.2 Shibhnath Sarkar	Bridge	Men's pair

Sportspersons from Rajasthan at 2018 Asian Games

- Apurvi Chandela - Shooting - Bronze
- Raju Lal - Men's Kabaddi - Bronze
- Manpreet Kaur - Women's Kabaddi - Silver
- Shalini Pathak - Women's Kabaddi - Silver
- Rajat Chauhan - Archery - Silver

National Sports Awards

The Union Government bestows National Sports Awards every year to recognize and reward excellence in sports in India. These awards include Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Arjuna Award, Dhyan Chand Award, Maulana Abul Kalam Azad (MAKA) Trophy and Rashtriya Khel Protsahan Puruskar. The Ministry of Youth Affairs and Sports awards these annually.

Rajiv Gandhi Khel Ratna Award

- It is the highest rank National Sports Award in India.
- Started in the year 1991, the first recipient of the award was Vishwanathan Anand in 1992-1993.
- Initially, the government of India gave this award for outstanding performance in the field of sports for one year, but this duration was changed to four years in the year 2015.
- As of 2017, the award comprises a medal, a certificate, and a cash prize of ₹7.5 lakh.
- **Awardees from Rajasthan:**
 - 2004: Shooting - Mr. [Rajyavardhan Singh Rathod](#)
 - 2017: Para Athlete - Mr. [Devendra Jhajharia](#)

Dronacharya Award

- Officially known as Dronacharya Award for Outstanding Coaches in Sports and Games.
- As of 2017, the award comprises a bronzes statuette of Dronacharya, a certificate, ceremonial dress, and a cash prize of ₹5 lakh.
- **Awardees from Rajasthan:**
 - 1987: Guru Hanuman - Wrestling
 - 1995: Shri Karan singh
 - 1995: [Shri Shyamsundar Rao](#) - Volleyball
 - 2005: Shri Maha Singh - Wrestling
 - Shri R.D. Singh

- 2012: Shri Virendra Poonia - Athletics

Arjuna Award

- Given to a sportsperson who has consistently exhibited outstanding performance for four years.
- Started in 1961, the award carries a cash prize of ₹ 500,000, a bronze statue of Arjuna and a scroll.
- [Awardees from Rajasthan](#) at end of chapter.

Dhyan Chand Award

- Officially known as Dhyan Chand Award for **Lifetime Achievement** in Sports and Games.
- As of 2016, the award comprises a statuette, a certificate, ceremonial dress, and a cash prize of ₹5 lakh

Maulana Abul Kalam Azad (MAKA) Trophy

- Awarded to Universities for the performances of the students of the universities in Olympic Games/ Paralympic Games and other games included in award list.

Rashtriya Khel Protsahan Puruskar

- This scheme was introduced by government in 2009 to encourage involvement of corporates and sports promotion boards in the development of sports in the country.
- According to the revised plan, this scheme will be given in following four categories. They are:
 - Identification and nurturing of budding/young talent.
 - Encouragement of sports through Corporate Social Responsibility (CSR).
 - Employment of sportspersons and sports welfare measures.
 - Sports for Development.

The revised Scheme, prescribes the eligibility criteria for all four categories.

Corporate Social Responsibility (CSR): Corporates now can spend and provide funds for promotion and development of sports from the funds earmarked for CSR. In this regard, training to promote rural sports, nationally recognized sports, Paralympic sports and Olympic sports have been included in the Schedule VII of the Companies Act, 2013.

Non-governmental organizations (NGOs): In case of NGOs, who are working in promotion and development of sports, a separate category, *Sports for Development* has been provided for the NGOs in order to recognize their contributions.

Arjuna Awardees from Rajasthan

List of Sports persons from Rajasthan that have been awarded Arjuna Award include:

Basketball

- [Khushi Ram](#), in 1967
- Surendra Kumar Kataria, in 1973
- [Hanuman Singh](#), in 1975
- [Radhey Shyam](#), in 1981
- [Ajmer Singh](#), in 1982

Athletics

- [Sriram Singh](#), in 1973
- [Gopal Saini](#), in 1981
- [Raj Kumar](#), in 1984
- [Deena Ram](#), in 1990
- Srichand, in 1998
- [Krishna Poonia](#) in 2010

Football

- Magan Singh Rajvi, in 1973

Volleyball

- [R K Purohit](#), in 1983

- [Suresh Mishra](#), in 1979
- Shyam Sundar Rav, in 1974

Hockey

- [Sunita Puri](#), in 1966
- [Varsha Soni](#), in 1981

Archery

- [Shyam Lal Meena](#), in 1989
- [Limba Ram](#), in 1991
- Rajat Chauhan in 2016

Cricket

- [Salim Durani](#), in 1961
- Vijay Manjrekar in 1965

Kabbadi

- Navneet Gautam, in 2007

Swimming

- Reema Datta, 1966
- Bhawar Singh 1971
- [Manjari Bhargava](#), in 1974

Weightlifting

- [Mehtar Chand Bhaskar](#), in 1985

Squash

- [Bhuvneshwari Kumari](#), in 1982

Shooting

- [Maharaja Karni Singh](#), in 1961
- [Rajyashree Kumari](#), in 1968

- [Bhuvaneshwari Kumari](#), in 1969
- [Bhim Singh II of Kota](#), in 1971
- [Rajyavardhan Singh Rathore](#), in 2003
- [Apurvi Chandela](#) in 2016

Polo

- [Col. Maharaj Prem Singh](#), in 1961
- Lt.Col [Kishan Singh](#), in 1963
- [Rao Raja Hanumant Singh](#), in 1964

Equestrian (Horse Riding)

- Khan Mohammad Khan, 1973
- Dafadar [Raghubir Singh](#), in 1982
- Col.[G. M. Khan](#), in 1984

Golf

- [Laxman Singh \(golfer\)](#), in 1982

Sailing

- Mr. Kasam Khan, 2002
- Shri Bajrang Lal Takhar, 2007-08
- Shri Satish Joshi, 2008-09

Paralympics

- [Devendra Jhajharia](#)
- Jagsir, 2010
- Sandeep Singh Mann, 2016

Rajasthan Sports Awards

The [Rajasthan Sports Council](#) is highest organisation of sports development in the state. Like [National Awards](#) at center level, the state also institutionalised awards to recognize and honour eminent sportspersons of the state. In Rajasthan, players are honoured with ' **Maharana Pratap Award** ' for outstanding achievements at National and International level by the State Sports Council. Additionally, such Sports trainers are awarded " **Vashishth Puraskar** " by Sports Council.

In 2017, the council also introduced two new awards – **rising star award** for junior players and **excellence award** for sportspersons who performed well in Olympics.

Maharana Pratap Award:

- This is the highest awards for sportsperson in the [state of Rajasthan](#).
- Started in 1982-83
- The Award includes:
 - Citation
 - Cash prize of INR 1,00,000 /
 - Bronze Statute of Maharana Pratap
 - Blazer and Tie

In 2017, the [State government](#) honoured 41 sports persons for the laurels won during 2008 - 2016. And in September 2018, the Rajasthan State Sports Council released a list of eligible candidates who got the Maharana Pratap Sports Awards for the year 2016-17 and 2017-18. This year, a total of 7 players from the state will receive this award in different categories.

- Sapna Poonia - Athletics
- Khetaram - Athletics
- Sarvesh Parik - Archery
- Suman Dhaka - Para Athlete
- Manoharlal - cycling
- Sundar Singh Gurjar - Para Athlete
- Abhilekh Parashar - Gymnastics

Guru Vashistha Award:

- This is the highest award for trainer / coach in Rajasthan.
- Started in 1985-86
- The Award includes:
 - Citation
 - Cash Prize of INR 1,00,000/
 - Bronze statute of Guru Vashishta
 - Blazer and Tie
- The first prize- **awarding** trainers include **Mr. Pokarmal (Athletics), and Mr. Ramdev Sharma (Cycling)** who were honoured by this award in 1985-86.

In 2017, the state government honoured 13 coaches. And in September 2018, two coaches were rewarded with *Guru Vashishth Puraskar* for the year 2016-17 and 2017-18. They are:

- Mahesh Kumar Ranga - Cycling
- Ramesh Singh - Rollball

Excellence Awards

- This award is for state sports persons that perform well in Olympics.
- Sapna Poonia (walker), Kheta Ram (marathon) and Pankaj Singh (cricketer) were awarded in 2017.
- In September 2018, Rajasthan Sports Council also honored the players who won medals in the Asian Games held in Jakarta with *The award of excellence*. They are:
 - Om Prakash for rowing - 30 Lacs
 - Rajat Chauhan for Archery - 20 Lacs
 - Shalini Pathak & Manpreet Kaur for Kabaddi - 20 Lacs each
 - Jitendra Singh for Equestrian (Horse Riding) - 20 Lacs
 - Apoorvi Chandela - Shooting - 10 Lacs
 - Rajulal Chaudhary & Deepak Hooda for Kabaddi - 10 Lacs each

Rising Star Awards

- This award is for encouraging upcoming junior players.
- 41 players were awarded in 2017.

Rajasthan State Sports Council

Rajasthan State Sports Council (RSSC) is the apex body at the State level to look after the development of sports activities and providing coaching to the players. RSSC was set up in 1957 (*as per RSSC website*) by the [Government of Rajasthan](#) and got registered as a society under Rajasthan State Society Act, 1958. The State Government has been providing grant-in-aid to the Council.

Rajasthan State Sports Council: Organisation

- Chief Executive: Chairman of Council
 - First: Mr. **V.G.Kanetkar**
 - Current Chairman of the Council: **Mr. Bhaskar A. Sawant**
- Chief-Patron of RSSC: [Governor of Rajasthan](#)
- Deputy Patron of RSSC: Chief Minister of Rajasthan
- Apart from Chairman, the Council also includes Vice President, Treasurer and 12 members nominated by the State Government.
- Out of these 12 members, 6 officers are ex-officio members.

RSSC: Roles & Responsibilities

- Looks after development of Sports in State of Rajasthan.
- Council also distributes sports awards namely:
 - [Maharana Pratap Sports Award](#)
 - [Guru Vashishta Sports Award](#)

Eminent Players: Rajasthan

Krishna Poonia

Sport	<ul style="list-style-type: none"> • Discus Throw
Bio	<ul style="list-style-type: none"> • Born 1970
Major Achievements	<ul style="list-style-type: none"> • Gold Medal in 2010 Commonwealth Games, Delhi
Records	<ul style="list-style-type: none"> • First Indian woman athlete to win the Gold Medal in track and field events of Commonwealth games • National Record with a throw of 64.76 meters in Hawaii, US in 2012
Major Awards	<ul style="list-style-type: none"> • 2010 - Arjuna Award • 2011 - Padma Shri
Other Facts	<ul style="list-style-type: none"> • Current MLA from Sadulpur constituency in Rajasthan

Salim Aziz Durani

Sport	<ul style="list-style-type: none"> • Cricket
Bio	<ul style="list-style-type: none"> • Born 1934, in Afghanistan
Records	<ul style="list-style-type: none"> • First Indian Paralympian to win two gold medals at the Paralympics • World Record throw of 63.97 metres • First Indian Paralympian to be honored with Padma Shri
Major Awards	<ul style="list-style-type: none"> • 1961 - Arjuna Award • 2011 - C.K. Nayudu Lifetime Achievement Award
Other Facts	<ul style="list-style-type: none"> • 1956-1978 played for Rajasthan Cricket Team

Devendra Jhajharia

Sport	<ul style="list-style-type: none"> Paralympic Javelin Throw
Bio	<ul style="list-style-type: none"> Born 1980, from Churu
Major Achievements	<ul style="list-style-type: none"> Gold Medal in 2004 Summer Paralympics, Athens Gold Medal in 2013 IPC Athletics World Championships, Lyon (France) Gold Medal in 2016 IPC Athletics Asia-Oceania Championship, Dubai Gold Medal in 2016 Summer Paralympics, Rio de Janeiro
Records	<ul style="list-style-type: none"> First Indian Paralympian to win two gold medals at the Paralympics World Record throw of 63.97 metres First Indian Paralympian to be honored with Padma Shri
Major Awards	<ul style="list-style-type: none"> 2004 - Arjuna Award 2012 - Padma Shri 2014 - FICCI Para-Sportsperson of the Year 2017 - Rajiv Gandhi Khel Ratna

Apurvi Chandela

Sport	<ul style="list-style-type: none"> Shooting
Bio	<ul style="list-style-type: none"> Born 1993, from Jaipur
Major Achievements	<ul style="list-style-type: none"> Gold Medal in 2012 National Shooting Championships, New Delhi Gold Medal in 2014 Commonwealth Games, Glasgow Bronze Medal in 2018 Asian Games {10 meter air rifle mixed team event} Gold Medal in 2019 ISSF World Cup, New Delhi.
Records	<ul style="list-style-type: none"> Highest score (206.7 points) in a Commonwealth Games Final
Major Awards	<ul style="list-style-type: none"> 2016 - Arjuna Award

Rajyavardhan Singh Rathore

Sport	<ul style="list-style-type: none"> • Shooting
Bio	<ul style="list-style-type: none"> • Born 1970, from Jaisalmer
Major Achievements	<ul style="list-style-type: none"> • Gold Medal in 2002 Commonwealth Games, Manchester • Silver Medal in 2004 Athens Olympics {Event: Double Trap} • Gold Medal in 2006 Commonwealth Games, Melbourne
Records	<ul style="list-style-type: none"> • India's first ever, individual silver at the Olympics. • Commonwealth Games Record of 192 targets out of 200
Major Awards	<ul style="list-style-type: none"> • 2003 - Arjuna Award • 2004 - Rajiv Gandhi Khel Ratna Award • 2005 - Padma Shri
Other Facts	<ul style="list-style-type: none"> • 2017-2019: Minister of State (Independent Charge) for Youth Affairs and Sports • 2018-2019: Minister of State (Independent Charge) for Ministry of Information and Broadcasting

Abhijeet Gupta

Abhijeet Gupta was born on 7th October 1986, in Bhilwara District. He is an Indian chess player with the title of Grandmaster (GM). Gupta is the first player to win the Commonwealth chess championship four times. He has won 20 medals in various competitions.

Mithali Raj

Mithali Raj is an Indian cricketer and the captain of the Indian women's cricket team in Tests and ODI. She was born in Jodhpur. She is the only player (male or female) to have captained India in more than one ICC ODI World Cup final, doing so twice in 2005 and 2017.

Bhuvaneshwari Kumari

Bhuvaneshwari Kumari of Kota, Rajasthan is a distinguished sportswoman of India and a champion in trap shooting. She was awarded Arjuna Award in 1969.

Manjari Bhargava

Manjari Bhargava is a notable former diver of India. She was awarded Arjuna Award by Government of India in 1974 for excellence in diving.

Manju Bala

Manju Bala Swami is an Indian track and field athlete competing in the hammer throw. She won the bronze medal in the event in the 2014 Asian Games in Incheon, South Korea.

Surendra Kumar Kataria

Surendra Kumar Kataria is a former basketball player from India who represented India at many international competitions. He was awarded Arjuna award in 1973. He was born in Bhilwara Rajasthan state and represented Indian Railways in national tournaments.

Limba Ram

Limba Ram represented India in international competition (including three Olympics) in Archery. He equalled an archery world record in 1992 at the Asian Archery Championships in Beijing. He was awarded the Padma Shri Award in 2012.

Shyam Lal Meena

Shyam Lal Meena from Banswara, Rajasthan, India is an archer. He represented India at 1988 Summer Olympics. The Government of India honoured him with an Arjuna award in 1989.

Maha Singh Rao

Maha Singh Rao is a wrestler and wrestling coach from Chirawa, Rajasthan in India. In 2006, he was awarded the Dronacharya Award.

Bajrang Lal Takhar

Bajrang Lal Takhar from Sikar district, is an Indian rower who won the first individual rowing Gold medal for India at the 2010 Asian Games held in Guangzhou.

Eminent Players: India

Major Dhyanchand

Sport	<ul style="list-style-type: none"> Hockey
Bio	<ul style="list-style-type: none"> Born 1905, Allahabad, Uttar Pradesh
Major Achievements	<ul style="list-style-type: none"> Gold Medal in 1928 Olympics (Amsterdam) Gold Medal in 1932 Olympics (Los Angeles) Gold Medal in 1928 Olympics (Berlin)
Major Awards	<ul style="list-style-type: none"> Padma Bhushan in 1956
Other Facts	<ul style="list-style-type: none"> Birthday – 29 August – Celebrated as National Sports Day India's highest award for lifetime achievement in sports is the Dhyan Chand Award, which has been awarded annually from 2002 to sporting figures who not only contribute through their performance but also contribute to the sport after their retirement. Autobiography – Goal Remembered as “Wizard of Hockey”

Milkha Singh

Sport	<ul style="list-style-type: none"> Track & Field
Bio	<ul style="list-style-type: none"> Born 1929, Punjab Province, British India
Major Achievements	<ul style="list-style-type: none"> Gold Medal in 1958 Asian Games, Tokyo [200m & 400m] Gold Medal in 1962 Asian Games, Jakarta [400m & 4*400m Relay] Gold Medal in 1958 Commonwealth Games, Cardiff, England [440 yards]
Major Awards	<ul style="list-style-type: none"> 1959 – Padam Shree Award
Other Facts	<ul style="list-style-type: none"> Nickname – The flying Sikh by Ayub Khan in 1960 during race against Abdul Khaliq

Mary Kom

Sport	<ul style="list-style-type: none"> Boxing
Bio	<ul style="list-style-type: none"> Born 1983, from Manipur
Major Achievements	<ul style="list-style-type: none"> Bronze Medal in 2012 Olympics, London [Flyweight Cat.] Bronze Medal in 2010 Asian Games, Guangzhou Gold Medal in 2014 Asian Games, Incheon Gold Medal in 2018, Commonwealth Games, Gold Coast
Records	<ul style="list-style-type: none"> Only woman to become World Amateur Boxing champion for a record six times.
Major Awards	<ul style="list-style-type: none"> 2006 - Padma Shri 2013 - Padma Bhushan
Other Facts	<ul style="list-style-type: none"> 2017: Nominated – Member of Parliament 2017: GoI, appointed Mary Kom along with Akhil Kumar as national observers for boxing Government of Manipur gave title - Meethoi Leima

Abhinav Bindra

Sport	<ul style="list-style-type: none"> Shooting - 10 metre Air Rifle
Bio	<ul style="list-style-type: none"> Born 1982, from Uttarakhand
Major Achievements	<ul style="list-style-type: none"> Gold Medal in 2008 Olympic, Beijing Commonwealth Games – 4 Gold, 2 Silver, 1 Bronze Asian Games – 1 Silver, 2 Bronze
Records	<ul style="list-style-type: none"> First Indian to win an individual gold medal at the Olympic Games
Major Awards	<ul style="list-style-type: none"> 2000 - Arjuna Award 2001- Rajiv Gandhi Khel Ratna Award

Introduction: Yoga

The word Yoga comes from the Sanskrit word *yuj*, which means "to attach, join, harness, yoke", and signifies union of the individual and universal conscious.

History of Yoga



Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilization - dating back to approximately 2700 BC. A number of seals and fossil remains of Indus Saraswati Valley Civilization with Yogic motifs and figures performing Yoga sādhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga.

Ancient Yoga: As a Philosophy

References to Yoga are also available in ancient Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions.

The Vedas expounded a diverse set of practices, ideas and concepts; six main schools of philosophy emerged from these teachings. They are:

- *Nyaya* (logic),
- *Vaisesika* (analysis of the universe),
- *Samkhya* (classification of the universe),
- *Yoga* (union with the Divine),
- *Mimansha* (ritual interpretation of the Vedas), and

- *Vedanta* (inquiry into the Self).

Yoga School of Philosophy:

Yoga school advocates working with two fundamental realities: *purusha*, meaning "pure consciousness," and *prakriti*, meaning "matter." Every living being is a form of connection of these two realities and every living being is considered a union of body and mind.

The path of yoga is guided by ethical principles, *yamas* and *niyamas*, and should ultimately result in *moksha* (spiritual liberation).

Classical Yoga

Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through *Patanjali's Yoga Sutras*. He elucidated eight limbs of yoga, namely:

- Yama (social ethics),
- Niyama (personal ethics),
- Asana (postures),
- Pranayama (life force),
- Pratyahara (turning the senses inwards),
- Dharana (one-pointed focus),
- Dhyana (meditation),
- Samadhi (merging with the self).

Modern Period

In the late 1800s and early 1900s, yoga masters began to travel to the West, attracting attention and followers. In 1893, Parliament of Religions in Chicago, Swami Vivekananda lectured on yoga and the universality of the world's religions.

In the 1920s and 30s, Hatha Yoga was strongly promoted in India with the work of T. Krishnamacharya, Swami Sivananda and other yogis practicing Hatha Yoga. Krishnamacharya opened the first Hatha Yoga school in Mysore in 1924 and in 1936 Sivananda founded the Divine Life Society on the banks of the holy Ganges River.

Recent Developments

On 11 December 2014, the United Nations General Assembly (UNGA) with 193 members approved the proposal to celebrate 'June 21' as the 'International Yoga Day'. In 2018, fourth International Yoga Day was celebrated with theme of "Yoga for Peace".

Schools of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications or paths of Yoga.

Four Paths of Yoga

The Bhagavad Gita introduces distinctions such as *Jnana Yoga* (yoga based on knowledge) vs. *Karma Yoga* (yoga based on action). In time, the different philosophies, traditions, lineages and *Guru-shishya paramparas* of Yoga led to the emergence of different traditional schools. The four traditional schools of Yoga include:

- **Jnana Yoga**
 - Jnana Yoga is the path of knowledge, wisdom, introspection and contemplation.
 - It involves deep exploration of the nature our being by systematically exploring and setting aside false identities.
- **Bhakti Yoga**
 - Bhakti Yoga is the path of devotion, emotion, love, compassion, and service to God and others.
 - All actions are done in the context of remembering the Divine.
- **Karma Yoga**
 - Karma Yoga is the path of action, service to others, mindfulness, and remembering the levels of our being while fulfilling our actions or karma in the world.
- **Raja Yoga**
 - Raja Yoga is a comprehensive method that emphasizes meditation, while encompassing the whole of Yoga.
 - It directly deals with the encountering and transcending thoughts of the mind.

Importance of Guru in Yoga

Each system of Yoga we practice would fall within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. Only a Guru (teacher) can advocate the appropriate combination of the four fundamental paths as it is necessary for each seeker. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a Guru.

Elements of Yoga

"The Father of Yoga", **Maharishi Patanjali** compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the eight folds path of Yoga, popularly known as "*Ashtanga Yoga*" for all-round development of human beings. They are:

1. Yama

- Signifies **restraints**.
- Yama, deals with one's ethical standards and sense of integrity, focusing on our behavior and how we conduct ourselves in life
- Yoga-sutra states 5 code of conducts:
 - **Ahimsa**: nonviolence
 - **Satya**: truthfulness
 - **Asteya**: nonstealing
 - **Brahmacharya**: continence
 - **Aparigraha**: non-possessiveness

2. Niyama

- Signifies **observations**
- The five niyamas are:
 - **Saucha**: cleanliness
 - **Santosh**: contentment
 - **Tapa**: heat; spiritual austerities
 - **Svadyaya**: study of the sacred scriptures and of one's self
 - **Ishvara pranidhana**: surrender to God

3. Asana

- *Asana* is the third step in the eight rungs of yoga and signifies **postures**.
- “*Sthira sukham asanam*” - *Asana* is a yoga pose that is steady and comfortable.
- *Yoga Asanas* or Yoga Poses can be meditative poses or they can be postures aimed towards attaining strength, balance and steadiness.
- Types of Asanas:
 - Cultural or Corrective Asanas: Bring out changes in the body by correcting postural defects, improper muscle tone etc. Example: Chakrasana, Dhanurasana. Cultural asanas can further be classified into two groups, depending on the effects produced:
 - (i) *Asanas* that work through and on the spine and visceral organs.
 - (ii) *Asanas* that work through the skeletal muscles, ligaments and joints.
 - Relaxative Asanas: The asanas for relaxation are designed in a way that there is no need to contract any muscle. With these, body can come to a deep relaxation. Example: Shavasana and makarasana
 - Meditative Asanas: They provide a stable seat for meditation without moving any part of your body. These postures increase concentration power and help in meditation. Example: Padmasana, Siddhasana, Swastikasana or Sukhasana.

4. Pranayama

- Signifies **breath-control**.
- Consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind.
- Pranayama has three phases:
 - *Puraka* or Inhalation
 - *Khumbhaka* or Retaining the Breath
 - *Rechaka* or Exhalation

5. Pratyahara

- Signifies **withdrawal of senses**.
- Pratyāhāra indicates dissociation of one's consciousness (withdrawal) from the sense organs, which connect with the external objects.
- Introspection, studying good books are some practices which can help in pratyahara.

6. Dharana

- Signifies **concentration**.
- Dharana indicates broad based field of attention (inside the body and mind), which is usually understood as concentration.

7. Dhyana

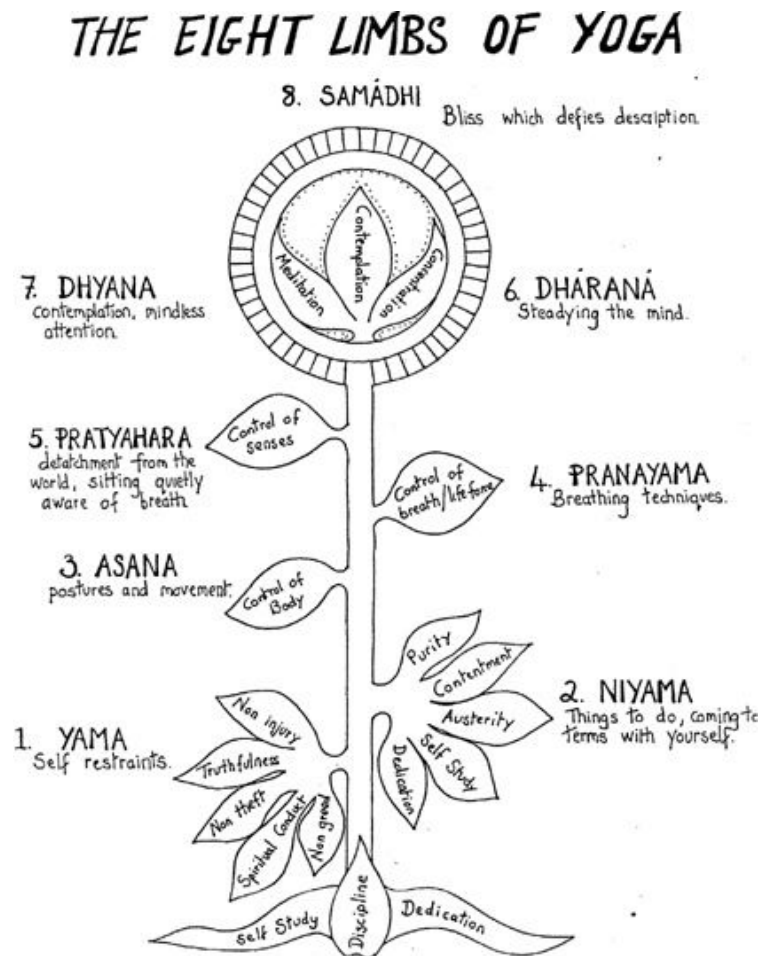
- Stands for **meditation**

8. Samadhi

- Signifies **integration**
- It is the state of pure bliss.

Alternatively, these Ashtanga (literally 8 limbs), have also been described as parts of tree. Where:

1. Yama is Roots
2. Niyama is Trunk
3. Asana is Branches
4. Pranayama is Leaf/Leaves
5. Pratyahara is Bark
6. Dharana is Twigs/Plant



7. Dhyana is Flower
8. Samadhi is Fruit

These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind. The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

Other Important Elements in Yoga

Bandhas and Mūdras

- Bandhas and are practices associated with Prāṇāyāma.
- They are the practices involving manipulation of certain semi-voluntary and involuntary muscles in the body.
- These practices bring about voluntary control and tone up the internal organs.

Ṣaṭkarmas

- *Ṣaṭkarmas* means six karmas or kriyas.
- The karma / kriya means 'action'.
- Shatkarma consists purificatory processes, which cleanse the specific organs of the body by detoxifying them. The purification helps to keep the body and mind healthy.
- There are six cleansing processes described in hatha yogic texts. These are:
 - Neti,
 - Dhauti,
 - Basti,
 - Trataka,
 - Nauli and
 - Kapalabhati.
- These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body.

Yuktāhāra

- *Yuktāhāra* advocates appropriate food and food habits for healthy living.

Mantra Japa:

- Japa is the meditative repetitions of a mantra or a divine consciousness.
- Mantra Japa produces positive mental tracts, helping us to gradually overcome stress.

Yukta-karma

- *Yukta-karma* advocates right karmas or actions for a healthy living.

Yogic Practices for Health and Wellness

In last few decades, the word "Yoga" has been used to refer to practise of performing physical postures or *Asanas*, with the goal of physical fitness. However in actuality, Yoga is a complete system, of which the postures are a small, though quite useful *part*.

Yoga & Personality Development

Yogic practices are found effective for development of all dimensions of personality.

- Physical Dimension: Yogic practices like *asana*, *pranayama*, and *bandha* play a beneficial role in physical development of body.
- Emotional Dimension: Yogic practices such as *yama*, *niyama*, *asana*, *pranayama*, *pratyahara* and meditation help in emotional management.
- Intellectual Dimension: Yogic practices such as *asana*, *pranayama*, *dharana*, *dhyana* (meditation) help to develop concentration, memory and thereby help in intellectual development.
- Social Dimension: Following the codes of *Yama* and *Niyama* helps betterment of relationships with our friends, parents, teachers and others.
- Spiritual Dimension: For spiritual development, *yama*, *niyama*, *pratyahara* and *dhyana* (meditation) are helpful. *Yama* and *niyama* help to develop moral values while *pranayama*, and meditation help us to realise our true self. Introspection is a very effective for the development of 'self'.

Yoga for Stress Management

Yoga is not limited to the physical postures, breathing techniques or meditation only rather yoga is also a way of life. It propounds several principles including *asana*, *pranayama*, *kriya*, *mudra*, *bandha* and meditation, which are relevant to healthy living. Yogic principles of healthy living are equally beneficial and can be adopted by all, irrespective of age, gender or profession.

The components of yogic way of life are:

- *Ahara* (Food)
- *Vihara* (Relaxation)
- *Achara* (Conduct)

- *Vichara* (Thinking)
- *Vyavahara* (Behaviour or actions)

Ahara

- Yoga emphasizes on *mitahara*, which are related to quality and quantity of food and also the state of mind during the intake of food.
- W.r.t quality *mithara* advocates eating freshly cooked, nutritious, nourishing and in the natural form.
- Regarding quantity of food, *mitahara* mentions that two quarters of the stomach should be filled with food, one quarter of stomach should be filled with liquid and the remaining quarter (one-fourth) of the stomach should be left empty for free flow of air.
- *Mitahara* also advocates that the food should be eaten with positive state of mind with utmost concentration.

Vihara

- *Vihara* means relaxation, which can be brought about by activities such as exercise, recreation and creative activities like drawing, painting, singing, etc.
- Yogic practices of *asana*, *pranayama* and *meditation* relax body and mind.
- Sound sleep is also equally important for relaxation.

Achara

- *Achara* means conduct that includes emotions, attitudes, desires, instincts and habits.
- Positive emotions, positive attitudes, good habits and control on desires help in making us strong, both, individually and socially.
- Yogic principles of Yama (restraint) and Niyama (observance) help to develop control on our desires and emotions and bring about peace and harmony.

Vichara

- Our thinking should be positive.
- Positive thoughts bring pleasure in our life; while negative thoughts can make us unhappy.
- Yogic practices like *pratyahara*, and *dhyana* (meditation) help in controlling our thoughts and thereby promoting optimism in life.

Vyavahara

- *Vyavahara* (behaviour) means actions.
- *Vyavahara* is the result of *ahara*, *vihara*, *achara* and *vichara*.
- *Karma- Yoga* proposes that we should perform right act with full dedication without worrying about the results.

Yoganidra

Yoganidra means 'sleep' with awareness. *Yoganidra* is a state of mind in between wakefulness and dream. In normal sleep, one sleeps without awareness. But in *yoganidra* one sleeps with awareness. *Yoganidra* is helpful in management of stress. It relaxes body and mind and reduces tension.

Yoganidra is practised in *Shavasana*. It consists of body awareness and breath awareness. The awareness is rotated in quick succession through all parts of the body, then it is taken to the breath and finally to the mind.

Yoga: Asanas

Yoga Asanas for Physical Fitness

Surya Namaskar

Surya means Sun and *Namaskara* means salutation. This asana is essentially saluting the Sun through postures. It includes a series of 12 physical postures. Postures practiced during *surya namaskara* act as a good link between warm-ups and *asanas*. *Surya namaskara* should preferably be done at the time of sunrise and always on empty stomach.

Benefits

- It helps to increase strength, endurance and flexibility.
- It improves concentration.
- It removes excess fat.
- It gives energy to the body.
- It helps in increasing the height of growing children and tones up their body.
- It warms up the body.
- It improves blood circulation all over the body.
- It provides flexibility to the whole body.

Limitation

- One should avoid practising *surya namaskara* in case of high blood pressure, fever, heart diseases, hernia, slipped disk and intestinal tuberculosis.

Tadasana

Palm-Tree pose

Tada in Sanskrit means 'palm tree'. This is called *Tadasana* because in this *asana* the yogic stands straight like a palm tree.



Hastottanasana

Up-Stretched Arms Posture

Hasta means 'arms'; *uttana* means 'stretched up' and *asana* means 'posture'. In this posture, the arms are stretched upwards, hence is called *Hastottanasana*.

Benefits

- It relaxes whole body.
- It relieves pain in neck, shoulders and arms.
- It is beneficial for increasing the height of growing children.
- It increases the flexibility of spine.

Limitation

- This *asana* should not be performed during hernia, abdominal inflammation.

Padahastasana

The Hands to Feet Posture

In Sanskrit *pada* mean 'feet', *hasta* mean 'arms' and *asana* means 'posture'. In this *asana*, the hands are brought near the feet, hence it is called *Padahastasana*.

Benefits:

- It strengthens the organs located in the abdominal area and improves their functioning.
- It improves digestion and circulation of blood in upper body.
- It improves the flexibility of the legs' muscles.



Limitations

- In case of severe backache and high blood pressure one should avoid this *asana*.

Paschimottanasana

In Sanskrit, *Pashchima* means 'posterior' and *uttana* means 'stretch-up' so *Pashchimottanasana* means stretching the posterior region.



Trikonasana

Triangle Posture

Trikona a Sanskrit word means 'triangle'. In this *asana*, the body makes the shape of a triangle; hence, it is called *Trikonasana*.

Benefits

- It stretches up the muscles of trunk, legs and hips.
- It improves the flexibility of spine.
- It helps in increase the height of growing children.
- It relieves the pain in the neck and back.

Limitation

- Do not practise this *asana* in case of severe backache.



Katichakrasana

Lumber Twist Posture

Katichakrasana is made of three words: *kati*, *chakra* and *asana*. *Kati* means 'waist', *chakra* means 'wheel' and *asana* means 'posture'. In this *asana*, the waist and arms move like a wheel. Hence, it is called *katichakrasana*.

Benefits

- It stretches the waist region and makes lower back strong.
- It strengthens shoulders, neck, arms, abdomen, back and thighs.

Limitation

- Persons suffering from severe spinal problems should not practise this *asana*.



Vrikshasana

Tree Posture

This is a balancing *asana*. The Sanskrit word *vriksha* means 'tree', thus, this is the 'Tree Posture'. In the imagination of the tree, foot seems as a roots, leg is the trunk, arms as the branches and leaves, head as top of the tree, all make the posture in the shape of a tree.

Benefits

- Improves neuro-muscular coordination, balance, endurance and alertness.
- It tones up the leg muscles and rejuvenates the ligaments also.

Limitation

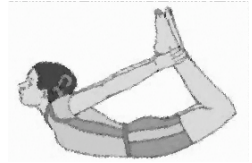
- Please avoid this practice in case of arthritis, vertigo and obesity.



Dhanurasana

Bow Posture

In Sanskrit *Dhanur* means 'bow'. In this *asana*, posture of the body resembles a bow with its string attached to it.



Utkatasana

In Sanskrit *ut* means 'raised' and *kata* refers to 'hips'. This *asana* is also a balancing posture. The posture is known as *utkatasana* because in this *asana*, the hips are kept raised.

Pawanamuktasana

The Sanskrit word *pawana* means 'air' or 'wind' and *mukta* means 'freedom' or 'release'. This is called as the 'wind relieving posture' as it assists in releasing trapped digestive gas from the stomach and intestines.



Shirshasana

Head Stand Posture

Shirsha, a Sanskrit word means 'head'. In this posture one stands on one's head, hence it is called *Shirshasana*.

Benefits

- It improves blood circulation, particularly of venous blood.
- It helps in the proper functioning of the abdominal organs and endocrine glands.
- It increases the supply of blood to the brain and strengthens central nervous system.

Limitations

- Avoid performing this posture in case of problems of ears, weak eye, capillaries, high blood pressure, heart trouble, etc.

Bakasana

Crane Posture

Baka, a Sanskrit word, means 'crane'. The final posture in the *asana* imitates a crane, hence, it is called *Bakasana*.

Benefits

- It increases strength of the arms and shoulders.
- It increases a sense of balance.
- It tones abdominal muscles.
- It provides adequate supply of blood to hand, shoulders and chest.

Limitation

- Person with high blood pressure, heart disease or cerebral thrombosis should not practise this *asana*.

Hamsasana

Swan Posture

Hamsa, a Sanskrit word, means 'swan'. In final posture of this *asana*, the body resembles a swan, hence, it is called *Hamsasana*. It is a preparatory pose for *Mayurasana*. The only difference is that in *Mayurasana* legs are raised; while in *Hamsasana* feet are kept on the ground and the body is kept little bent and balanced on the elbows.

Benefits

- It gives exercise to the arms.
- Pressure exerted on the abdomen in this *asana* improves functioning of the abdominal organs and increases appetite.

Limitation

- Person suffering from peptic ulcers, hyper acidity, high blood pressure or hernia, should not practise this *asana*.

Mayurasana

Peacock Posture

In Sanskrit *Mayura* means 'peacock'. In the final posture, the body resembles a peacock, hence, it is called *Mayurasana*.

Benefits

- It strengthens the arms.
- It helps to promote circulation in the abdominal region.
- It helps to increase appetite.
- It massages the digestive organs.
- It helps to regulate the functions of kidneys and liver.
- It helps to develop muscles control and balance in body.

Limitation

- Person suffering from high blood pressure, heart disease, hernia or peptic ulcers should not practise this *asana*.
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Yoga Asanas for Stress Management

- Padahasthasana
- Hastottanasana
- Trikonasana

Sarvangasana

Shoulder Stand Posture

Sarvangasana strengthens whole body. It regulates the functioning of thyroid gland. It increases the supply of blood to the brain and strengthens the central nervous system enabling the person to fight the problems induced by stress.

Matsyasana

Fish Posture

Matsyasana is effective in reducing stress. In *Matsyasana*, one has a feeling of floating on water like a fish which is soothing to the body and mind both.

Shavasana

Corpse Posture

Shavasana is a relaxing practice. This *asana* is very effective for de-stressing the body and mind. In this *asana*, the body and mind remain in a state of rest. This helps in the repair of tissues and cells, and thereby rejuvenates the body and mind. It helps to reduce blood pressure, anxiety and insomnia.

Makarasana

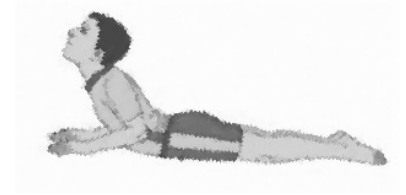
Crocodile Posture

Makrasana is a relaxing practice. It relaxes body and mind

Bhujangasana

Cobra Pose

Bhujangasana is very helpful in stress management. In *Bhujangasana* the organs of endocrine system especially the adrenal glands and pancreas are activated which help in strengthening them.



Shashankasana

Hare Posture

This *asana* is made of two words: *Shashanka* and *asana*. *Shashanka* in Sanskrit means 'hare'. In the final position of this *asana*, the body resembles the shape of a hare, hence, it is called *Shashankasana*. This *asana* helps to regulate the functioning of the organs of the endocrine system especially the adrenal glands and the pancreas located in the abdominal and pelvic regions of the body. These glands produce hormones and play a vital role in energy allocation.

Ardhamatsyendrasana

Half Spinal Twist

Ardhamatsyendrasana is a milder version of the *Matsyendrasana* which is named after Yogi Matsyendranath. *Ardha* means 'half'. The original *Matsyendrasana* is difficult to practise, hence its easier version called *Ardhamatsyendrasana* is generally practised. In *Ardhamatsyendrasana*, the spine is given the maximum lateral twist



Ushtrasana

Camel Posture

In Sanskrit, *Ushtra* means 'camel'. In the final position of this *asana*, the body resembles a camel. Hence, this is called *Ushtrasana*. This *asana* should be practised after *Sarvangasana*.

Kriyas

Kapalabhati

Kapalabhati is a *kriya* (cleansing procedure). It helps to revitalise the nervous system which becomes exhausted due to stress. It invigorates the person and helps in fighting negative effects of stress.

Pranayama

Anuloma-viloma Pranayama (Alternate Nostril Breathing)

Anuloma-viloma pranayama relaxes body and mind. This *pranayama* nourishes the body with oxygen and purifies the blood. It stimulates various centres in brain thereby improves its efficiency. It lowers stress by developing harmony in various systems of the body.

Bhastrika Pranayama

Bhastirka pranayama is a yogic breathing practice in which quick and deep inhalation and exhalation are done to strengthen the functioning of lungs. This *pranayama* increases the supply of oxygenated blood to the whole body. It strengthens all the systems of body and provides more energy which is required to fight the effects of stress.

Bhramari Pranayama

The word *Bhramari* is derived from *bhramara* which means a 'black humming bee'. In this *pranayama*, the practitioner makes the sound which resembles the buzzing sound of a black bee, therefore it is named as *Bhramari Pranayama*. It is a relaxing *pranayama*. It soothes the mind and, therefore, good for stress management.

Sheetali Pranayama

Sheetali means 'cooling'. *Sheetali pranayama* cools the body and mind, hence the name is *sheetali pranayama*.

Benefits

- The sound resonating in the brain is very soothing and removes tension and anxiety.
- It is very useful to reduce high blood pressure.
- It energises the mind and refuels it with new energy.
- It pacifies the mind and helps reduce anger, anxiety and insomania.

- It helps in enhancing the concentration.
- It improves memory.
- It alleviates throat ailments.

Limitation

- During ear infection, this *pranayama* should not be practised.
- People suffering from cardiac diseases should also avoid the practice

Yogic Practices to Improve Concentration

Trataka

Concentrated Gazing

Trataka is a *kriya* which is performed for cleansing and strengthening the eyes. In this *kriya*, eyes are focussed on a particular object which could be a flame of a lamp or a burning candle or a point.

This is done without blinking the eyes till the eyes get tired or start watering.



Garudasana

Eagle posture

This *asana* is named after the well-known bird *Garuda* (eagle). In this *asana*, the hands with arms placed in front look like the beak of an eagle



Gomukhasana

Go means 'cow' and *mukha* means 'mouth' or 'face'. In this *asana*, the position of legs look like the face of cow, hence, it is called *Gomukhasana*.



Simhasana**Lion Posture**

In Sanskrit *Simha* means 'lion'. In this *asana*, the face with open mouth and tongue stretched out towards the chin resembles the fierce look of a lion, hence, it is called *Simhasana*.

**Mandukasana****Frog Posture**

Manduka, a Sanskrit word means 'frog'. In this *asana*, the final posture resembles the shape of a frog. Hence, it is named *Mandukasana*.

**Uttana-mandukasana****Stretched up Frog Posture**

Uttana means 'upright' or 'stretched up' and *manduka* means 'frog'. In final position of this *asana*, the body looks like a stretched up or upright frog, hence, it is called *Uttana-mandukasana*.

**Kukkutasana****Cockerel Posture**

This is called *Kukkutasana* because this *asana* imitates the posture of a cock. This is a balancing posture, therefore, it should be practised with caution. Before taking up this practice, one must have sufficient practice of *Padmasana*.

**Other Asanas to improve contentration**

- Bhujangasana
- Tadasana
- Katichakrasana
- Ardhamatsyendrasana

Bandha

Uddiyana Bandha

In Sanskrit, *uddiyana* means 'raising up' and *bandha* means 'contraction' of any part of the body. This may be called *uddiyana* because it raises the diaphragm up. In this activity, the diaphragm is made to fly up from its original position and held very high in the thoracic cavity. This *bandha* exercises the diaphragm and the ribs. It can be practised either in sitting or in standing position.