

POSTURE & RELAXATION

STANDING



WHILE STANDING IDEALLY,

1. HEAD, NECK & SHOULDERS IN A NEUTRAL, RELAXED POSITION.
2. AVOID OVER-STRAINING YOUR NECK, SHOULDER, LOWER BACK, LEGS AND ANKLE MUSCLES.
3. FEET ARE FLAT, AND WEIGHT ON BOTH FEET IS EVEN.
4. WEAR COMFORTABLE CLOTHES AND SHOES.

UNHEALTHY POSTURE

1. LEANING FORWARD
2. FLAT BACK, SWAY BACK WHILE STANDING
3. ROUND SHOULDERS, WITH HEAD FORWARDED
4. UNEVEN WEIGHT OF FEET ON GROUND



P.M.R.

PROGRESSIVE MUSCLE RELAXATION (PMR) WAS DEVELOPED BY AMERICAN PHYSICIAN EDMUND JACOBSON IN THE 1930S TO HELP PATIENTS WITH **MUSCLE PAIN AND TENSION** TO PRACTICE PMR:

1. FIND A QUIET PLACE AND GET INTO COMFORTABLE POSITION OF SITTING OR LYING DOWN.
2. START BY INHALING DEEPLY, AND EXHALING SLOWLY FOR 3-5 TIMES.
3. TIGHTEN YOUR MUSCLES BY SQUEEZING YOUR BODY, AND CLENCHING YOUR TOES AND PUSHING KEELS TO GROUND.
4. RELEASE WHEN FLEX YOUR FEET FORWARD, TOWARDS YOUR HEAD.
5. RELEASE AGAIN.
6. MOVE ONTO NEW **MUSCLE GROUPS**, YOUR ABDOMEN, LEGS, HANDS, NECK, SHOULDER AND FACE.
7. TIGHTEN THEM, RELEASE FINISH YOUR PRACTICE WITH DEEP CALMING BREATHS.

SITTING



WHILE SITTING IDEALLY,

1. HEAD, NECK & SHOULDERS IN NEUTRAL POSITION WITHOUT BENDING FORWARD OR DOWN OF NECK.
2. ADJUST YOUR TABLE & CHAIR HEIGHT CORRECTLY TO SET LEVEL OF YOUR ELBOWS IN BEND OF 90-110 DEGREES.
3. KEEP YOUR BODY NEUTRAL IN LINE WITH NECK, SHOULDERS, AND ELKS IN A STRAIGHT VERTICAL LINE OF GRAVITY.
4. KNEES ARE AT LEVEL OF HIPS, AND FEET TOUCH GROUND COMFORTABLY.

UNHEALTHY POSTURE

1. LEANING FORWARD
2. PERCH ON FRONT OF THE SEAT.
3. PROVIDE NO SUPPORT FOR LOWER SPINE CURVE OF LUMBAR SPINE.
4. SEAT PAN TOO FAR FORWARD.
5. FEET HANGING FROM THE GROUND WITH NO SUPPORT.



IN OUR BUSY WORLD THERE IS STRESS EVERYWHERE WORK, PERSONAL, AND PHYSICAL LIFE STRESSES CAN TAKE A SERIOUS TOLL ON BOTH YOUR PHYSICAL AND MENTAL HEALTH. INCREASING **MUSCLE TENSION**, RACHA PAIN AND PHYSICAL HEALTH COMPLAINTS LEAVES YOU MENTALLY EXHAUSTED. CORPORATE JOBS OF LONG SITTING OR STANDING POSTURES CAN EVEN LEAD TO BACK ACH, CERVICAL PAIN & MUSCLE SPASM. WE HERE DEMONSTRATE SEVERAL **POSTURE CORRECTIVE AND RELAXATION METHODS TO PRACTICE IN 30-45 MIN TODAY LIFE AND TACKLE THESE PAINFUL SITUATION AND RELIEVE MENTAL & PHYSICAL HEALTH.**



YOGA

YOGA IS DERIVED FROM THE ROOT WORD 'YUJ' - TO BIND OR JOIN. IT IS A WAY OF LIVING PROVIDING MEANS TO ATTAIN THE HIGHEST LEVEL OF **CONSCIOUSNESS** THAT AIMS TO ACHIEVE UNION BETWEEN MIND, BODY AND SOUL. PRACTICE OF YOGA HAS **THREE STAGES** IN WHICH COMMONLY PRACTICED TECHNIQUES ARE:

ASANAS OR POSTURES: A PLEASANT POSTURE BRINGS ABOUT STERDINESS AND HEALTH IN MIND AND BODY. THESE ASANAS RESEMBLE NAMES AFTER OBJECTS / ANIMALS. EG: CAT & COW POSE, CHILD POSE.

PRANAYAMA OR REGULATED BREATHING: LAYS EMPHASIS ON RESPIRATORY CONTROL. CONSTITUTING 'ANULOMA: INHALATION' AND 'VILOMA: EXHALATION'. SEVERAL REGULATED BREATHING PRACTICES ARE, 1. RIGHT NOSTRIL BREATHING, 2. LEFT NOSTRIL BREATHING, 3. ALTERNATE NOSTRIL BREATHING, 4. UNINOSTRAL AND FORCED BREATHING WITH BREATH HOLDING.

DHYANA OR MEDITATION: IS A STATE OF UNINTERRUPTED FLOW OF CONCENTRATION THE PRACTITIONER AT THIS STAGE ENJOYS A **BALANCED SERENE AND TRANQUIL MIND**.

CHILD POSE



CAT COW POSE



VENTILATION

1. SEVERAL SITTING & POSTURES, IMPROVE **RESPIRATORY** FUNCTIONS, BY INCREASING THE MINUTE VENTILATION, ELIMINATION OF CO₂ AND O₂ CONSUMPTION.
2. PRACTICE OF REGULATED BREATHING TECHNIQUES REGULARLY REDUCES ANXIETY AND **STRESS** LEVELS. THEY ALSO IMPROVE ATTENTION, VISUAL SCANNING, REPETITIVE MOTOR RESPONSE & RESPIRATORY RATE.
3. PRACTICE OF YOGA IMPROVES, AND INCREASES PERIPHERAL UTILIZATION AND **GLYCOGENUM** OF GLUCOSE IN THE PERIPHERAL TISSUES. LIVER.

STRETCHING

SHOULDER SHRUGS

- I. TAKE A FEW DEEP BREATHS
- II. LIFT THE TOP OF YOUR SHOULDERS CLOSE TO YOUR EARS, IMITATING A SHRUG
- III. HOLD FOR 3-4 SECONDS THEN RELEASE. REPEAT FOR 3-5 TIMES.



ELBOW PULL

- I. RAISE YOUR RIGHT ARM AS STRAIGHT AS YOU CAN
- II. BEND IT BEHIND YOUR HEAD. DEEPEN THE STRETCH BY PULLING YOUR ELBOW TOWARDS YOUR HEAD BY YOUR LEFT HAND.
- III. HOLD FOR 10-15 SECONDS AND THEN REPEAT THE OTHER SIDE. DO THIS 3-4 TIMES.



HEAD TILTS

- I. YOUR STARTING POSITION SHOULD BE CENTER.
- II. TILT YOUR HEAD TOWARDS YOUR RIGHT, AS IF YOUR SHOULDER TOUCHES YOUR EAR.
- III. HOLD FOR 5-10 SECONDS AND REPEAT THE SAME TO THE LEFT FOR 2-3 TIMES.



CHIN TURNS

- I. BEGIN BY LOOKING FORWARD THEN SLOWLY MOVE YOUR CHIN TO YOUR LEFT. STRETCHING THE LEFT SIDE.
- II. THEN MOVE YOUR CHIN TO RIGHT SIDE REPEATING THE SAME FOR 2-3 TIMES.



UNMESH-GALLERY WALK
Code No: CH-6

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FOOD



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