

S.S.A's Arts & Commerce College, Solapur (MS).

Physical Education and Sports



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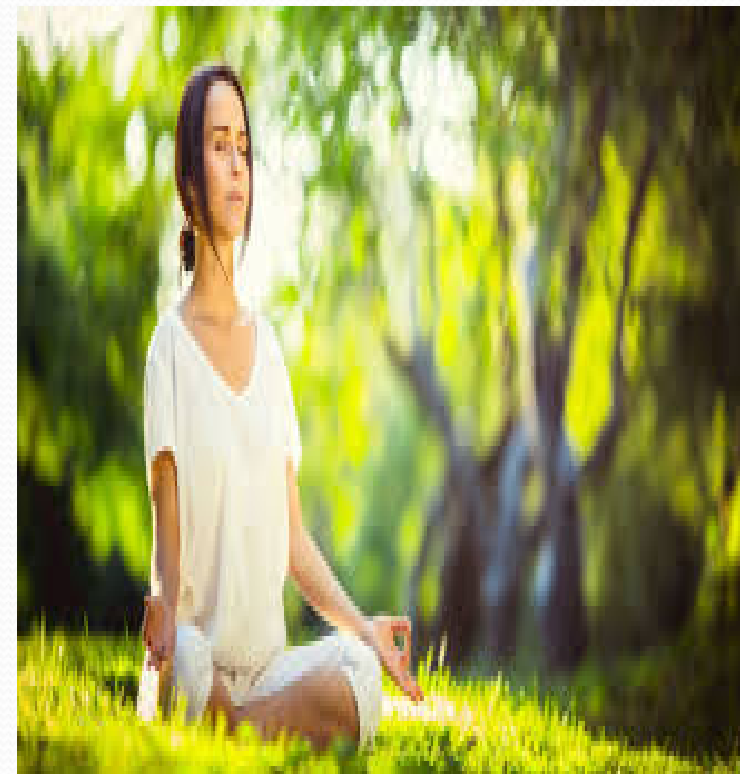
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Yoga for Women



Introduction

- A Woman is a fine creature of God and plays different roles, in her life, from running her home efficiently to working outside the home in different positions.
- In actual fact, women need yoga even more than men do.
- She is responsible for the family's health and well being.
- Today's nuclear family set up has put the woman under more pressure without any real support as she earlier used to have in an extended family.
- She has more independence, more clout, but she has more work and worries, as well. balancing the home and her job becomes quite taxing for her.
- With all this, it is not surprising that a woman has lots of stress in her life, and has to face many health issues.
- As such, women have a greater need for yoga, and just by practicing a few yogasanas and pranayamas every day, they will establish balance in their health.

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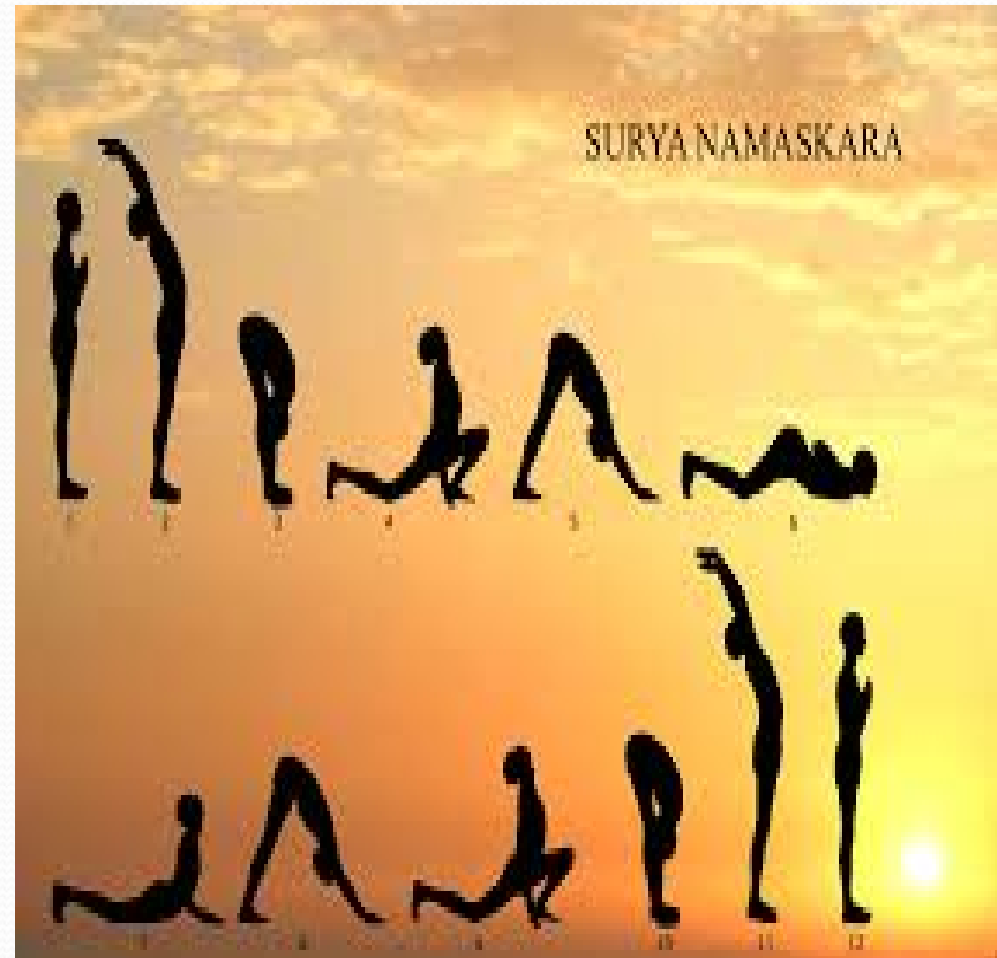


Yoga and its Definition

- The word yoga means “unity” or “oneness”, and it is derived from the Sanskrit word “Yuj”, which means to join.
- In terms of spirituality it refers to the union of individual consciousness with the universal consciousness.



Asanas for Women



Yogasanas for Women's Health

Sarvangasana



Sarvangasana

Sarvangasana is a very important posture which should be practiced by all unmarried girls, married women or mothers.

- This asana stimulates the thyroid gland, which controls the physical appearance of a woman.
- Sometimes, when the functioning of the thyroid gland is suppressed, a woman can develop masculine qualities and her body will not develop in a balanced way.

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- Sarvangasana also has beneficial effects on the uterus.
- Prolapse is a common complaint in India where many women have to return to their work immediately after childbirth.
- To prevent this problem, sarvangasana should be practiced for one, two or three months after childbirth.



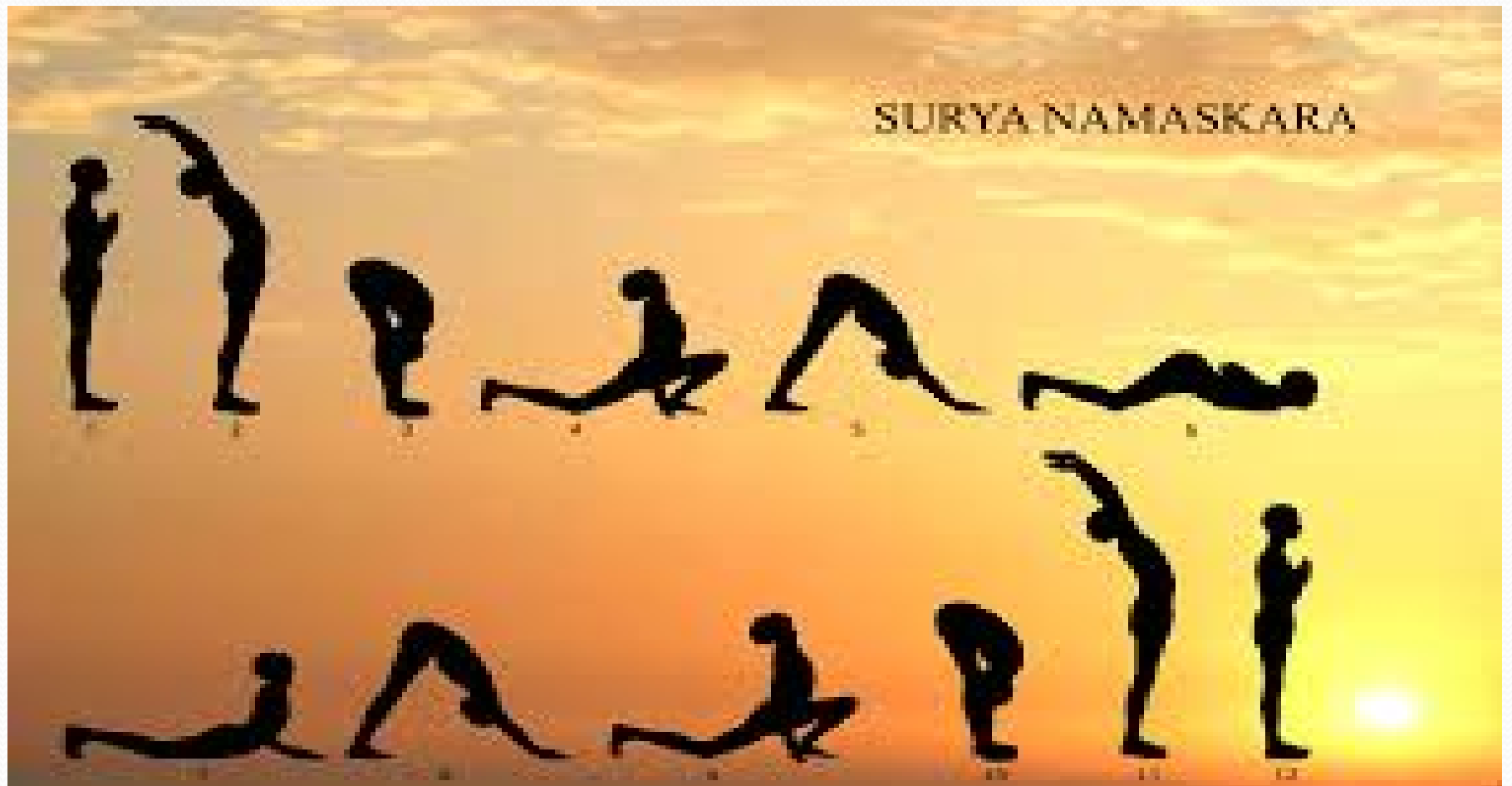
Naukasana




- To have a strong uterus a woman must exercise, and one of the most important postures for the uterus is naukasana, the boat pose.
- This asana stimulates the muscular, digestive, circulatory, nervous, and hormonal systems; tones all the organs and removes lethargy.



Suryanamaskar



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- Retroverted uterus is a common problem which is often responsible for the inability to conceive.
 - Through daily practice of surya namaskara, the uterus is brought into the correct position.

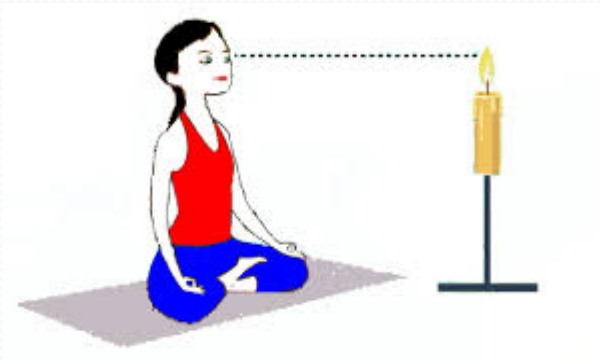
Channelizing the Emotions

- By nature women are devotional and inclined towards the bhaktimarga.
- Women who are highly emotional and have not developed concentration of mind commonly have attacks of hysteria.
- It can be eliminated by practicing one-pointed concentration daily.
- If hysteria is allowed to continue, or if it is only treated by drugs, later in life, at the time of menopause, hypertension will become a problem.
- She must also sit for 10 to 15 minutes daily and try to concentrate her mind on one point.



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- Sit in any asana in which you will not need to move your body for 15 minutes.
- Keep your spine upright and straight and place your hands on the knees or in your lap.
- Close your eyes. Try to think of and imagine one object.
- Try to see it clearly.
- You can visualize the flame of a lamp, a star, a flower, or anything, but you should concentrate on the same object every day and try to visualize it for 10 to 15 minutes.



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- Many women are insecure and have a lot of complexes about their status in the family, and because of this they develop illnesses.
- Whether it is asthma, diabetes, digestive problems, liver problems, peptic ulcer, gall bladder problems, migraine or whatever, it is all due to their day to day relationship with their family affairs.
- Just by practicing karma yoga and changing their attitude and approach to their duties, many of their frustrations will disappear.



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- If you are expecting total santosha or satisfaction from the world, from your children, husband or wealth, unfortunately you will be disappointed.
- What ever you get from your family is more than enough.
- That is the philosophy of a karma yogi.
- A karma yogini is never dissatisfied and she is never affected by the consequences of karma

"You do your duty; do not worry what is the outcome therefrom".





Thank
you!