

GOVERNMENT AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU



10TH INTERNATIONAL DAY OF YOGA Yoga for Women Empowerment



YOGANUSHASANA – 2024

Department of Swasthavritta and Yoga

YOGA COMPETITION FOR
AYURVEDA STUDENTS

YOGA COMPETITION FOR
GENERAL PUBLIC

YOGA FOR AYURVEDA STUDENTS

- Topic : Therapeutic Yoga for Hyperthyroidism / Hypothyroidism/ PCOD / Obesity / Diabetes Mellitus.
- A video within 3 minute must be done showing the possible Yoga to be adapted according to disease.
- Description pertaining the mode of action should be substantiated in the video along with demonstration.

YOGA FOR GENERAL PUBLIC

- Here you can choose either basic category or advanced category
 - Basic category: A video of step wise Suryanamaskara less than 3 minutes should be submitted.
 - Advanced category: A video of less than 3 minutes of step wise asana must be done .
- Any 2 of the difficult Asanas mentioned here can be selected.

SUBMISSION GUIDELINES

- Last date for submission: 17/06/2024 within 23:59.
- Submission through Google forms
- Quality of audio and video must be well maintained
- No mentioning of participant name and other details in the video

[Click here for the link](#)

Prizes will be announced on 21/06/2024

Prizes will be sent through postal services

E- certificate for all participants will be provided

YOGA FOR AYURVEDA STUDENTS

Example : Ustrasana in Hypothyroidism

Demonstration and mode of action



Hypothyroidism is a condition where there is decrease in the amount of thyroid hormone in the body. It slows down the metabolism and affects the body.

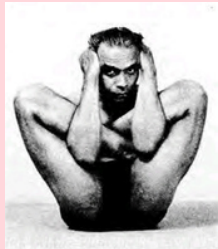
In Ustrasana there is stretching of the neck region, which provides physical pressure to the thyroid gland. This may lead to increase in blood flow to thyroid gland after the practice. Thereby it activates thyroid gland and aids in the production of required amount of thyroid hormone.

YOGA FOR GENERAL PUBLIC

Basic category: Step wise Suryanamaskara



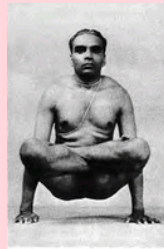
Advanced category: Any 2 Asana from the following : demonstrated step wise, from starting posture to final posture- maintainance and then back to starting posture



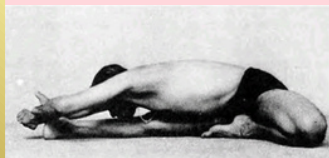
A. Garbhapindasana



B. Kukkutasana



C. Tolasana



D. Janushirshasana



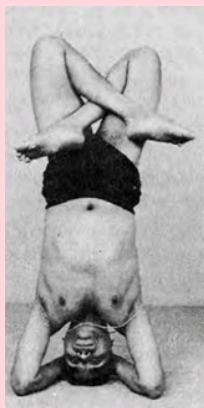
E. Ustrasana



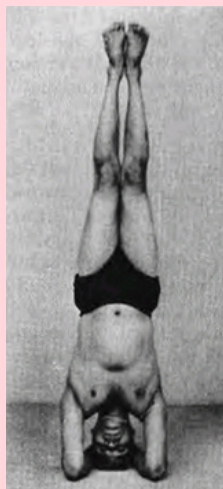
F. Chakrasana



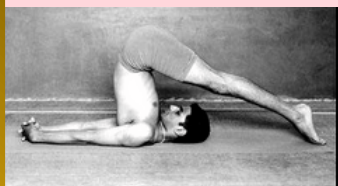
G. Utthita Parsvakornasana



I. Urdwa padmasana in shirsana



J. Shirshasana



H. Halasana

For any query contact:

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