

KUNDALINI RISING

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Healthy Digestion through Yoga: Nauli Kriya

Nau means boat (like nauka) and Li means cling, so in nauli kriya, the abdominal muscles cling to the abdominal wall while moving like a boat on the rolling waves of the ocean. It allows you to massage the organs in your abdominal region through the circular movement of the abdominal muscles.

Nauli is a purification technique used in yoga. To perform nauli, stand with your feet hip width apart, take a big breath in, then fold forward and release the breath. With lungs empty, next, suction in the stomach, (inward and upward, through udiyana banda, a technique used to lift the pelvic floor). Next, release the soft part of the belly in the centre. Then, contract the left and right abdominal muscles in turns, causing a wave-like, churning motion.

You can watch this video for a demo. <https://www.youtube.com/watch?v=lv8KJ6SJzZ8>

The vacuum created pulls blood from the abdominal cavity into the chest and heart and improves circulation to the abdominal muscles, tissues and organs. The pressure in the capillaries and veins in the abdomen decreases, facilitating blood flow and fluid exchange.

Nauli has many benefits. It stimulates and cleanses your digestive and elimination systems — the intestines, stomach, pancreas, liver, spleen, bladder, colon and the reproductive organs. This alleviates constipation and ensures smooth bowel movements. It tones the abdominal muscles (especially the rectus abdominus, which, for women after pregnancy, may become very weak) and the pelvic floor (which helps support a healthy spine and prevent back aches.) It reduces excess fat on



the abdomen and internal abdominal organs. It strengthens the muscles that control the flow of urine. It stirs up the lymphatic fluids in the abdominal area and increases your immunity. It increases metabolism and internal energy, giving vitality.

Healthy bowel movement means daily elimination of waste. If you are not able to go at least once a day, you may try nauli kriya, and also, adjust your diet. It is important to eat sufficient fibre and green vegetables (cabbage, spinach,

etc). Guava, papaya and watermelon (with the seeds) can also help.

Nauli should be practiced when the stomach is completely empty. A beginner may start with three rounds in each direction (ten rotations). After two weeks of practice, one can build up to ten rounds within a week. One can slowly build up to 25 rotations per round, for ten rounds. If pregnant or menstruating, nauli kriya should be avoided.

Nauli stimulates the third chakra, the

Manipura, located at the navel. Manipura is the storehouse of vital energy (prana) and so, activating this chakra helps boost one's ability to exert one's will, take responsibility and get things done. It also activates the second chakra, the Svadisthana, which helps us accept reality and move with the cosmic flow.

Photo Courtesy: Shazia Omar

Shazia Omar is a yogini, activist and writer. Her yoga classes are available for free on her channel: [YouTube.com/ShazzyOmar](https://www.youtube.com/ShazzyOmar)

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The final countdown for schools as COVID-19 rages on

As the COVID-19 pandemic continues to affect every sphere of life, the education system too is under sever burdens. While online learning sessions and other digital methods are being used to take classes, there remains the issue of the actual schools themselves. In a report from The Daily Star on 21 July, 2020, an estimate was given that around 100 schools around the capital would be sold off.

The report included the real situation of several schools.

Over the last four months, Ideal Public School in the capital's Matikata area, saw its earnings plummet as most of the guardians were unable to pay tuition and other fees amid the coronavirus pandemic. The founder and head teacher of the kindergarten, Nargis Akter, had no other choice but to put her school up for sale. The amount of outstanding house rent, unpaid salaries

for teachers and staff just kept mounting and ended in this harsh end. Every month, Nargis has to pay Tk 50,000 as house rent and Tk 70,000 in salaries of teachers and staffers. Till June, the dues stood at about Tk 5 lakh. Furthermore, if she fails to find a buyer, the school has to close its doors to 300 students and 25 teachers and staffers after 15 years of operation.

This picture is the same for many schools in and around the capital as they found themselves in a tight corner amid the pandemic. The majority of the teachers at these schools have returned to their village homes and are in financial hardship.

Srijan Central School and College in Savar's Bypile area is one such institution. It has about 150 students and 15 teachers. Chairman Shamim Iqbal, the school's Chairman mentioned that the school needs about Tk 1 lakh a month to run, and

he is not getting any tuition fees.

Another school, Rajdhani Ideal High School in Basila area, was put on sale by its director Faruk Hossain Ripon. Founded in 2015, the school has 170 students and 15 teachers. The school has about TK 3.5 lakh due in house rent and salaries of teachers and staff.

With 250 students and 12 teachers, Phoolkuri Kindergarten and High School in the capital's Mohammadpur has also been put up for sale. Established in 2003, its monthly expenditure is about Tk 1 lakh. In April, school director Takbir Ahmed gave advertisement for selling it.

As the owners move to sell their schools in the middle of the academic year, the students of class V and VIII of these institutions may find themselves in a difficult situation. They are expected to take public exams in November this year.

Iqbal Bahar Chowdhury, chairman of

Bangladesh Kindergarten School and College Oikya Parishad, said almost every day, they get news that schools have been put up for sale. So far, the number is around 100. They estimate that around 60,000 kindergartens across the country will share a similar fate.

The financial repercussions are not the only things to consider here. Manzoor Ahmed, professor emeritus of BRAC University, commented that 100 percent enrolment of students at the primary level will be at risk as a consequence of permanent closure and sale of kindergartens. The number of dropouts too are bound to increase.

With the situation being as is, schools closing down will have negative socio-economic impact in the long run, with little to no option for recovery.

By Iris Farina