



## Indian Yoga - Gift to the World.

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### Abstract:

The International Day of Yoga has been celebrated annually on 21 June since 2015. Yoga is a physical, mental and spiritual practice which originated in India. 21 June, as it is the longest day of the year, in the Northern hemisphere and shares a special significance in many parts of the world. Yoga is India's gift to the world for health and peace, the benefits of the ancient Indian practice for overall well-being. It is connecting the countries and their people. While all the world has a keen interest in India's art, music and dance and Yoga. In the present paper we discuss about principles of Yoga, Health benefits of Yoga and different methods of Yoga which is very useful for mankind.

**Key Words:** India, International Day, Yoga, World, Peace, Physical fitness, Healthy.

### Introduction:

Yoga for Peace and fitness, Yoga keeps both our body and mind healthy. It strengthens our body and keeps our mind at peace, if the mind is at peace, there would be peace in family, society, country and all over the world. Yoga is India's gift to the world for health, wellness and peace. It connects us with wellness and happiness. Yoga is bridging the vast distance between India and all over the world.

Yoga is essentially a spiritual discipline based on an extremely science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. The health of the human being is influenced by various factors. Yoga is one of the systems that includes all these factors. These factors are regular exercise in the form of physical postures, proper breathing, sufficient rest and relaxation, meditation, positive thinking and balanced diet. Yoga helps people to increase their immunity and energy level also to stay calm and fight mental health issues<sup>1</sup>.

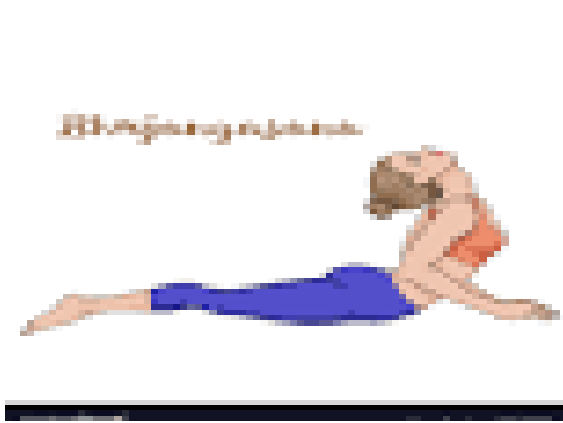
It provides clearance and see get rid of unnecessary thoughts and get perform better. Everything in nature is made up of five basic elements: earth, water, fire, air, and space. Knowledge of the five elements allows the yogi to understand the laws of nature and to use yoga to attain greater health, power, knowledge,

wisdom and happiness. The name eight limbs, comes from the Sanskrit term Ashtanga and refers to the eight limbs of yoga: Yama means toward our environment, Niyama means toward ourselves, Asana i.e. physical postures, Pranayama means expansion of the breath, Pratyahara i.e. the senses, Dharana i.e. focus on mind<sup>2</sup>. The main principles of Yoga are as follows;

1. Non-violence.
2. Truthfulness.
3. Righteousness.
4. Wisdom
5. Simplicity
6. Worship of the spiritual goal.
7. Sacrifice the ego.
8. Self-discipline.

### **Health Benefits of Yoga:**

The benefits of Yoga do, improves the body flexibility and builds muscle strength. It perfects the body posture and prevents from cartilage and joint breakdown. Continuous practice of Yoga, protects the Spinal cord and improves bone strength, increase blood flow in the body. Yoga boosts our immunity system also drops blood pressure and regulate adrenal glands, keeps mood fresh, release tension, lowers blood sugar, deeper sleep, for better and healthy lifestyle<sup>2</sup>.

**Different types Yoga Asanas:**

1. Bhujangasana



2. Vrikshasna



3. Balasana



4. Shavasana



5. Tadasana



6. Trikonasana



7. Dhanurasana



8. Trikonasana



9. Ustrasana



10. Dandasana

### Physical Activity:

The ability to relate physical activity to health depends on accurate, precise, and reproducible measures. Measurement techniques have evolved considerably over the years, creating a shifting pattern of strength and weakness in the evidence supporting the assertion that Yoga activity improves health. The complexity is heightened by the different health implications of fitness. The tools currently in use must be evaluated not only for their efficiency in measuring an individual status, but also for their applicability as instruments in larger scale<sup>3</sup>.

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3. Health and Physical Fitness – George K. Mathews (Crescent Publication), New Delhi.