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## Yoga In The Library: Aspects Of Health.

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### Abstracts:

Yoga is popular physical exercise activity with mental health benefits. It is about the mind and the body as well as the meaning of life and the nature of the universe. Public and academic libraries have offered free yoga as their primary movement-based program

Keywords: Yoga, Health, Libraries

### Introduction:

Yoga is about more than just exercise. The word “Yoga” comes from Sanskrit referring to the union of mind and body. When you practice yoga, you are supporting your mental, physical and spiritual health. To help spread awareness of the benefit of yoga in today’s sometimes hectic and stressful world, the United Nations approved resolution in 2014 Proclaiming June 21<sup>st</sup> as the International Yoga Day. Whether you are a longtime yogi or haven’t yet set foot on a yoga mat, your local library has resources and programs to help you celebrate this annual event.

Yoga exercise recharges the body with heavenly energy and facilities:

Enhances personal power

Increase self-awareness

Reduces stress and tension in the body

Help in focus and connection.

### Advantage and Benefit of yoga:

The art of practicing yoga help in controlling and individual's mind, body and soul. It brings to together physical and mental disciplines to achieve a peaceful body and mind. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Yoga can do much more for body from the way you feel, look and move. Yoga asana build strength, flexibility and confidence. Regular practices of yoga can help lose weight, relive stress, improve immunity and maintain a healthier lifestyle.

“Yoga is an extremely useful gift if India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and well-being.



Fig.1

### Virtual Yoga:

Sometimes, you don't feel comfortable dabbling in yoga in front of other. Suppose its your first time, or you are sensitive about physical limitation. In that case, you may prefer to practices in the privacy of your own home. Zoom to the rescue! Through the power of Zoom, public libraries now offer virtual yoga classes to their patrons.

The verona public library in new Jersey offers a weekly chair Yoga on Zoom class perfect for those looking for a gentle class that doesn't require getting on or off the floor. This virtual yoga class is excellent for all levels.

### Boost Your Mind-Body Health with Yoga at Your Library:

Suppose you'd like to develop a greater sense of inner peace while stretching and strengthening your body. In that case, you may want to consider starting a yoga practice. If you're ready to try it, check out what programs your

local library has to offer. Don't forget to browse your library's catalog for books, DVDs, and streaming videos on the subject.



Fig.2

Librarians, in response, should be collecting and sharing yoga resources in answer to questions, such as What are the differences between styles of yoga? What are the risks and rewards of yoga practice? What is the history of yoga? Do the spiritual aspects of yoga make it a religion? Is yoga dualistic or monistic? Why is the Bhagavad Gita, about a warrior, a classic yoga text? What is the connection of karma and reincarnation and enlightenment? Why do many yoga classes begin with chanting Om.

#### Amazing Benefits of Yoga in Schools and College:

School and college-going students may have youth on their side, but that does not mean they are spared from the stresses and pressures of life. So, let's talk about the benefits of yoga in schools and College. There are some points given as.

- i) Reduces Stress and Anxiety
- ii) Improves Memory and Attention Span
- ii) Helps To Manage Weight
- iv) Improves Flexibility, Balance and Posture
- v) Teaches Correct Breathing Techniques
- vi) Promotes Mindfulness
- vii) Encourages Self-Love and Self-Care

viii) Helps To Bring Peace of Mind

ix) Improves Self-Control

x) Enhances Coping Skills

xi) Improves The Quality of Sleep

xii) Increases Self-Confidence and Self-Esteem

#### Conclusions:

Present day, Yoga education is being imparted by many eminent Yoga Institutions, Yoga College, Yoga Universities, Yoga department in the Universities, Naturopathy College and private trust and societies. Additionally, by partnering with yoga instructor trainee programs, the financial burden is low for the library.

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