

YOGA APPRECIATION

PROGRAMME

* Student *

Name - Sushil Bera

* Introduction of "Yoga"

→ Honorable PM said, "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony b/w man and nature and a holistic approach to health and well-being."

★ SALIENT FEATURES of YOGA! -

- Yoga is essentially spiritual.
- Yoga is a Darsana (Philosophy)
- Yoga is a subtle science.
- Yoga is an Art of Healthy Living
- Yoga brings Harmony in walks of life.

* HISTORY & DEVELOPMENT OF YOGA :-

- Yoga in Pre-Vedic Period.
- Vedas & Upanishads
- Saptang Yoga of Jainism
- Smritis and Puranas
- The Ethics Ramayana & Mahabharata.
- Tantra Yoga
- Yoga in modern times & contemporary times

* How To PRACTICE Yoga

- Purification (Shodhana)
- Diet modification (Aahara)
- Postural Modification (Asana)
- Breath Modification (Pranayama)
- Relaxation (Vihara)
- Meditation (Dhyana)
- Behavioural modification (Vyakatahara)

How Yoga works

Kriyas →

Asanas, Pranayama
& Dhyana

Balance Endocrinal
secretions and
Nervous systems

Increases mind and Body
Coordination

Calm

Relax

Refresh

Health & Harmony