

YOGA VOLUNTEER TRAINING (YVT) COURSE:

Watched all the videos related to Yuga Course and practiced it myself for a better healthy life. Much benefited by training manuals as it gives comprehensive guide to practice yuga.

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax.

Ministry of Ayush and Morarji Desai National Institute of Yoga have initiated the CYP – Yoga Volunteer Training (YVT) Course at national and international level. The YVT course aims to disseminate the knowledge of Yoga among the general public, for improvement of their health and well-being.

FEATURES:

A **digital course** to improve health and well-being and to develop positive outlook. Especially relevant during COVID-19 pandemic

High-quality online instructive videos of CYP, designed to enable the common people to learn **Yoga at home**

Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our [stress](#) and [anxiety](#). Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace.

Origin of Yoga

[Yoga](#) essentially originated in the subcontinent of India. It has been around since ancient times and was performed by yogis. The term yoga has been derived from a Sanskrit word which translates to basically union and discipline.

In the earlier days, the followers of [Hinduism](#), [Buddhism](#), and [Jainism](#) practiced it. Slowly, it found its way in Western countries. Ever since people from all over the world perform yoga to relax their minds and keep their bodies fit.

Furthermore, after this popularity of yoga, India became known for yoga worldwide. People all over the world have started to realize the benefits of yoga. Several workshops are held and now there are even professional yogis who teach this ancient practice to people so they can learn about it.

Benefits of Yoga

Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our [intelligence](#). We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

In addition, you can develop self-discipline and self-awareness from [yoga](#) if practiced regularly. You will gain a sense of power once you do it consistently and help you lead a healthy life free from any problems. Anyone can practice yoga no matter what your age is or whichever religion you follow.

21st of June is celebrated as [International Day of Yoga](#) where people are made aware of the benefits of yoga. Yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.

A.1 If we look at the history, we see that Yoga originated in India. This ancient practice began when various yogis started performing yoga. Yoga translates to union and discipline and is derived from the Sanskrit language. The religious followers of Hinduism, Jainism, and Buddhism used to practice it in the earlier days.

A.2 Yoga has not one but many benefits. It helps in keeping our mental and physical health intact. It helps us to connect to nature. Furthermore, your body becomes more flexible after consistent yoga practice and you also develop a great sense of self-discipline and self-awareness. In short, it improves our well-being and gives us better mental clarity.

Like mentioned above, yoga offers flexibility to the body and relaxation to the mind. There are different asanas practised by people, and each asana has its benefits on mind and body. Yoga is designed to sharpen our mind and to improve overall our intelligence power. Regular practice of yoga can help in controlling our emotions and promote well-being.

Some Other Benefits of Practising Regular Yoga are -

- Helps to develop self-discipline and self-awareness if practised regularly
- Helps to strengthen our flexibility and postures
- Increases muscle strength, tone and balanced metabolism

- You will gain a sense of power and helps to lead to a healthy life free

Besides physical benefits, yoga also helps to benefit mentally long run. If you are stressed out, then practising yoga will bring change in your mental behaviour. If incorporated with meditation and breathing exercise, yoga will help to improve mental well-being.

We live in an age where we struggle to get mental peace. Professional and personal stress takes a toll on us. Lack of physical activities further builds stress. Practising yoga regularly can help in bringing calm, increasing body awareness, relief from chronic sleep patterns and others.

No matter what you are, practising yoga can benefit you in a long way. Many experts practice yoga and help by teaching the same.

On June 21, International Yoga Day is celebrated to make people aware of yoga benefits. It is the day to celebrate the gift the entire humankind has received and follow it with full-fledged.

Different Types of Asana

There are different types of asana. From beginners to advanced level, one can perform yoga as per the need.

Some Standing Yoga Poses

- Big Toe Pose
- Chair Pose
- Dolphin Pose
- Downward Facing Dog
- Eagle Pose

Twist Yoga Poses

- Bharadvaja's Twist
- Half Lord of the Fishes Pose
- Marichi's Pose
- Moose Pose

Like these, there are many more poses to practice, and each offers flexibility in its sense. In the initial stage, you may take time to adjust and balance your body. However, as you practice daily, you will be able to balance your body.

Importance of Yoga

It is essential to practice yoga daily to get benefits out of it. In this stressful lifestyle, practising workout or yoga is very much important, and it can be greatly helpful, irrespective of the age. It is the cheapest and free of cost treatment from all the health issues we face. From blood pressure to stress and body pain, everything gets under control upon performing yoga regularly.

The main idea behind practising yoga is to control the body part movement using breathing exercises. There is no specific day to practice yoga. Depending on your schedule, you can practice this easy workout. However, it is highly recommended to practice yoga in the morning.

Conclusion

Yoga improves the quality of our life, and we need to work on it regularly. The main aim of writing this essay on yoga is to give you the primary picture of how yoga is beneficial for our life in the long run. You can practice or learn yoga from online classes or under the expert. The ultimate aim is to make your life healthy physically and mentally fit, which is a great challenge in this fast-paced life.

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