

“YOGA”

-Cultural Heritage of India

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FLOW

- ◎ Yoga-
 - Meaning
 - Importance
 - Yoga as an Intangible Cultural Heritage
- ◎ Elements of Yoga
- ◎ Various forms of Yoga
- ◎ Prevention and Management of Common Lifestyle Diseases



UNDERSTANDING YOGA !



“न तस्य रोगो न जरा न मृत्युः प्राप्तस्य
योगाग्निमयं शरीरम्॥”

- For him who has obtained a body ablaze with the fire of Yoga , there is no disease, no aging, no death.

In today's world, most of the people think that **Yoga** means rigorous physical exercises beyond human capability.

But Yoga is a perfect blend of physical and mental practices which purifies one's intellect and inturn leads to **Spiritual Consciousness**.

Believe, it's the surest, **Ancient Indian Way** to realize the **Divine**.



BENEFITS OF YOGA

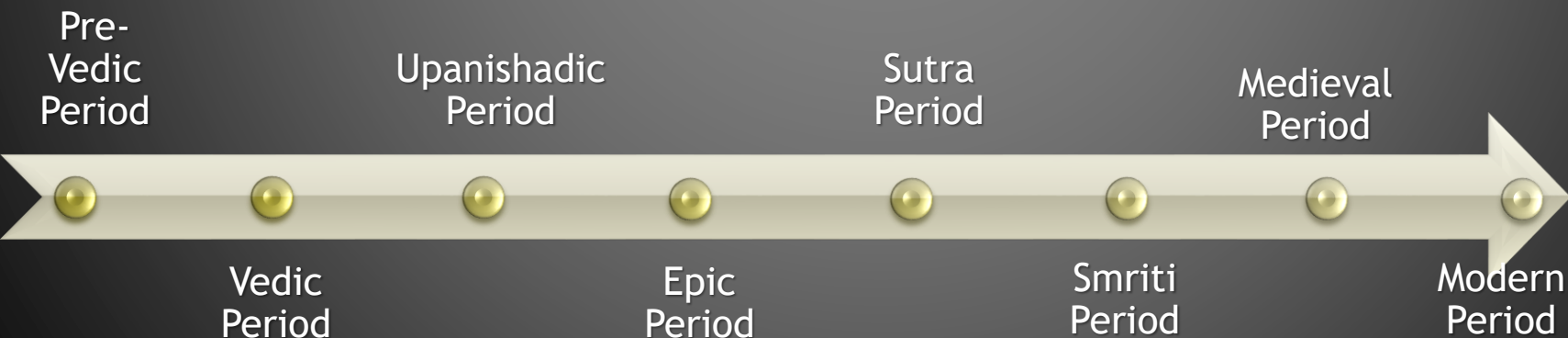
- Physical Purity.
- Cures and Prevention from Disease.
- Reduces Mental Tension.
- Beautification of Body.
- Provides Relaxation.
- Keeps the Correct Posture of Body.
- Can be Performed Easily.
- Spiritual Development.
- Increases Flexibility.
- Reduces Obesity.
- Improves Health.
- Enhances Moral and Ethical Values.



YOGA AS AN INTANGIBLE INDIAN CULTURAL HERITAGE



- ◉ Main element of Indian culture from the ancient period.
- ◉ As old as India's history.
- ◉ Related to the Indus Valley Civilization (3300- 1300 BC).
- ◉ Mentioned in Upanishads, Mahabharata & Ramayana.



INTANGIBLE CULTURAL HERITAGE (CONTD)...

◎ Pre-Vedic Period (3300-1300 BC)

- Idols, statues & seals from Excavation of Mohenjodaro and Harappa reveals Yoga was practiced in some form at that period.



◎ Vedic Period (1750-500 BC)

- Some concepts of Yoga which were developed later on, are seen in Vedas.
- "Yunjate" used in RigVeda gives the idea of the Yoga for sense control.

INTANGIBLE CULTURAL HERITAGE (CONTD)...

◎ Upanishadic Period

- Real basis of Yoga is found in Upanishads.
- Prana and Nadis are important topics discussed.

कठोपनिषद्

तां योगमिति मन्यन्ते स्थिरामिन्द्रियधारणाम्
अप्रमत्तस्तदा भवति योगो हि प्रभवाप्ययौ ११

- Various Yogic practices and their physiological effects are mentioned.

INTANGIBLE CULTURAL HERITAGE (CONTD)...

◎ Epic Period(1000-600 BC)

- Ramayana and Mahabharata speaks of various types of Yogic practices which were used during that period.
- Bhagwad Gita deals with the three paths of Yoga ,namely Gyan, Bhakti and Karma.

◎ Sutra Period

- Maharaishi Patanjali gave "Yoga Sutra" in 147 BC. Yoga Sutra is divided into four parts.
- Maharishi Patanjali described eight limbs of Yoga.
यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयोऽष्टावङ्गानि ॥२.२९ ॥
- The scriptures related to Buddhism and Jainism reveal that Yoga was also a main part of life of the people.

INTANGIBLE CULTURAL HERITAGE (CONTD)...

◎ **Smriti Period**

- Pranayama and other purification techniques were used in many religious rituals.

◎ **Medieval Period**

- Saints of this period were following yoga.

◎ **Modern Period**

- Swami Vivekananda, Yogananda, Sri Aurobindo played important role in spreading Yoga outside India.
- Yogacharya B K S lyenger , Baba Ramdev has inspired millions of Indians and foreigners to use Yoga to make them healthy and release mental stress and tension.

21ST OF JUNE INTERNATIONAL YOGA DAY



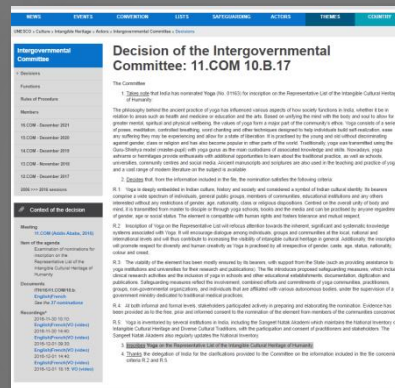
- ◉ At 69th Session of UN General Assembly in New York on 27-09-2014, PM of India urged the need to celebrate "International Yoga Day" for the harmony and peace in the world.
- ◉ 21st June declared as “International Yoga Day” by UN.
- ◉ First "International Yoga Day" was celebrated on 21st June 2015.



UNESCO'S REPRESENTATIVE LIST OF INTANGIBLE CULTURAL HERITAGE OF HUMANITY

◎ Proposal for inclusion of Yoga in UNESCO's list was forwarded by MEA in Sep 2015 through the Sangeet Natak Akademi.

◎ On 01 Dec 2016, Intergovernmental Ethiopia Inscribes Representative List Cultural Heritage



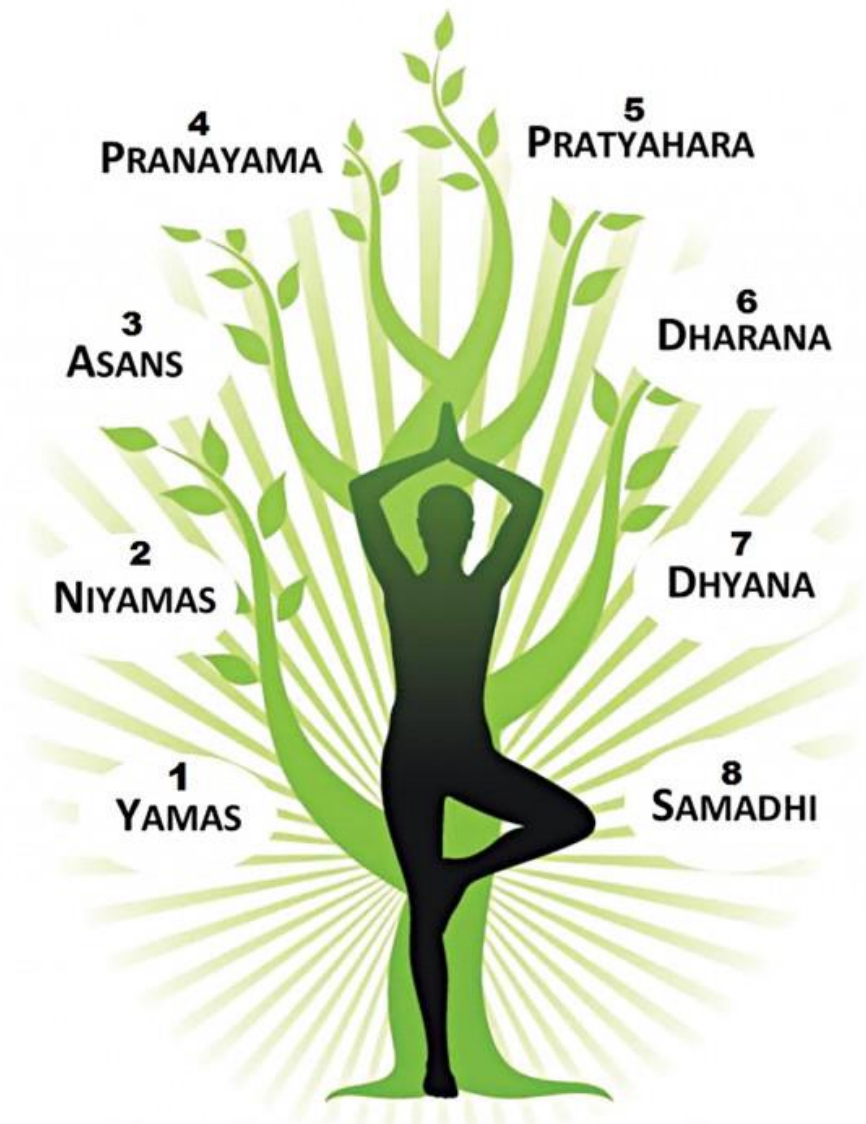
11th session of the Committee in “Yoga on the of the Intangible of Humanity”.



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LIMBS OF YŌGA



YAMA

NIYAMA

They are used to develop a lifestyle that supports practice of meditation

- ◉ Ahimsa
- ◉ Satya
- ◉ Asteya
- ◉ Brahmacharya
- ◉ Aparigraha
- ◉ Shaucha
- ◉ Santosha
- ◉ Tapas
- ◉ Swadhyaya
- ◉ Ishwara Pranidhan

ASANAS

- Often practiced without any focus on other limbs
- Important to sit in meditation for several hours without needing to readjust
- Slow stretching activities performed to keep the body flexible and agile



PRANAYAMA

- Comprised of two terms “Prana” and “ayam”
- Physiological connection between CNS and breath
- Deliberately changing breathing patterns to calm nervous system

PRATYAHARA

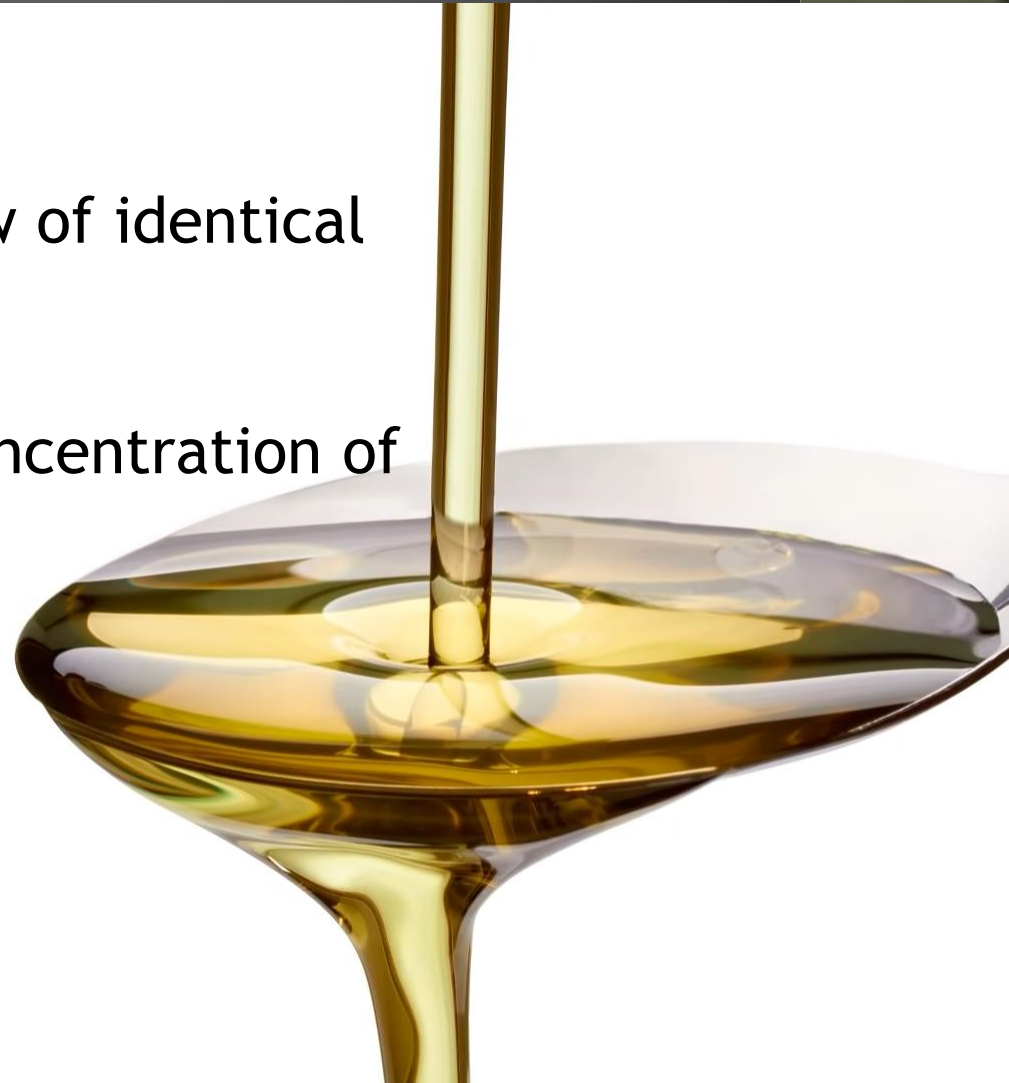
- Control over senses
- Decreases the wider scope of senses focusing it into a narrow beam
- Senses no longer respond to external objects that hinder mental concentration

DHARNA

- Concentrating attention on an object of meditation
- Concentrate on anything, a word like Om, on breathing, a mantra or any image or divine presence within you

DHYAAN

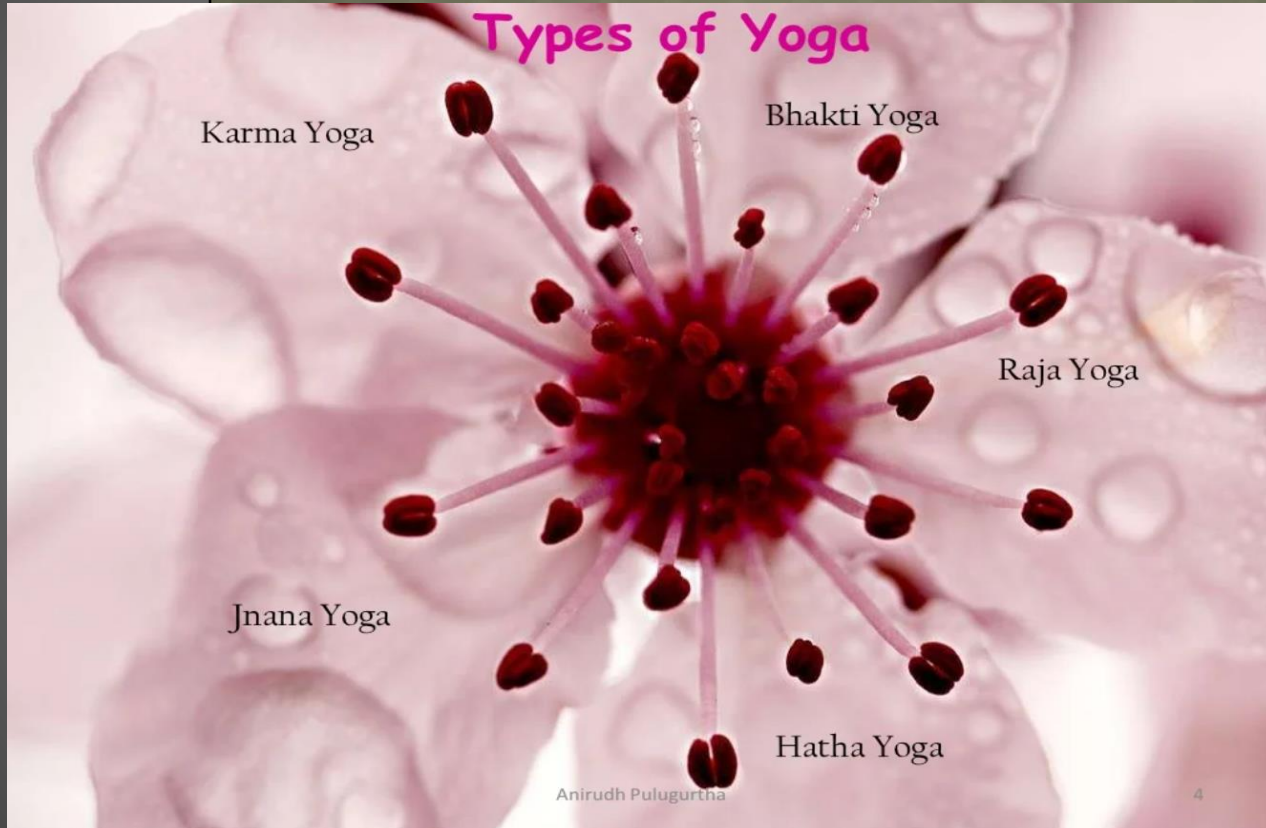
- Steady, uninterrupted flow of identical thoughts
- Complete constancy or concentration of mind



SAMADHI

- Meditator merges with the object of meditation
- Not a state of thoughtlessness but disappearance of self awareness
- No distinction between knower and known. All is one
- Ashtangas lead to ultimate goal Kaivalya i.e. Onliness

TYPES OF YOGA



HATHA YOGA

It is the physical dimension of yoga Philosophy...In order to attain God , one has to cleanse their mind and body...It enables a soul to have a perfect hold on the body...

Hatha yoga if practiced thoroughly ,can cure or prevent any duisease/ailments including cancer...

KARMA YOGA

The whole essence of Bhagvad Gita preaches Karma yoga...

It is the Yoga of Action...

Crux: Do Good and Be Good... Do your job with complete dedication & don't expect anything in return...Dedicate entire Work to the Supreme Being.

The God...

BHAKTI YOGA

It is the yoga of devotion...

CRUX: Here one makes a strong bond with the God... After a certain stage, his intensity crystallizes the image of God...At this stage the person can touch , feel and experience the Supreme Being...Tears of joy out of compassion & ecstasy is experienced at the highest state...

JNANA YOGA

It is the yoga of true knowledge...

One experiences the highest spiritual consciousness through acquiring knowledge...

CRUX: Here the person has to gather immense Discrimination Capability...One has to know 'What Is & What Is Not'...The person stops believing in materialistic sense and concentrates on the reality, the soul, The Atman / Brahman.

RAJA YOGA

It is the yoga of Mind Control.

**CRUX: One experiences the intensity of highest spiritual consciousness
by controlling the mind...**

Also called as Ashtanga Yoga (8 Limbs Yoga)...

PREVENTION AND MANAGEMENT OF COMMON LIFESTYLE DISEASES

- i. In modern age , almost everyone is indulge in sedentary lifestyle.
- ii. No healthy eating habits and regular physical activities.
- iii. Remote controls and vehicles are used in abundance instead of manual work and walking.
- iv. Such lifestyle creates many diseases like:
 - Diabetes
 - Hypertension
 - Back Pain
 - Asthma
- v. Such diseases are called common life style diseases.

DIABETES:

- Insulin (Hormone) in our body controls the level of sugar in blood.
- When body does not produce sufficient amount of insulin or when insulin does not work properly , Diabetes occur.
- People with obesity are prone to diabetes.
- Common symptoms of diabetes are :
 - a. Feeling of tiredness
 - b. Need to urinate frequently
 - c. Numbness in hand & feet
 - d. Blurred vision

MANAGEMENT OF DIABETES:

- Eat balanced diet.
- Regular exercises.
- Maintain a healthy weight.
- Have plenty of sleep.
- Manage stress.
- Take regular medicines.

HYPERTENSION:

- ⦿ It means increased blood pressure.
- ⦿ It has two components Systolic and Diastolic BP.
- ⦿ It is measured in millimetre of mercury(mm/Hg).
- ⦿ 120/80 mm/Hg is considered normal blood pressure of an adult person.
- ⦿ Earlier hyper tension was considered middle and old age problem. But now a days the youngsters are also facing hypertension due to not practising positive lifestyle.

MANAGEMENT OF HYPERTENSION:

- Reduce Obesity
- Exercises or sports Activity.
- Take proper diet.
- Relieve stress

BACK PAIN:

- ⦿ Back pain is a common problem all over the world.
- ⦿ It generally originates from the bones , joints , muscles or nerves etc.
- ⦿ It can be in the cervical ,thoracic or lumbar region.
- ⦿ It can be constant , stay in one place or radiate to other parts such as arms ,hips or legs,
- ⦿ Reasons for back pain may be wrong body postures , lack of physical activities ,overweight , excessive smoking ,lack of flexibility or undue stress on back.

MANAGEMENT OF BACK PAIN:

- ⦿ Maintain Appropriate body weight.
- ⦿ Proper sitting posture.
- ⦿ Proper standing posture.
- ⦿ Avoid lifting heavy weight.
- ⦿ Use Lumber Support belt.

ASTHMA:

- ◎ Asthma is characterized by inflammation of the bronchial tubes with increased production of sticky secretions inside the tubes.
- ◎ People with asthma experience symptoms when the airways tighten, inflame or fill with mucus.
- ◎ Common asthma symptoms include:
 - a. **Coughing , especially at night.**
 - b. **Wheezing.**
 - c. **Shortness of breath.**
 - d. **Chest tightness , pain or pressure.**

MANAGEMENT OF ASTHMA:

- No Smoking.
- Relieve anxiety.
- Regular exercises.
- Avoid suffocated areas.