



International Yoga Day;

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21st June is International Yoga Day.

Chameli Devi Group of Institutions celebrates Yoga Day with students and faculty.



India is proud to have initiated and taken Yoga to International level and has been able to get official recognition of the UN.

Prime Minister Narendra Modi has taken initiatives to promote this scientific approach to healthy body and mind.

Sadguru from Isha Foundation had been invited by the UN at its New York Head Quarters to speak on the occasion as a lead speaker. Read more in the link below about the foundation promoting Inner Engineering through Yoga

<http://www.ishafoundation.org/?global>

<http://isha.sadhguru.org/inner-exploration/>

<https://www.youtube.com/watch?v=q5m6tMjcF8k>

Nadi Shudhhi in the above link is very important form of yoga. This form of yoga helps you to cleanse Pingala and Ida nadi which represent 72000 nerves in your body.

<https://www.youtube.com/watch?v=JnhUmQ0va4A&feature=youtu.be>

The First International Yoga Day was celebrated in Rajpath in New Delhi with our Hon'ble Prime Minister Shri Narendra Modi inaugurating and participating in it.

Yoga is ancient and took its birth in India to which we Indians are proud of.

Yoga has its origins speculated to date back to pre-[VedicIndian](#) traditions, is mentioned in the [Rigveda](#),^[note 1] but most likely developed around the sixth and fifth centuries BCE, in ancient India's [ascetic](#) and [śramaṇa](#) movements.^{[8][note 2]} The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu [Upanishads](#)^[9] and Buddhist [Pāli Canon](#),^[10] probably of third century BCE or later. The [Yoga Sutras of Patanjali](#) date from the first half of the 1st millennium CE,^{[11][12]} but only gained prominence in the West in the 20th century.^[13] Hatha yoga texts emerged around the 11th century with origins in [tantra](#).^{[14][15]}

Yoga has been recognized for the first time at the International Platform at the UN as 21st June 2015 as International Yoga Day. In India Hon'ble Prime Minister Narendra Modi participated at the Yoga Day celebration at the India Gate in New Delhi. The day 21st June has been selected because it is the longest day in the whole year with special significant benefits of Sun's rays.

Physical Benefits

“The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also lower blood pressure and reduce insomnia.”

Other physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury



Mental Benefits

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. “Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate,” says Dr. Nevins. “Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.”

Yoga’s incorporation of meditation and breathing can help improve a person’s mental well-being. “Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,” says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, “because they can help with early detection of physical problems and allow for early preventive action.”



For gaining insight into benefits of Yoga, please click on the link below:

<http://www.yogajournal.com/article/health/count-yoga-38-ways-yoga-keeps-fit/>



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<i>Asanas</i>		
Sarvagāsana		1 Min
Halāsana		2 Min
Matsyāsana		1 Min
Paschimottānāsana		2 Min
Bhujangāsana		1 Min
Shalabhasana		1 Min
Dhanurāsana		1/2 Min
Ardha-Matsyendrasana		1 Min
Shirshāsana		1 to 10 Min

<http://www.harekrsna.de/surya/surya-namaskar.htm>

Yoga for Inner Peace



Yoga is very scientific and helps in balancing the body and the mind if practiced in correct form. It instills a discipline and helps in staying well. Those who practice yoga have experienced a life long benefit of staying fit without stress, maintaining a calm and

composed nature and free of diseases. So join a Yoga class or practice at home with online support and be calm composed and disciplined. Unfold your inner energies through Yoga.



Happy Yoga Day!





Best Regards.

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