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YOGA

The way of life



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What is YOGA?

Yoga is the physical, mental and spiritual practices which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.



Origin

- ◆ Yoga is the stilling of the changing states of mind.
- ◆ The origins of Yoga are a matter of debate.
- ◆ It may have pre-Vedic origins.



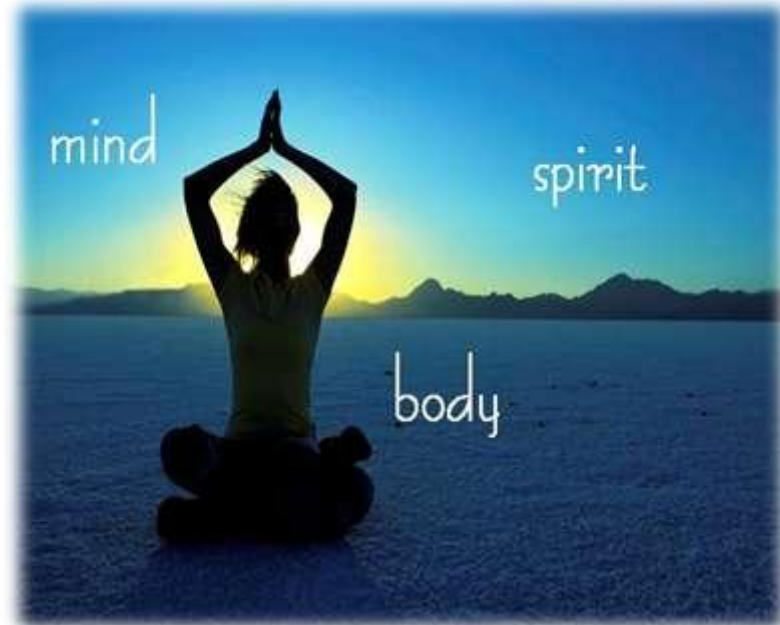
Terminology

In Vedic Sanskrit, the meaning of word Yoga is “to add”, “to join”, “to unite” or “to attach”.



Purpose

The ultimate goal of Yoga is Moksha (liberation) through the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.



History

Several seals discovered
at Indus Valley
Civilization sites depict
figures in positions
resembling a common
Yoga or meditation pose.



Reception in west

- ◆ Gurus from India introduced Yoga to the west following the success of Swami Vivekananda in the late 19th and early 20th century.
- ◆ In 1980's , yoga became popular as a system of physical exercise across the western world. This form of Yoga is often called Hatha Yoga.



Benefits

Many studies have determined the effectiveness of Yoga as a complementary intervention for cancer, asthma and heart disease.



Benefits

In a national survey, long-term Yoga practitioners in the United States reported musculo-skeletal and mental health improvements.



Yoga techniques

There are different yoga techniques. The most common among them are:

- ◆ Surya namaskar
- ◆ Meditation
- ◆ Pranayama



Yoga techniques

Surya namaskar :

- ◆ It is a salutation to the sun.
- ◆ It is known to ease stress and give you peace of mind besides increasing your levels of concentration.



Yoga techniques

Dhyana(meditation) :

- ◆ It is the state of mind wherein there are no sensor thoughts.
- ◆ It leads to a deeper level of relaxation, reduces anxiety, decreases muscle tension and headache.



Yoga techniques

Pranayama :

- ◆ It means “a pause in the movement of breath”.
- ◆ It increases the spiritual power and confers cheerfulness and inner peace.



Conclusion

Yoga , as a mindfulness practice, can help correct basic limitations of the mind by improving self awareness, self control and self esteem.

The best way to understand Yoga is:
TRY IT OUT YOURSELF!

THANK YOU.

