

Globalisation of YOGA

The AYUSH ministry was created in 2014 with the objective to integrate Ayurveda, Yoga and other traditional medical facilities with the health services. Indian efforts to popularise Yoga globally got a boost with June 21 being declared as the International Day of Yoga since 2015. Amidst the Corona pandemic, Ayurveda which gives emphasis on the prevention of the disease through effective remedies emerged as the saviour for millions of people across the globe



People from every walk of life are now adopting Yoga which has emerged as the most trusted mean to boost physical and mental well-being. Yoga has crossed the regional boundaries to reach off-shore destinations where it is becoming very popular. Centuries ago one of the most popular Sanskrit poets Bhartrhari while highlighting the specialty of Yoga has said:

धैर्यं यस्य पति कृष्मा च जननी शान्तश्चरि गेहनी
सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः ।
शय्या भूमतिलं दशोऽपि वसनं ज्ञानामृतं भोजनं
एते यस्य कुटुम्बिनः वद सखे कस्माद् भयं योगनिः ॥

This remarkable analogy which was postulated centuries ago means by practising Yoga regularly some very good qualities are imbibed. Courage is developed from the regular practise of Yoga which protects us like a father. Yoga also helps in building the quality of forgiveness as possessed by a mother. It also helps in developing mental peace which becomes our permanent friend. Bhartrhari has said through regular practise of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth itself becomes our bed and knowledge satiates our hunger. When so many qualities become the friend of the Yoga practitioner then he overcomes fear. And above all Yoga practise needs no financial investment. Highlighting the role of Yoga amidst the Corona pandemic Prime Minister Narendra Modi said, "In this century we realise that Yoga has united the world. Like Yoga connects body, mind, and soul similarly today Yoga is connecting the world. The desire to be free from stress and disease and have a very happy life could be only attained through the path of Yoga." It strikes a balance in life through undertaking the journey to not only ensure good health for the body but also the purity of mind and thoughts. According to Yoga Guru K Pattabhi Jois, Yoga is true enlightenment, an inner cleansing. Apart from its health benefits, this ancient form of science also ties society together.



Yoga has emerged as a new unifying force in the world today. I can say with confidence that if today the figures of Yoga practitioners are collected all over the world, then amazing facts will be revealed to the world.

Prime Minister Narendra Modi



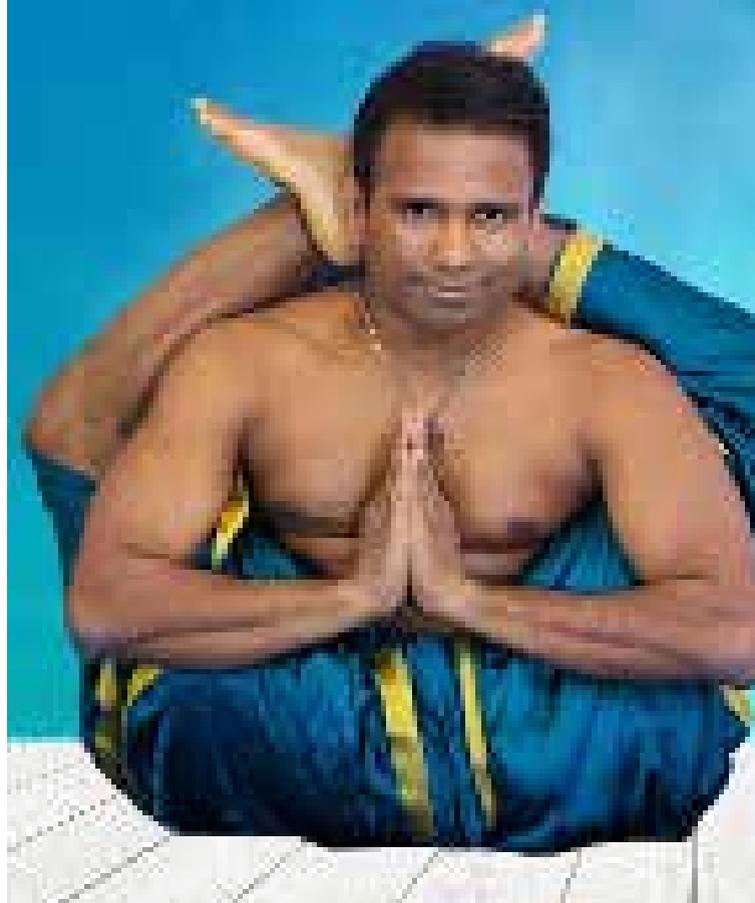
Yoga transforms our lifestyle which helps the body to adapt to natural changes. Just four months after Narendra Modi became the Prime Minister he made an effort to get international recognition for Yoga. In his address to the United Nations General Assembly (UNGA), he proposed the idea to adopt International Yoga Day. Amidst the Corona pandemic, many heads of the states have discussed the role of Yoga in curbing the ill-effect of Corona with Prime Minister Narendra Modi. In his virtual address on the occasion of International Yoga Day last year Prime Minister Modi said, "Yoga is all about connecting and bringing us together." According to him, Yoga gives a message of international brotherhood and bridges the differences. If today the power of Yoga is recognised across the globe then it has been made possible by the untiring efforts of Prime Minister Narendra Modi.

WHEN THE WORLD REALISED THE IMPORTANCE OF YOGA

Due to the Narendra Modi Government's relentless efforts, June 21 was declared as the International Yoga Day by UNGA. On December 11, 2014, the 193-membered UNGA approved the proposal by consensus with a record 177 co-sponsoring countries passing the resolution to establish June 21 as "International Day of Yoga". In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in the country in which more attention was given to prevention rather than the cure.

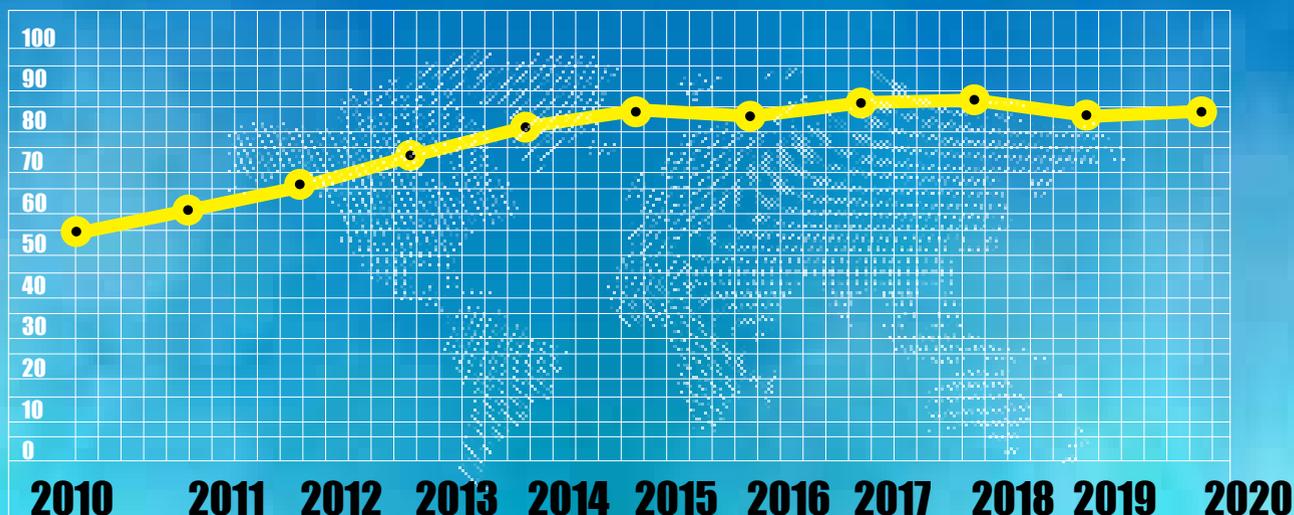
The main event marking the first International Yoga Day was held at Rajpath in the national capital on June 21, 2015 set two Guinness World Records. One for the largest Yoga session ever in the world which saw the participation of 35,985 Yoga enthusiasts. Second was for

Growing Market of Yoga



History of Yoga in India is around 5,000 years old

If one looks at Google's data after Yoga got global recognition, the number of searches for Yoga has almost doubled in the six years from 2014 to 2020



\$66.4

Billion global Yoga market by 2027. It was \$37.5 Billion in 2019, according to a report by Allied Market Research

India alone has more than **Rs 4** Billion Yoga market

- Prime Minister Narendra Modi's initiative not only made the world realise the power of Yoga, but it also led to rapid growth of Yoga, boosting employment. During COVID-19 period, online Yoga classes have emerged a big time help for people to practise Yoga while staying at home
- Not only Yoga instructors, but also Yoga-related goods manufacturing industries, Yoga institutes and training centres have emerged as new hubs of employment
- According to the website, Statista, yoga mats worth \$11.7 Billion were sold in the last one year alone

attending the same Yoga session by participants from 84 countries. The seventh International Yoga Day will be celebrated on June 21 this year. Yoga has gained immense importance during the COVID-19 pandemic. As we face the new variants of Corona this year the upcoming Yoga day assumes special significance as it gives a message to embrace Yoga for preventing the disease.

After over two decades of independence in 1970, the practitioners of Ayurveda, Unani, Siddha got legal protection through law. For the

first time, it was made a separate department in 1995. In 2003 under the Atal Bihari Vajpayee Government, it was renamed AYUSH. The Narendra Modi Government created a separate AYUSH Ministry in 2014 with an aim to get global recognition for Ayurveda and Yoga. Prime Minister Narendra Modi took the initiative to popularise Yoga by sharing its importance in his address to UNGA on September 27, 2014. Soon after, the UNGA adopted the resolution with a consensus to celebrate June 21 as International Yoga Day.

Paintings depicting Yoga along with other remains and seals of the Indus Valley civilisation indicate the presence of Yoga in India

YOGA IS INDIA'S ANCIENT CULTURAL HERITAGE

Yoga in the real sense is a science that is based on spiritual study. It establishes coordination between the mind and body. Yoga is the confluence of art and science which guides us to live a healthy life. As per the root word yujir in Sanskrit, the term Yoga means to join or unite. It is said that Yoga practice connects our individual consciousness to universal consciousness. The origin of Yoga is considered to date back to Indus-Saraswati Valley Civilization period that is nearly 2700 BC ago. Even in the pre-Vedic period Yoga was practised. Maharishi Patanjali was the first to organize and codify the then ancient practices through his systematic treatise Yoga Sutra. He is also called the father of traditional yoga because of his immense contribution to the field. Scholars after him have also made a tremendous contribution towards the conservation and development of Yoga through documenting the Yoga practises and promoting it worldwide. In the present times millions are benefiting from Yoga.

A look at past six International Yoga Days

2015 Held at Rajpath in New Delhi on June 21, 2015. The event registered two Guinness World Records – first for 35,985 people participating in a single Yoga session at a single venue and the second for most nationalities (84) participating in a Yoga session

Theme - Yoga for Harmony and Peace



2016

The formal event was held in Chandigarh on June 21, 2016. Along with the Prime Minister, 30,000 people and 150 Divyangjan participated

Theme – Connect the Youth



2017

Event was celebrated in Lucknow on June 21, 2017, with 51,000 participants. Prime Minister Narendra Modi discussed its importance in lifestyle

Theme– Yoga for Health



2018

Observed in Dehradun on June 21, 2018, with 50,000 participants

Theme– Yoga for Peace



2019

Prime Minister Narendra Modi celebrated Yoga Day on June 21, 2019, with other participants in Ranchi

Theme– Climate Action



2020

It was organised virtually on June 21, 2020, due to the global pandemic – COVID-19

Theme– Yoga for Health - Yoga at Home



The various medical studies undertaken in the recent past highlight the benefits of Yoga exercises on the body and mind.

EFFORTS TO BOOST YOGA

After independence efforts were made to integrate Yoga with the programmes of public health services but its pace was very slow due to which it cannot attain its rightful place. In 1976, country's first Central Yoga Research Institute (now known as Morarji Desai National Yoga Institute) was established. In 1978, Central Council for Research in Yoga and Naturopathy was established. In 2003, Indian Systems of Medicine and Homoeopathy was renamed as AYUSH department. But the real transformational journey of Yoga begins from November 9, 2014, when a separate AYUSH ministry was created. Prime Minister Narendra Modi's address at the UNGA in 2014 highlighting the importance of Yoga received wide acceptance from the international community which helped in its global proliferation. In February 2016, National Board for Promotion and Development of Yoga & Naturopathy (NBPdyn) was established with an aim to improve the quality of yoga training available to the citizens. For this purpose, professionals from AIIMS and IITs were involved. India plays a very important role in organizing various events at the global level for International Yoga Day. As the nodal ministry, the AYUSH has also released a common Yoga protocol according to which youths and senior citizens can participate in a 45 minutes programme without any hassles.

Under a pilot project, ASHA workers are getting Yoga training in Pune for its promotion in rural areas. After Yogasana was made a competitive sport in the country, AYUSH and Sports ministries



Significance of Yoga Day Logo

- Folding of both hands in the logo symbolise Yoga. The union which reflects the union of individual consciousness with that of universal consciousness
- It also symbolises perfect harmony between mind and body, man and nature; a holistic approach to health and well-being
- The brown leaves symbolise the Earth element, the green leaves symbolise Nature, blue the Fire element while the sun symbolises the source of energy and inspiration
- The logo reflects harmony and peace for humanity, which is the essence of Yoga

Yoga to Gain More Momentum in Future

Yoga instructors are being promoted as brand ambassadors of world peace. The Ministry of AYUSH has also been organising international conferences and exhibitions related to it from time to time. MoUs have been signed with foreign educational institutions and universities, besides several countries

Yoga Training



Practicing yoga daily for 30 to 45 minutes can rid a person of any lifestyle related problem. Yoga will be taken to the villages where at least one person will motivate a family to practice yoga for the next three years. Like this, Yoga will reach to every house and every village and will become an integral part of the family activity

Yoga Education



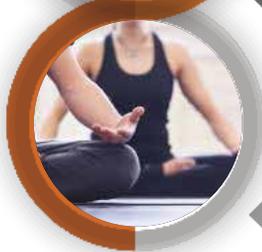
Yoga education has many dimensions. Yoga instructors can play a key role in bringing health and well-being at various levels everywhere like, in schools, colleges, universities, sports festivals, workplaces, corporate sectors, armed forces, police personnel, medical professionals, nursing staff, bureaucrats and public servants

Yoga Therapy



Yoga can assist in the treatment of any disease. Its acceptance globally, in rehabilitation of patients with lifestyle problems, non-communicable disorders and modern diseases like cancer, heart disease, stroke, etc., automatically reflects the potential of Yoga. A large number of Yoga therapists and consultants are required

Yoga in Management



Because of its principles and practice, Yoga helps in the life management of a person. There is a great opportunity for millions of people in the field of Yogic management in the lives of the common people

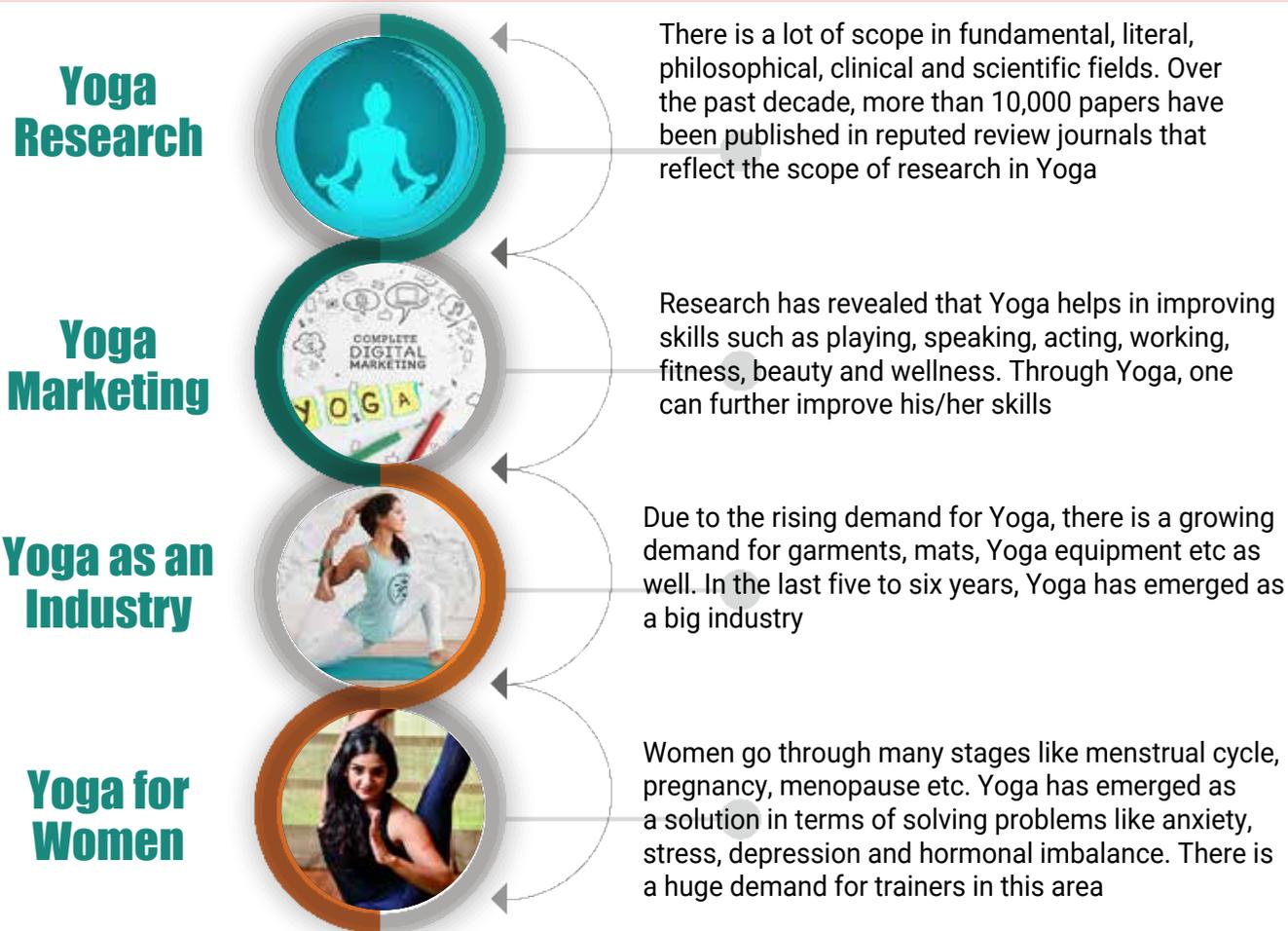


are now taking steps to establish Yogasana as a competitive sport globally. Yoga has also been made a part of the 'Fit India Movement'. In 2021, Yoga was given recognition as a sport in 30 states/UTs and now preparations are in full swing to hold the first edition of the Yoga competition.

Yoga teaching has become indispensable in the present time. With an aim to promote Yoga among the student community in the country, NCERT has added Yoga to the curriculum of grades 1 to 10. Under the Ayushman Bharat scheme, a lot of attention is being given to

An 8-step framework to change the picture

Yoga has gained recognition since 2014. Moving ahead in this direction, an 8-step framework has been outlined. With this framework, plan is to promote Yoga across the world. The Ministry of AYUSH is constantly working in this direction



yoga training through 12,500 Ayush health and welfare centers.

IMPROVE OXYGEN LEVEL IN THE BODY THROUGH YOGA

Learn these easy techniques through which oxygen levels could be improved in the body.

Anxiety and stress affect the breathing process. While feeling stressed sit calmly and take hands in the 'Gyan Posture' holding a deep breath and chant 'Om' slowly. This will allow the lungs and mind to work efficiently. Another way is to lie on the ground in a prostrate way taking the hands

Healthy Body Through Yoga

The three Yoga Sutras mention many Yoga Asanas. Fundamentally Hatha Yoga is a preparation process so that the body can tolerate high levels of energy. The process begins with the body and then the focus turns to breathing, mind and inner mind



Balāsana (Child Pose)



PRECAUTIONS

Do not practice if there is back pain or one has undergone knee surgery. Pregnant women should not practice it. In case one is suffering from diarrhoea or has recently recovered from it, they should not practice this asana

BENEFITS

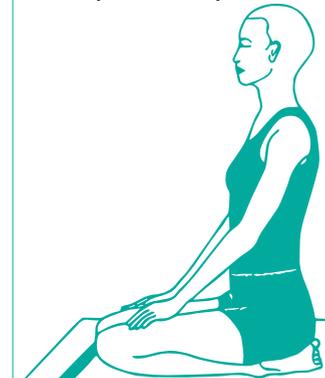
- Provides great relief to the back
- Relieves constipation
- Calms the nervous system

- Kneel on the floor with your toes together and your knees hip-width apart
- Rest your palms on top of your thighs
- Exhale and lower your torso between your knees
- Extend your arms alongside your torso with your palms facing down. Relax your shoulders towards the ground. Rest in the pose for as long as needed

Vajrāsana

BENEFITS

- This posture relieves the stress from neck, head and shoulders
- It is good for digestion
- It increases blood flow in the body and provides peace of mind



HOW TO PERFORM THIS ASANA

- Sit with extended legs together, hands by the side of the body, palm resting on the ground, fingers pointing forward
- Fold the right leg at the knee and place the foot under the right buttock
- Similarly folding the left leg, place left foot under the left buttock
- Place both the heels so that the big toes overlap each other. Position of the buttocks in the space between the heels

Padmāsana

This Yoga asana is performed to relieve stress. First of all, one needs to concentrate. This gives both the body and mind a sense of peace



HOW TO PERFORM THIS ASANA

- First place the left leg on the right thigh and then the right leg on the left thigh
- Keep your back erect
- Close the eyes and try to focus on the breathing

Kapālabhātī

It purifies the frontal air sinuses and helps to overcome cough disorders. It also balances and strengthens the nervous system and tones up the digestive system



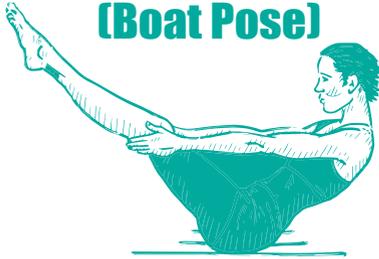
HOW TO PERFORM THIS ASANA

- Sit in any meditative posture. Close the eyes and relax the whole body. Inhale deeply through both nostrils, expand the chest. Now expel the breath forcefully and relax. Corona patients should take care not to strain themselves while exhaling

Yoga provides Support during COVID-19

The importance of Yoga has increased further during COVID-19 pandemic. Strong immunity is vital for preventing infection. There are many Yogaasanas that help to increase body's immunity. They can prove to be important for building a healthy body

Naukāśana (Boat Pose)



HOW TO PERFORM THIS ASANA

- Lie on the back with both feet together and arms beside the body
- Take a deep breath in and while exhaling lift the chest and feet off the ground, stretching the arms towards the feet
- Breathe deeply while maintaining the pose and exhale and return to the ground slowly and relax

Hasta Uttanasana



Helpful in increasing energy levels. Increases immunity. Improves the digestive system. Makes the body flexible

HOW TO PERFORM THIS ASANA

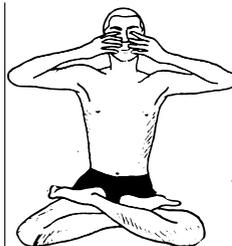
- Stand and lift the hands above the head and keep them straight. Now move the hands backwards in the state of prostration and tilt the waist backwards

Samakonāsana



- Samakonāsana has many health benefits. It strengthens the body
- When the body is stretched while doing this asana, muscle tension is reduced and it improves the blood flow, and makes the body flexible
- It is very beneficial in making hips and groin area flexible

Bhrāmārī Prānāyāma



It relieves stress and helps in alleviating anxiety, anger and hyperactivity. The resonance effect of humming sound creates a soothing effect on the mind and nervous system

HOW TO PERFORM THIS ASANA

- Sit in any meditative posture with eyes closed
- Inhale deeply through the nose
- Close the eyes with index fingers, mouth with ring and small fingers and ears from respective thumbs. Exhale slowly in a controlled manner while chanting 'Om'

Marjariāsana (Cat Pose)

BENEFITS

- Brings flexibility to the spine
- Improves digestion
- Tones the abdomen
- Improves blood circulation



- To perform this asana, one can also sit in the posture of Vajrāsana. Place both the hands forward on the floor
- Lift the hips putting a little weight on both the hands. Straighten the thighs upwards and make a 90-degree angle from the knees
- In this position the chest will be parallel to the floor and you will look like a cat
- Take a long breath and tilt the head backwards, push the navel towards the top

Yoga is Now a Lifestyle

- Each system of Yoga we practice falls within the gamut of one or more of these categories. However, the different philosophies, traditions, lineages and Guru-shishya paramparas of Yoga led to the emergence of different traditional schools
- Jñāna Yoga, Bhakti Yoga, Karma Yoga, Pātañjala Yoga, Hatha Yoga, Kundalini Yoga, Dhyāna Yoga, Mantra Yoga, Laya Yoga, Rāja Yoga, Jain Yoga, Buddha Yoga etc.

Some of the yoga practices in vogue are as follows:

- Yama ● Niyama ● Āsana ● Prānāyāma
- Pratyāhāra ● Dhāranā ● Dhyāna,
- Samādhi ● Bandhās and ● Mudrās ●
- Satkarmas ● Yuktāhāra
- Mantra-japa ● Yukta-karma



GUIDELINES FOR YOGA PRACTICE

Yoga practitioner should follow the guiding principles while performing Yogic practices. Yoga should be performed in a calm and quiet atmosphere with a relaxed body and mind



Yoga should be done on an empty stomach or light stomach. One can consume small amount of honey in lukewarm water if they feel weak



Light and comfortable cotton clothes are preferred to facilitate easy movement of the body



In case of chronic disease/pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices



Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind



Yoga should be performed slowly, in a relaxed manner, with awareness of the body and breath. Do not hold the body tightly, or jerk the body at any point of time. Perform the practices according to one's capacity



End the Yoga session with meditation/ deep silence/Sankalpa Śānti pāṭha



Bath may be taken only after 20-30 minutes of practice. Food may be consumed only after 20-30 minutes of practice

Prime Minister's Yoga Sutra

- Yoga should be kept away from controversies. Yoga does not discriminate between the rich and poor
- Yoga helps in connecting with oneself. Yoga is a means of unity in society
- Yoga promotes employment and economy
- There is need to increase the number of trained Yoga instructors
- Yoga is aiding in development of business worth Billions and Trillions
- Efforts for Yoga at international level and in India are being honoured

Yoga Pledge

I commit myself to always be in a balanced state of mind. It is in this state that my highest self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.

Importance Increased during COVID-19

Emphasising on the relevance of Yoga during COVID-19, Prime Minister Narendra Modi had said last year that Yoga strengthens the body's immune system and prānāyāma must be included in one's daily life. The prānāyāma or breathing exercise strengthens our respiratory system. It is more relevant in the present times because it is the respiratory system of the body which is badly affected by the Coronavirus. During COVID-19, Yoga has also strengthened the family bond and infused a new positive energy into the compulsion to stay locked up in homes.



Studies revealed that Yoga has played a very important role in COVID-19 management and reducing stress during lockdown. Not only this, even the medical science is acknowledging the importance of Yoga for building a healthy life. IIT Delhi had also published a research paper on it. A study conducted at AIIMS, Rishikesh, revealed that compound prānāyāma and diaphragmatic breathing helped glaucoma patients recover 20 per cent faster. Intensive global research on Yoga has yielded promising results in the management of psychotherapy and lifestyle disorders. Yoga has also shown promising results in problems like lower back pain and frequent stress.

and legs in a 90-degree position. Continue with the position five-seven times. Other Asanas like Bhujangasana can also be very helpful in reducing stress. Yoga can immensely help in protecting from Corona. Through regular Yoga exercises, the immunity is enhanced manifold. In various scientific studies, it has been proved beyond doubt that Yoga makes every cell of the body healthy and strong."

Yoga can play an important role in achieving our age-old philosophy of वसुधैव कुटुंबकम (Universal Brotherhood). ■

Local yoga goes global



Dr H R Nagendra

When United Nations announced celebrating International Day of Yoga, Dr H R Nagendra was one of the members to lead the programme. Padma Shri awardee Dr Nagendra is Chancellor of the Bengaluru-based S-VYASA University.

Yoga is one of the easiest, effective, zero cost, and safe means to bring about positive changes in present-day physically inactive lifestyles. Moreover, the scientifically proven health benefits of Yoga practice are extant, varying from the enhancement of muscular strength and body flexibility, improved respiratory and cardiovascular function, recovery from addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, to the enhancement of overall well-being. Given the proven potential of Yoga in the combat of complex health-related issues of worldwide concern, the popularity of Yoga has spread far beyond India, the country of its origin. According to the National Center for Complementary and Integrative Health (NCCIH), Yoga was documented as the most popular form of complementary therapy practiced by more than 13 million adults.

In the 69th United Nations (UN) General Assembly, Yoga received its official International recognition on December 11, 2014. During the same, June 21 was proclaimed as the International Day of Yoga (IDY) by the UN, aimed at raising worldwide awareness of the benefits of practicing Yoga. The inception of IDY has also been considered as one of the major recognition of India's soft power. Though there was evident popularity of Yoga even before the inception of IDY, the massive participation of thousands of people in the annual celebrations of IDY, further steered the rising popularity of Yoga. These annual celebrations are mostly coupled with the organisation of many scientific seminars and conferences which endorse significant contributions of Yoga.

On the 2nd annual celebration of IDY, Prime Minister Narendra Modi addressed all the yoga institutions to take up several programmes to promote yoga for diabetes. This led the local administration into a series of activities, which included the Yoga for good life conclave. An important outcome of the event was the planning and successful execution of a mega nationwide project called Niyantrita Madhumeha Bharata Abhiyan. The project aimed to provide scientific evidence that the increasing prevalence of diabetes in India could be halted through a Yoga-based lifestyle programme. Through this multicentre clinical trial, Yoga-based intervention was given to ~4000 pre-diabetes individuals, which resulted in a 64 per cent reduction in the diabetes risk over 3 months. In the same year when surveyed across the nation, 92.6 per cent of the Indian population perceived Yoga as useful practice for lifestyle modifications (92.6 per cent).

This increased positivity in perception about Yoga and its awareness in the Indian population could be linked to the International Day of Yoga.

There have been extensive surveys that had assessed the motivational factors underlying Yoga practice. The most commonly cited factors were general wellness, health and fitness, a specific health condition, and improved immune function and energy. As evident from the scientific literature, there has been a concomitant increase in the popularity of yoga across western countries following 2015, particularly in the United States, Germany, Australia, and the United Kingdom. We would like to present a few key instances here to support the same. Youth is the most important age group for the future world. In the year 2018, potentially beneficial effects of Yoga on outcomes about youth education (cognition; academic performance; psychosomatic, social, and physiological measures, etc) were addressed in a Lancet report, one of the most prestigious journals. Gothe and colleagues stated Yoga as the most popular complementary health approach practiced by adults in the US in the year 2019. The statement could further be supported by a previously reported national health survey done in the US that stated a lifetime prevalence of 13.2 per cent or 31 Million adults in the year 2012. A very recent (the year 2020) and comprehensive survey done in the UK on 2434 Yoga practitioners indicated that Yoga is used in the UK to manage health conditions and support well-being and potential to support self-care of debilitating and costly health disorders. In a report from Germany in 2018, Dr Holger Cramer reported an increasing number of Yoga therapy clinical trials being conducted in the country. He also highlighted the likelihood of acceptance of Yoga therapy as an adjunct treatment approach for selected medical conditions within the German healthcare system. A large survey was done in Australian women, in the year 2017, reported an association between yoga/meditation practice and positive health behavior in Australian women (higher physical activity levels, a higher likelihood of vegetarian or vegan diet use).

Further, citing the reference of IDY, and the reported benefits of Yoga on mental issues, a



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group of scientists from India, the UK, Nigeria, Italy, Brazil, Turkey, and New Zealand endorsed the potential of Yoga for COVID-19 related mental health issues. Researchers from the Massachusetts Institute of Technology, University of California-San Diego, Chopra Library for Integrative Studies, and Harvard University have also shared exploration and concluded that "certain meditation, Yoga asana (postures), and pranayama (breathing) practices may be effective adjunctive means of treating and/or preventing SARS-CoV-2 infection. There has been documentation of several scientific reports on the benefits of Yoga practice during the COVID-19 imposed lockdown. Indian authors, Pooja S and colleagues reported Yoga as an effective self-management strategy to cope with stress, anxiety, and depression, and maintain wellbeing during COVID-19 lockdown.

Finally, we would like to bring to the notice of the readers the IDY celebration of the year 2020. Amidst the imposition of lockdowns, strict social distancing measures across the globe due to the COVID-19 pandemic, and shutting down of yoga studios and other communal spaces, there was an online successful celebration of the 6th annual International Yoga Day. ■