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श्री-आदि-नाथाय नमोऽस्तु तस्मै येनोपदिष्टा
हठ-योग-विद्या।
विभ्राजते प्रोन्नत-राज-योगम् आरोढुम् इच्छोर्
अधिरोहिणीव॥

गुरुर्ब्रह्मा गुरुर्विष्णुःगुरुर्देवो महेश्वरः ।
गुरुःसाक्षात् परब्रह्मतस्मै श्रीगुरवे नमः ॥



Pt. Shriram Sharma Acharya
Vandaniya Mata Ji

Gururbrahma gururvishnuhgururdevo maheshwarah |
Guruhsakshat parabrahmatasmai shrigurave namah ||

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ICYGH 2019 aims to bring together yoga lovers, researchers, scientists, yogis, spiritual guru, and scholar students to exchange and share their experiences, thoughts, new ideas, and research results about all aspects of yoga and yoga for global harmony, and discuss the practical challenges come across and the solutions adopted.

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- Yog for global peace
- Yog for harmony
- Yog for humanity
- Yog for spiritual health
- Yog for mental peace
- Yog for the global society
- Yog and excellence in action
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- Yog and technology

Area /Topics of Paper and Posters listed are merely indicative, research paper and posters on other topics of relevance are also welcome.

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Conference Dates: December 16-17, 2019

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FROM: CANADA

MS ANARA ALZHANOVA

"WORKPLACE YOGA FOR CORPORATES"

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**"REPROGRAM YOUR LIFE WITH BREATH
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YOGA & MARMA THERAPY FOR MENTAL HEALTH

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WORKPLACE YOGA FOR HEALTH

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LESS STRESS

MORE FOCUS

MORE PRODUCTIVITY

MORE FULFILMENT!

Introduction

A study done by the University of Bristol, England researchers found that employees who exercised before or during work hours were better equipped to handle whatever challenges they had to face that day. It also founds that their general mood improved on days they worked out and were less calm on days they did not.

Jo Coulson, Research Associate in the University's Department of Exercise, Nutrition and Health Sciences, said: "Critically, workers performed significantly better on exercise days and across all three areas we measured, known as mental-interpersonal, output and time demands."¹

Yoga good for business

Yoga is a practice that's been used for thousands of years to soothe the mind and challenge the body.

The benefits of yoga have gained significant popularity in recent years, but it is more than a fad.

Nowadays, Yoga is beginning to expand beyond typical class spaces like a studio or a gym. In fact, companies are introducing Workplace Yoga to offer employees physical benefits and boost workplace morale.

Benefits of yoga in the workplace

As more and more organizations understand the impact of employees' health on the companies' performance, there are steadily more employers who have integrated different physical activities into their corporate wellness programs.

Having long proven to provide many mental and physical benefits, Yoga is increasingly finding its way into the workplace. Leading successful companies like Apple, Google, and Forbes have introduced Yoga into their corporate wellness programs and have reaped benefits

¹Exercising at work and self-reported work performance; J. C. Coulson, J. McKenna, M. Field (pp. 176-197), International Journal of Workplace Health Management 2008; Volume 1 Issue 3.

like improved productivity and increased employee motivation.

1) Helps Employees feel better

Many people who work a desk job develop severe back pain, which can lead to taking sick days at the company's expense. The pain develops over long periods of sitting in one position.

Workplace yoga addresses pain before it becomes chronic, and soothes the mind as well. Yoga can help to get your heart pumping and blood flowing through dynamic movements and poses.

2) Increases energy and reduced fatigue

Working non-stop throughout the day is bound to create stress which can lead to lower energy and burnout in the long run. It is proven that doing any form of physical activity every 30 minutes, including stretching or even standing up, greatly increases blood circulation and promotes oxygenation which is crucial for energy production.

3) Improves Company Performance

Although Yoga is commonly known as a form of exercise, the mental benefits are just as clear as the muscle definition.

When employees become more mindful, the whole company benefits.

By integrating Workplace Yoga, it's common for companies to see a rise in

productivity rates, as well as more creative, innovative ideas, come through the funnel.

This is because employees now have a space to let peripheral things go and focus on their tasks at hand. They have an improved sense of clarity as they return to responsibilities, and overall morale improves too.

4) Reduce Negative Behavior and Stress

Yoga is a form of meditation.

It brings people in tune with their breathing, opens their perspective to challenges and opportunities in life, and calms the ego.

Such mental breakthroughs can shift the energy in the office from tense and stressed to be more collaborative, understanding, and welcoming. It transforms the way departments interact and employees handle frustrations with one another.

These numbers are mind-boggling, and stress at work is a problem that should be taken seriously.

Stress in the workplace today is a major consideration for employers and anything that can be introduced to alleviate this is a potential benefit to both employers and the employees. Less stressful employees will be more productive and are less likely to need time off through illness. Less stressful employees are likely to have happier home lives and this, in turn, leads to increased productivity.

Plus, Yoga reduces the amount of time employees have to take off. It can save

companies thousands on sick days or personal time many feel pushed to take when their pain or mental health pushes the limits.

5) Improve employees' productivity and motivation

Office workers often spend long hours slouching over their desk and unknowingly stretch their neck forward as they stare at the computer screen. This unnatural posture is unhealthy and can cause back pain, neck strain, and shoulder stiffness which interrupts productivity as employees are distracted by the discomfort and unable to focus on the tasks on hand.

Stressful deadlines, demanding workload and endless meetings can create a mental clutter that prevents from concentrating on tasks and making intelligent decisions.

Yoga, meditation, and breathing exercises are a great way to effectively silence the noise and free the mind of clutter that is hindering productivity.

Yoga also helps to improve brain function for a sharp and focused mind.

6) Promotes team spirit and morale

Stressed employees are more likely to be hostile and aggressive which disrupts peace in the office and affects the mood of employees negatively, causing them to be less motivated. A harmonious workplace is more productive as employees are

collaborative and willing to help each other out to achieve excellence.

Yoga can help to elevate spirits and keep tempers mellow as it has been shown to lower levels of cortisol, the stress hormone, as well as perceived stress in ways likely to foster a more tranquil workplace.

Workplace Yoga allows employees to participate in a shared experience regardless of their skill levels and creates opportunities for them to bond in a relaxed and fun setting.

Yoga practices used to calm the mind through a combination of positions and breathing exercises. Once you get started on the mat, it is easy to let go and mentally escape far away from thoughts of files accumulating on your desk, emails that need answering, and meetings that have to get planned. When you return to your desk, your body feels relaxed and your mind is soothed.

Yoga works on different dimensions: balance, stability, strengthening, flexibility, concentration, relaxation. In addition to unwinding, it gives a boost. **After a yoga class, you feel more confident and in control.**

Flexibility is one of the main benefits of yoga. Over time, ligaments, tendons, and muscles lengthen and this leads to increasing elasticity in your body's movement.

A lot has been said about the effectiveness of yoga for concentration and relaxation. One of the main methods to rich it is meditation. Actually, meditation doesn't require complete silence and Tibetan monks chanting "Omm" in the background – it can be practiced anywhere simply by concentrating on the air coming in and out of your lungs.

Meditating helps reduce anxiety and reduces the risk of the recurrence of depression by half. When the spirit is relaxed, reactions to difficult or stressful situations are more balanced. Meditation also teaches us to see situations differently: we either accept them, or we take action to improve them.

I believe Yoga is not only an activity you should put in your life, but one that employers should actively encourage, either by establishing classes, or even allotting time in the workday for training sessions.

I like to quote Yoga Journal which goes as far as listing 38 direct benefits from practicing yoga. Among these are dealing with stress and anxiety; creating inner peace, calm and presence, weight management, flexibility, managing pain and improving your breathing. Yoga helps moderate reactions to and perceptions of stress, as well as significantly lifting depression, lifts the mood and suppresses anxiety.

Related to this is yoga's ability to create inner peace and calm.

The main image people probably have of yoga: people with legs crossed, hands over each knee, looking serene. Nevertheless, Yoga is a holistic approach to physical and mental health, as well as a person's well-being and personal growth. Corporate Yoga is the extended concept of working peacefully in the midst of a hectic corporate environment.

| Benefits from doing Yoga at work | | |
|---|--|--|
| For | Businesses | For Employees |
| • Increased productivity | • Decreased health care premiums | • Reduced stress, anxiety and depression |
| • Reduced staff turnover | • Reduced employee absenteeism | • Increased energy and decreased fatigue |
| • Higher job satisfaction amongst employees | • More attractive to potential employees seeking employment with | • Improved memory, focus and concentration |
| | | • Stronger muscles and increased flexibility |
| | | • Improved posture |
| | | • Improved overall health and reduced risk for |

| | |
|--------------|----------|
| your company | diseases |
|--------------|----------|

When you have Yoga in your office it is very easy to get to your class. You don't have to drive anywhere or get lost in distractions when you get home. All you have to do is remember to bring something stretchy to wear to work and you are ready!

Yoga and Meditation in the workplace also is a great way to bring people together. People who normally don't have a personal relationship can meet and join together with a common goal. It makes the workplace much more inclusive and collaborative which creates better results for your clients.

People spend a large part of their life in the office. Wouldn't it be great to feel calm and peaceful every day? Mindfulness is one of the easiest – and most cost-effective ways – to help your employees become healthier and happier.

We know that today's busy, the modern world demands excellent time

management to balance career and life. My 45 minute lunchtime yoga class is a dynamic and deeply grounding experience, which synthesizes invigorating, vibrant movements with calming, meditative breathing. This prepares office workers for the latter part of hectic workday.

Most people's energy levels decline just after lunchtime. The midday yoga class can help to return to work with renewed enthusiasm.

My Yog Path Experience:

- My name is Anara, I am from Kazakhstan
- I am an office worker and yoga teacher in one time
- My journey into wellness began after the yoga class in 2006 and visiting India
- I received a B.A. and Master degree in Public Administration
- Also, I have YTTC certification from Shriram Yog Society.

YOGA FOR MENTAL PEACE

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Abstract- *Yoga* is an ancient science; it is thousands of years old. *Yoga* is a Hindu spiritual and discipline which including breathe control, meditation, and the taking on specific body postures, is widely trained for health, relaxation, diet control and positive thinking. *Yoga* means union with God. According to Gurudev Sri Sri Ravi Shankar- “When you have inner peace, then you automatically succeed in what you do”. *Yoga* is the ability that calms the mind and allows you to get in touch with the inner peace. The first written records of the practice of *yoga* described around in 200 BC in *Yogasutra* of *Patanjali*. *Asthangayoga* is also described by *Patanjali*. There are many *yoga* poses for mental peace and stress reliever. Like *Sukhasana*(Easy pose with forward bend), *Uttanasana*(standing forward bend with shoulder opener), *Prasarita padottanasana*(wide-legged standing forward bend), *Sasangasana*(rabbit pose), *Vajrasana*(Thunderbolt pose),

Garudasana(eagle pose), *Halasana*(plow pose) and *Savasana*(corpse pose). *Yoga* works mainly with the energy in the body, through the science of *pranayama* or energy control. Some other techniques such as *Bhaktiyoga*(devotion), *Gyanayoga*(knowledge), *Rajayoga*(wisdom), *Karmayoga*(action), *Hathayoga*(physical self discipline), *mudrayoga*(channeling life force) and *Chakrayoga*(energy forces) have also gained popularity. A recent variation is known as power *yoga*, in which practitioners take a move rapidly from one pose to another. *Yoga* is a stress reliever which results the control of emotions, prevent from stress related diseases and improve the IQ level, leading to increase decision-making skills.

Keywords- *Yoga*, spiritual, meditation, *pranayama*, stress.

Introduction- *Yoga* improves physical fitness and encourages self-reliance.

Bhagavad-Gita defines *Yoga* as *samatvama* that means *Yoga* is equanimity at all a level, a state wherein physical and mental equability occurs in a balanced and healthy harmony. It is well recognized that stress weakens the immune system. Many researchs in recent times has showed that the physiological, psychological and biochemical effects of *Yoga* are of an anti-stress in nature. In *Patanali Yoga sutra*, *maharishi Patanjali*, which is the codifier of the *Yoga Darshan* has explained the primary causation of stress based disorders through the concept of *panchaklesha* means psychological afflictions. They are mainly *avidya* (ignorance of the ultimate reality leading to bodily identification), *ashmita* (a false sense of identification), *raga and dwesha* (addiction and aversion), *abhinivesha* (clinging on to life for fear of death). The science of *yoga* has various practical techniques as well as advice for proper life style in order to attain and maintain health and well being. Many thousands of years ago in India, *Rishis* and *Munis* (wise men and saints) explored nature and the cosmos in their meditations. They discovered the laws of the material and spiritual realms and gained an insight into the connections within the universe. They

also discovered the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe - both in the spiritual level as well as on external world. The unity of matter and energy, the beginning of the universe and the effects of the basic powers have been described and explained in the *Vedas*. Basically, we are led the life by the mind and senses, rather than having these under the self control. However, if we want to gain control on our mind, we must first place it under inner peace and purify it. Negative thoughts and fears can create an imbalance in our nervous system and by this our physical functions are also hampered. This is the cause of many diseases and sorrows. Clarity of thought, inner freedom and peace, satisfaction and a healthy self-confidence are the foundation for mental wellbeing. That is why we endeavor to gradually overcome our negative qualities, thoughts and aim to develop positive thoughts, happiness and a well behavior.

Conclusion - When the body is totally healthy, the mind is clear, focused and stress free then it gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy and touched with your inner

peace, which adds to your spiritual health. *Yoga* teaches us to focus on our breathing while you hold the poses. *Yoga* helps to cure insomnia, as regular yoga practice can leads to better and deeper sleep. *Yoga* also helps to fight against fatigue and maintain your body energy throughout the day. *Yoga* is an effective medicine for a variety of autoimmune diseases because it can reduce the symptoms of these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can get many benefits from *yoga*. Those who are affecting by attention deficit diseases and hyperactivity can learn to relax and get control by using *yoga* breathing and yoga poses. *Yoga* has been used to help in the healing of the victims of torture or other trauma. Because *yoga* is a form of meditation, and it results in a sense of inner peace and purpose, which has influential for health benefits.

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YOGA & MARMA THERAPY FOR MENTAL HEALTH

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Abstract: World health organization predicts that depression will be the second largest contributor to the world after Ischaemic heart disease. Due to stressful lifestyle, anxiety is also being diagnosed at a greater rate than it was in the past. There are many newer diagnostic techniques & many pharmaceutical preparations, but both are not enough to prevent further illness. For mental health imbalances, yoga & marma both have the great potential. Tratak and Shambhavi mudra etc. in yoga & Pranayama create breathing regulation & parasympathetic convergence. Marma are the sites, where tridoshas are present with their subtle forms prana, ojas (soma) & tejas (agni). Manipulation & stimulation of Marma is used to remove blockages & stimulate energy flow, thus, resulting in a state of healthy body, mind & spirit. Marma of head, like - Apang, Sthapani, Adhipati & Seemant marma are also responsible to decrease mental disorders & increase stability of mind. Worldwide, both therapies are gaining popularity as an accessible, acceptable &

cost effective in comparison with pharmacological treatments & psychotherapy. These therapies also improve physical fitness & encourage self-reliance. In this paper, we provide literary evidence for yoga & marma therapy as a form of health promotion, illness prevention & treatment for depression.

Keywords – Ayurveda, Yoga, Marma, Mental health, Parasympathetic convergence

Introduction: Yoga literally means “union”, the union of Jivatma (The individual soul) with Parmatma (The super soul). Yoga not only strengthens the muscles, bones & ligaments, but has profound effect on the functioning of internal organs (visceras).^{1(p20)} It is 8 limbed path includes, Yama (moral codes), Niyam (self-discipline), Asana (postures), Pranayama (breath practices), Pratyahara (sensory transcendence), Dharana (concentration), Dhyana (meditation), Samadhi (state of bliss). According to yogic philosophy, every life form is

interconnected & united.² Yoga exists in the world because everything is linked.³ It is holistic in nature & so takes into account of all aspects of mind for which it has very refined procedures. Thus, yoga helps to maintain both physical and mental health. It helps one to overcome mental depression and wellness and helps attain equilibrium among one's sattva, rajas & tamas.

Marma-therapy is a part of Ayurveda & ayu is the term for lifespan & can take four forms, differing from person to person, namely Sukhayu, Dukhayu, Hitayu & Ahitayu. Yoga & Ayurveda both focus on the state of health & mental status. The word marma comes from Sanskrit origin word "mri" meaning death or critical points. Its importance is explained by the Sanskrit phrase "Maryantiitimarmani", which means that any harm to these points is hazardous or any injury of these parts may lead to severe pain, disability, loss of function, loss of sensation & death.⁴ Marma also means secret or latent power.⁵

Literary Review of Yoga Methods & Marma Therapy for Mental Health

Since this is a new area of research, it is difficult to do a comparative study, because of various intricate yoga methods

& marma techniques. As the Patanjali sutras emphasize, "Yoga is the practice of quieting the mind."⁶ Positive mental health is "a state of well-being", in which every individual realizes his or her abilities, can cope with the normal stress of life, can work productively & fruitfully & is able to make contribution to his or her community.⁷

There are 107 marmas (vital spots)^{8,9,10} which are also the sites where not only tridoshas are present but their subtle forms prana, ojas & tejas are also present with sattva, raja & tama. Vagbhata states that marma is a place, where unusual pulsations can be felt & where, there shall be tenderness on application of pressure. In Charak Sanhita, marma is described in Trimarmsiddhiadhyaya. Acharya Charak has stressed upon trimarma (Hridaya, Murdha & Basti). Marma vighyan may be taken as synonymous to ancient form of traumatology.¹¹ Acharya Sushruta defined marma as the collective meeting point of above mentioned dhatus except Dhamani.¹² These are specific areas on the body, which has relation to pranic channels, to various internal organs, doshas & shrotas.

There are various mental disorders including Major Depressive Disorder (MDD), Anxiety disorders, Obsessive

compulsive disorders, Schizophrenia & others. Yoga & marma therapy provide significant results, especially in depression. A review study found that yoga improving a variety of mental & physical health measures, such as stress, quality of life, mood states, heart rate variability, pulmonary functions & so on.¹³

How does Yoga work?

According to various researchers, yoga acts on nervous system, the cardiovascular system & gene expression. Stimulation of vagus nerve results in parasympathetic activity of the Autonomic nervous system & also increases GABA (a neurotransmitter) activity in brain.¹⁴

In yoga, breath is abridge between mind & body. The key to quieting the mind is slowing & deepening of breath. Practicing yoga helps to regain mental stability, Calmness & tranquillity. Visualization & pranayam in yoga also encourages open heartedness. According to the scriptures, there are various asanas like Siddhasana, Bhadrasana, Padmasana and Mudras, like Mahamudra, Shambhavi Mudra, have been described, in which the eye sight is to be focused on the tip of the nose. Particularly, in Shambhavi Mudra, at the beginning, it puts a considerable strain on the eyes and the brain as well, however,

with continuous practice, it becomes easy and comfortable to do. Possibly, some new tracts are formed from the cortex to the mid-brain. In the longer run, the parasympathetic tone may increase. Also, a smaller pupil size may sharpen the vision, so the Shambhavi Mudra is most secret and valued mudra of all mudras. Similarly, tratak is another procedure, which can increase parasympathetic dominance. By constantly gazing at a single point, and resisting and desire to blink, after some time, due to irritation of the cornea, the profuse lacrimation occurs and stimulates the brain and helps improve the mental health.^{1(p27-28, 86-87)}

How does Marma work?

Marma therapy removes blockage in energy channels (shrotas), creates physical, mental & emotional flexibility, and pacifies doshas especially Vyanvayu bringing it to normal path, which controls autonomic nervous system. Marma also make a positive link with the unconscious mind & give an opportunity to experience powerful & dynamic transformation at physical, mental, emotional & spiritual level.

Marma-points

The marma points related to our Central nervous system^{11(pp 208-235)} are as follows:

Apang marma is situated below the tail end of eyebrow lateral to the eyes. It is Sira marma & vaikalyakar (painful) in parinam. On injury, loss of vision occurs.

Avarta marma is situated above the eyebrow. It is a sandhi marma.

Sthapani is sira marma situated between eyebrows & vishalyaghan in nature. Yogis consider it as a very sensitive point for “Dharan”, which means the thing by which anything is made stable. By pressing this marma, it acts as conservative treatment in traumatic injury if vitals are maintained.

Adhipati marma as the name denotes “king” or means located on top. It is also known as “Sahstrar” or the point to join aatma to parmatma. In post-traumatic conditions, by stimulating this, we can save life of people.

Simanta marma is sandhi marma, which is present at 5 joints of head. Injury causes Unmad, Chittanashand untimely death. If this marma injures, it may cause post traumatic seizures, confirmed by EEG, CT Scan & MRI. Proper stimulation is helpful in Unmad, Apasmar (Epilepsy) and Attatawabhinivesha (psychosis).

Conclusion

Yoga & marma therapy are acceptable, accessible, cost effective & encourages self-reliance. Yoga & marma do not address the social determinants of mental illness, it promotes a greater sense of inner peace for these types of people. Both are self-healing processes. It contains triple aim of improving health, improving care & reducing cost. Both methods produce no harmful effects. By a disciplined approach for yoga & marma, most people with or without mental health imbalances may feel more mental ease & relaxation.

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A LETTER ON TAITTIRIYA UPANISHAD

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~OmSahanaVavatu

SahanauBhunaktu

SahaViryamKaravavahai

TejasviNavaditamastuMaVidvishavahai

OM Shantih Shantih Shantihi~ Taittiriya Upanishad, Petal-09

Abstract: Increasingly, presented research study focused on a general Introduction of Taittiriya Upanishad an ancient Hindu Philosophy, part of Krishna Yajur Veda. We all much aware about the traditional literature and its categories like are major Six Orthodox Indian Philosophies. It is believed that each school had one Upanishad attached to it. There are a big number of attached Upanishad's but 108 have been generally accepted as authentic literature or texts. Some Major Upanishad like's 'Isa, Kena, Katha, Prasna, Munddaka, Mandukya, Tattiriya, Aitareya, Chandogya, Brhadaranyaka and Svetasvatara' in that same order, we founds a lot commentaries upon them. This research study emphasize on Taittiriya Upanishad's Literature about Brahman.

Key Words: Vedas, Upanishad, Taittiriya Upanishad, Brahman, Hindu Philosophy.

1 - Introduction of Taittiriya

Upanishad: Taittiriya Upanishad is a part of Krishna Yajur Veda, which occupies an unrivalled place in Hinduism. Taittiriya got its name from a Bird Tittri (sparrow bird), introduced in Vyas's Mahabharata too. In the Taittiriya Upanishad, Brahman is introduced by both types of indicators, namely *Tatastha Lakshanam* and *Svaroop Lakshanam* which is the extraordinary feature in the mode of communication or dissemination used in this Upanishad. Though comparatively short, the Taittiriya Upanishad is one of the important Upanishads and is recited in many parts of India with proper Accent, Intonation and Dedication. If we need to find out the importance of this Upanishad, can very well be gauged from the fact that Shri Sankaracharya's first commentary was on this Upanishad only, as in his Bhasya on Brahma Sutra, he quoted

Taittiriya Upanishad 147 times. The uniqueness of this Upanishad is that it explains the subjective reality in both type of seekers; *Tatastha* and *Svaroopā*. The major contribution of Taittiriya Upanishad to Hindu Philosophy is; Five Sheaths or Panchkosha concept of Brahman. Since' this Upanishad deals with the entire Vedic education, it is also considered as complete Upanishad from Gyan Khand.

2 - Three Major Valli's (Section): Thus the first chapter of the Upanishad called *Siksha Valli* gives the essence of the Karma Kanda of the Veda in terms of Disciplines, Rituals, Meditations, Values, Code of conduct for daily life, etc. as Veda Upanishad, as *Moksha Sadhana* - as means helpful for gaining the overriding purpose of life, namely *Moksha* - total fulfillment in life. The second and the third chapters of the Upanishad, called *Brahmananda Valli* and *Bhrigu Valli* respectively, give the essence of the Jnana Kanda of the Veda, in terms of knowledge of *Jiva*, *Jagat* and *Jagadisvara* followed by the step-by-step process of contemplation on Brahman leading ultimately to *Moksha*. Chapter's overview is given below:

2.1 - Shiksha Valli : In the first chapter of Taittiriya Upanishad, we found 12 Anuvaka (sections) as in relation with Invocation of God and Prayers. Guru -

Shishaya Parampara, Shagun Brahman, Contemplation of AUM, Study and Teaching of the Sacred Syllable, Meditation on Veda Knowledge, Peace Chant. The special feature of Shiksha Valli that, it gives a very beautiful explanation to Brahmacharya Ashram and Gurukul theory. Also it has basic priority to create a Nobel character development to Shishaya, under the guidance of Guru.

2.2 - Brahmananda Valli : The second chapter consists 09 Anuvaka (sections) and they talks about Invocation & Brahman and the Course of Evolution - Anandamaya or Supreme Bliss. It also emphasized all over the state of complete Freedom (mukti), Joy, Satisfaction and Liberation. Also this chapter indicates; Brahman theory, the one being and source of all, Brahman is Bliss; Brahman is the ultimate goal of human existence or universal reality. Special feature of this chapter is; '*Bliss of Brahman does not admit of higher or lower degrees*'.

2.3 - Bhrigu Valli : In the last chapter, we found 10 Anuvaka (sections) with a conversation about Brahman and Reality of Universe in between Varuna (guru) and Bhrigu (Shishaya) a father - son's pair. This chapter focused how; Bhrigu undertakes Investigation of Brahman, Matter is Brahman, Life is Brahman, Mind

is Brahman, Intelligence is Brahman and Bliss is Brahman (panchkosha theory). It is also discussed about Food, Light, Water and Meditation in different Forms and Mystical Chants. The Five Sheaths theory of this chapter is biggest discovery in concern of Human Existence to the world.

3 - Important Teaching of Taittiriya

Upanishad: This Upanishad is one of the most popular Vedic text, based on Brahman, Gyana, Guna, Karma, Mukti and Shiksha. Also this text talks about the Ashram - System and Vedic Lifestyle to develop a blissful harmony in between Guru and Shishaya. This Upanishad deals with the entire Vedic education, it is considered to be a complete Upanishad, complete in the sense that it indicates all the necessary tools available to every person for one's continued spiritual progress towards gaining total fulfilment in life. Probably for this reason, this Upanishad is the most often recited one on all auspicious occasions, bringing the benefit of Vedic knowledge within the reach of ordinary people in daily life.

4 - Summary: The essence and purity of devotion to Nirguna Brahman is the primarily talked subject in Taittiriya Upanishad. '*Yujar Veda*' is popularly known for its concepts about Brahman, Chants, Literary terms, Prayers and

Surrender to Divine. From there to Taittiriya Upanishad we found a very particular similarity about '*Invocation to Divine*' in the beginning and in ending too. The concept of Brahman provided in a very deep discussion to achieve the liberation (mukti). Taittiriya Upanishad has given the 'Panchkosha' concept to the humanity, to find their birth existence. As we discussed above that Taittiriya Upanishad is a complete Upanishad, and from Birth, Brahman, Human Existence, Liberation to Nirguna it explains everything.

!! Om Tat Sat !!

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CONCEPT OF HEALTHY LIFE WITH YOG AND AYURVEDA

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Abstract-*Yoga* and *Ayurveda* are two healing discipline of India and twin sciences based on an original *vedic* system of evolutionary theory called *Samkhya*. Vedic knowledge is the ancient *mantric* science of the oracles and yogis of India designed to show us the inner working of the universe and of our own consciousness . It has given us not only spiritual discipline but has touched all aspects of healing, science, art and culture. *Yoga* - particularly in its formation through the *yoga sutras* of Patanjali, is one of the six systems of *vedic* philosophy(*shad darshanas*). On the other hand the main aim and purpose of *Ayurveda* is said “ to maintain healthy life and prevention of disease” ,which is much possible through *yoga*. Now a days ageing process increases rapidly, lifestyle disorder and other hormonal diseases is on high rate and death occurs before time. These can be reduced by following *yoga* and *Ayurveda* simultaneously. *Yoga* poses have speckled effects on a person's body and help to maintain a balance in the all three doshas. *Yoga* and *ayurveda* (also *rasayana*

or rejuvenation therapy, daily regime or *dincharya*) can reduces ageing process by enhancing blood circulation and elimination of toxins from body. Medication and other procedures like *dhhoti*, *navli* etc are also the part of *yoga* which maintains our self control ,concentration ,peaceful mind and detoxify the body or increases working power of all systems of body. In mental illness the *yoga* plays a significant or auspicious role to overcome from mental illness. These *yogkriya* is beneficial for healthy as well as diseased person but some *yogkriya* are contraindicated for diseased person. So *Ayurveda* and *yoga* can simultaneously preferred for controlling lifestyle disorders and maintaining health by eliminating toxins or reducing ageing process. This article reviews the relation and benefits of *yoga* along with *Ayurveda*.

Keywords: *yoga*, *Ayurveda*, *rasayana*, ageing, toxins, medication, *dhhoti*, *navli*, *dincharya*, *tridoshas*, *yog sutras*

Introduction-Both *yoga* and *ayurveda* have their origin in the *Vedic* tradition of India, and both are a means to gain better health. *Yoga* originates in the *Yajur Veda*, while *Ayurveda* originates in the *Atharva Veda* and *Rig Veda*. *Yoga* is in *Ayurveda* texts such as the *CharakSamhita*. *Yoga* is important for removing physical stress and calming the mind before meditation, and is central to *dinacharya*, the *ayurvedic* routine. Both *yoga* and *ayurveda* are based upon the principles of *trigunas* (*sattva*, *rajas* and *tamas*) and the *panchamahabhutas* (earth, air, fire, water, space). *Yoga* and *ayurveda* also encompass an understanding of how the body works (*Dosha-Dhatu-Mala*/humor-tissue-waste material theory) and the effect that food and medicines have on the body (*Rasa-Veerya-Vipaka*/taste-energy-post digestive effect concept).¹

A verse from the *Yoga Sutra*, *yogas chitta vritti nirodhaha*, describes *yoga* as the settled state of the mind. *Yoga* literally means "union" or "to join together" in Sanskrit. It has the same root that gives rise to the English word "yoke," as in "to yoke together," and refers to the union of body, mind and soul. *Yoga* helps the mind become stronger by connecting the mind with the Self, the *Atma*.²

Relation between yoga and Ayurveda-

In Ancient *Ayurvedic* texts *Yoga* is mentioned (*CharakaSamhita*). *Yoga* is also an essential aspect of the *Ayurvedic* schedule known as *dinacharya*. Hence, it is measured the absolute *Ayurvedic* training as it refreshes the body, relieves stress and also improves digestion. Different *Yoga* poses have varied effects on a person's body and help to maintain a balance in the all the three doshas. Forward bending *yoga* poses help to cool down the body's *Pitta Dosha*. *Yoga* poses involving twists are considered helpful for *Kapha* as such poses stimulate the digestion power of a person. Backward bending *yoga* poses heat the body and therefore balance the *Vata Dosha*. *Yoga* postures are known to tone each of the body's area and also helps get rid of toxins, which is also a major aim of *Ayurveda*.

Simultaneously, the yogis will be able to gain benefits by succeeding an *Ayurvedic* routine on a regular basis as a major part of their *yoga* practice. For example, you can practice *abhyanga* to get rid of toxins in the body and relax the muscle, before you start your *yoga* practice. *Yoga* attentions on cleansing the various channels in the body with its varied postures. But if we go and practice the

positions without actually following principles of *Ayurveda* to remove digestive impurities (*ama*) is like using just one leg to jump.³

Another concept is *dincharya* (daily regime) including *yoga* is most important part of *Ayurveda*. By using *rasayana* therapy (rejuvenation) and maintaining daily regime is most important part of our life. They both help to detoxify the body and so that the circulation increases, the self-life of cells increases. *Rasayana* which promotes longevity and prevents diseases by providing strength and immunity and as such is commensurate with the object of *Ayurveda*.⁴ *Satkarma* – As per directions in the *hatha yogapradipika*, the body is like a temple. Just as you cannot let dust and mire accumulate at the site of worship, it is oath not to clean the body of impurities. There are six main cleansing techniques, also known as *shatkriya* or *shatkarma*. Both from the point of view of mental and physical health, performing *shatkriya* are of utmost importance. *Dhauti*, *basti*, *neti*, *trataka*, *nauli*, and *kapalabhati* are the basic categories in *shatkarma* with many variations under them.⁵ These all help to detoxifying the body, remove toxins from the body.

Benefits of *yoga* along with *Ayurveda*-

Both *ayurveda* and *yoga* practices believe in keeping a good harmony among mind, body and soul. Any healthy life style changes demand the health of mind and body to be in good health for a longer life. *Yoga* also claims mind and body should be harmonized for overall health with various techniques like *asanas* and *pranayama*. *Rajyoga* is one of the important forms of *yoga* that has its major focus on meditation. *Ayurvedic* medicine and *yoga* both ensure a positive way of approaching life. A stress free mind and healthy body is achieved without any side effects and thereby a long life is ensured.⁶ Both *yoga* and *Ayurveda* are incomplete when we use it separately, both recognize that keeping the body healthy is vital for fulfilling the four aims of life – *dharma* (duty), *artha* (wealth), *kama* (desire) and *moksha* (liberation).s

Conclusion- *yoga* and *Ayurveda* both rejuvenates the body, improves digestion, remove stress. *Yoga* is a central to *dincharya* which is a part of *Ayurveda*. They reduce sign of ageing, bones become stronger and body is more flexible. It brings beauty, vibrancy and strength, improves posture, uplifts your mood, renewed energy. So it is easy to bring *yoga* in our life along with *Ayurveda* so that we can improve our health, stay

healthy as this is the aim of *Ayurveda*.
From the above article it is clear that the *Ayurveda* and *yoga* both are interrelated , both boost the energy, boost immunity, detoxify the body, reduces ageing and a person live long.

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DISCONNECT TO CONNECT: TECHNO-YOGA ERA OF LIFE

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Introduction: As the world is going to advance continuously, there have two paths appeared that seem to be outwardly conflicting. There are one who are moving forward to science and technology, where healthcare paradoxes abound and technology has become a vital part of our lives. Artificial intelligence is reaching all the fields and being replaced with technology. Computerization, designed to facilitate daily life for comfort zone. Whereas, others who are looking for ancient knowledge and inner experience. There was a time when we care about our lifestyle, our health, our daily basics need necessary and of course! the income source also. But, nowadays it's everywhere everyone is going to forget about it. We had remembered only one thing and that one is **MONEY**. We are going to forget that how much our health is important to us. Because once we lost money, we can gain much more again but, once if we lost our health then it can't be gain again. Whereas if we only concentrate on our health and stop doing our daily income

source work which is also essential for us, then how will we survive to live well without eating? So, the question arise here that what should we do? Or which path should we take?

In light of these two viewpoints, we **need to emerge third path** as well.

There are number of people who are desperately trying to find **balance between a proceeding technological world and the peacefulness life** with focused on consciousness and awareness.

So, there is no need to worry or struggle to find the way for balancing these two things very well. Because there is going to emerge a third path which will work like bridge in these two paths for balancing it. We can easily live in technological era with ancient wisdom, flexible body plus concentrated mind by including yoga. The third path is called as '**TECH-YOGA**' which include both technology + yoga in a very composed way.

Technology is science or knowledge placed into practical use to solve problems or discover suitable gears. With the help of these technology we are going to depend on machines or tools. However, we aren't fully doing more physical work because dependency of technology or tools. So, in this upgrowing dependency on techno era we have to be aware about our most important part of life which is just possible by giving fuel to our body because it is also a machine which needs an oil or maintenance very well to run it smoothly and for long time and that **fuel is 'YOGA'**. Technology has made the whole process of outstanding a perfect balance between tight schedule and yoga quite simple. It has always inspired and helped in creating the best products and services for humankind.

Whereas the term '**Yoga**' is **Sanskrit** word used for "**union**" between your inner and outer world in equal way, which uses **breathing techniques, exercise and meditation to improve health and joy**. There is continuously arising new different types of health problem due to lack of implementing yoga in our life. The health problem is just occurring around like global warming is increasing rapidly.

Yoga offers something else: **reconnecting with ourselves and learning to see**

ourselves, and our responses to the world around us, from a different viewpoint. It takes **emotional and divine gift to reflect deeply** and directly talk personal struggles, anxieties, hopes and fears, and understand how we respond to them. It also takes time to learn how these states of mind effect directly on physical comfort, and how we can change this.

So, to decrease this 'health global warming' we have to take one step towards yoga where we will not just be able to decrease only physical problem of our health but, also anxiety level, stress, and much more by this 'yoga'.

Yoga is like a nurturing the seed with water, sunlight, atmosphere, and with soil. Our life is also a seed where we have to take care of it like Godfather do and nourish it well. Actually, in this techno era we think that how can we implement this yoga in life.

"YOGASTHAH KURU KARMANI" the mean of this shlok is -

Established in yoga (union) perform action. -Bhagwat Geeta chapter-2

Because yeah! Everyone nowadays is really busy and doesn't have much time to perform yoga; No, this is not overall a complete yoga. This is just one part of

yoga; yoga is much more than the postures. Where you can do it? **Anywhere** without making any type of posture like, if we are in office in front of laptop or computer there, we can also do yoga by doing clockwise or anticlockwise neck rotation movement and further many other similar exercises. Because yoga is not about simple posture, it's just about journey of postures of self-realization. If we are continuously seated on chair in office then our body posture gets worse and back and spine pain gets started. So, for reducing this problem do movement in hand, ankle, legs rotation in clock and anticlockwise exercise while seated on chair just in few minutes. We can control our breath rate by taking long breath, hold it for second, left out and again hold it, again take breath and hold it repeat this process whenever you want. So, by doing this type of yoga we can improve our breath rate, heart rate, mind will become sharper and more concentrated, reduce anxiety, reduce anger level, reduce hypertension, improve migraine symptoms, and much more can reduce by just doing only one yoga exercise. Because it well said by Thich Nhat Hanh- "breathe in deeply to bring your mind home to your body". In which we don't need a specific time just do it anywhere, anytime. Regular yoga practice can increase our awareness

about how our body actually feels, with all its aches and pains, and help us restore balance.

Let's stop here and think about that Nowadays everyone works to live in peaceful environment with happiness. But in the end what happens, we just get sick of some kind of problems and get struggling with that whole life in front of doctor's door. So, rewind this clock again, and let's take some steps to implement yoga in our daily lives. Live the life peacefully, and full of happiness that's what you are running toward. Nowadays there are so many software and websites coming in market for helping us to include yoga as life partner. Like, yoga App, yoga Software, yoga DVDs or online yoga streaming, high tech-yoga gear and much more is available in market which is just waiting for us. Tech-yoga has encouraged even more people to give yoga a try especially the youth. Technology has played a role in this increase, having made yoga more accessible, and with a click put millions of practitioners from all over the world in touch. Tech-yoga is good as it gets more and more people doing yoga throughout the world. Let us move ahead to connect the technology with yoga and experience the zeal, the warmth of its Unification.

Hence, concluding this topic with the importance of yoga in daily human life and advancement of technology should be maintain and balanced in a proportional manner. Thus, the ratio of both should be equal, getting advance in technology and being healthy and happy.

“DISCONNECTING FROM OUR TECHNOLOGY TO RECONNECT WITH OURSELVES IS ABSOLUTELY ESSENTIAL FOR WISDOM”

-Arriana huffingtons

YOGA FOR STRESS, ANXIETY AND DEPRESSION: A REVIEW

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Abstract: Yoga is a mind-body practice that joins physical stances, controlled breathing, and contemplation or unwinding. Yoga may help diminish pressure, lower circulatory strain and lower your pulse. Furthermore, nearly anybody can do it. Yoga is viewed as one of numerous sorts of correlative and integrative wellbeing draws near. Yoga unites physical and mental controls that may assist you with accomplishing quietness of body and psyche. This can assist you with unwinding and oversee pressure and tension. Yoga has numerous styles, structures and powers. The pace and difficulties of present day life make pressure the board essential for everybody. In this paper we examine the significance of Yoga for human wellbeing and furthermore study that yoga is significant for Stress, Anxiety and Depression.

Keywords: *Anxiety, hypertension, mental health, mental stress, meditation, yoga.*

INTRODUCTION

Mental stress, Anxiety and Depression disease are fast growing epidemics consequent to changing lifestyles accompanying globalization and modernization. Although yoga originated in India thousands of years ago, it was introduced to western world in 19th century. In the past few decades, it has been the subject of research as a therapeutic measure in stress, Anxiety and Depression. Yoga and Meditation are interdisciplinary endeavors that interface with Neuroscience, Medicine, Psychology, Philosophy, and so on, therefore an interdisciplinary approach is needed to converge different & diverse disciplines as well as approaches & methods in the study of yoga and meditation[1][2]. Thus comprehensive research on yoga and meditation is expected to address various

Challenges confronting physical and mental health. This new programme is aimed to foster scientific research on the effects of yoga and Meditation on physical & mental health and on cognitive functioning in healthy people as well as in patients with disorders. Stress is a normal psychological and physical reaction to the demands of Life. A small amount of stress can be good, motivating you to perform well [3][4]. But multiple challenges daily, such as sitting in traffic, meeting deadlines and paying bills, can push you beyond your ability to cope [5]. Your cerebrum comes hard-set up with an alert framework for your insurance. At the point when your cerebrum sees a danger, it flag your body to discharge a burst of hormones that expansion your pulse and raise your circulatory strain. This "battle or-flight" reaction powers you to manage the danger. When the danger is gone, your body is intended to come back to a typical, loosened up state [6][7]. Sadly, the constant entanglements of current life imply that a few people's caution frameworks once in a while shut off. Stress the executive's gives you a scope of devices to reset your alert framework. It can support your brain and body adjust. Without it, your body may consistently be on high alarm. After some

time, incessant pressure can prompt genuine medical issues. A few stressors, for example, work pressures, relationship issues or money related concerns, are anything but difficult to distinguish. In any case, day by day bothers and requests, for example, holding up in a long queue or being late to a gathering, likewise add to your feeling of anxiety. Indeed, even basically positive occasions, for example, getting hitched or purchasing a house, can be unpleasant. Any change to your life can cause pressure [8][9]. Yoga is basically a profound order dependent on an amazingly inconspicuous science which spotlights on bringing concordance among psyche and body. It is a craftsmanship and science for solid living. As indicated by present day researchers, everything known to man is only an appearance of a similar quantum atmosphere [10]. Our learning discoveries recommend that yoga may be accommodating in augmenting retention, remembrance, explicitly painterly recollection programming. However, we recognize that exercise properties may aspect into experimental enhancements. Moreover, these discoveries propose that better-quality recollection recall is accompanying with improved DMN connectivity in

forward, subsequent and forward medial areas. Relevant to these discoveries are a number of other scholarships.

HOW YOGA CAN HELP

Yoga is basically a way to get freed from every one of the servitudes. In any case, medicinal research as of late has revealed numerous physical and mental advantages that Yoga offers, certifying the encounters of a huge number of professionals. A little testing of research shows that: Yoga is gainful for physical wellness, musculoskeletal working and cardiovascular wellbeing [11][12]. It is gainful in the administration of diabetes, respiratory issue, hypertension, hypotension and numerous way of life related issue. Yoga decreases despondency, weakness, uneasiness issue and stress. Yoga manages menstrual and menopausal side effects [13]. Basically, Yoga is a procedure of making body and mind that are venturing stones, not obstacles, to an abundant and satisfying life.



Figure 1. Yoga for stress

Yoga is more well-known than any other time in recent memory. Going to yoga studios could be very tedious, yet yogis are typically ready to do that to get direction and alterations from their instructors. Be that as it may, with the assistance of innovation, you can rehearse yoga in your lounge room. Here are three innovation apparatuses that could possibly turn into your fitness coach and change your technique for training. Yoga is a vital piece of our life as it realizes balance in physical, mental and otherworldly parts of our body in congruity with nature. Numerous examinations in the present time have attempted to show the adequacy of current yoga as a reciprocal intercession for malignant growth, asthma, heart illnesses and mental issue [20]. Minister stated that “Yoga is above everything”, that is, religion, faith, caste, color, gender and region. The Government has been working actively to

make Yoga a pillar of preventive healthcare. Yoga is known for its capacity to relieve pressure and uneasiness in the brain and body. However, it can likewise affect an individual's activity limit [14][15]. Specialists considered a little gathering of stationary people who had not polished yoga previously. Following two months of rehearsing yoga in any event two times every week for an aggregate of 180 minutes, members had more noteworthy muscle quality and perseverance, adaptability and cardio-respiratory wellness.

THE HEALTH BENEFITS OF YOGA

In this mechanical age, medicinal services Catch 22s proliferate. Computerization, intended to encourage day by day life, conveys with it an interest to be remotely associated with occasions consistently. In doing as such, incomprehensibly, we become distanced from reflecting actually upon body, psyche and soul [16]. Utilization of pharmacological drug can soothe a portion of our indications, however this methodology can likewise imply that we can carry on as ordinary with our bustling lives, decreasing our capacity to screen and concentrate on our own wellbeing and prosperity.

When innovation and medications rule the manner in which we live our lives, it is invigorating that yoga perseveres as well as that scientists are setting aside the effort to investigate precisely how this training can help us[18][19]. In an atmosphere centering upon proof based medication, it is critical to have the option to substantiate clinical cases made for any treatment, and yoga is no special case. We have to realize who might profit by a treatment, contraindications of utilization and the degree to which explicit therapeutic issues that can be improved by a specific therapy[21][22].



Figure 2. Yoga health benefits

This paper examines yoga as a potential instrument for kids to manage pressure and direct themselves. Yoga gives preparing of psyche and body to bring passionate

equalization. We contend that youngsters and youngsters need such devices to listen internal to their bodies, emotions, and thoughts. Yoga may help them in creating in sound ways, to reinforce themselves, and be contributing social creatures. To start with, we address how kids and youngsters in this day and age face various desires and consistent incitement through the Internet and other media and correspondence advances. One motivation behind why kids experience pressure and emotional well-being difficulties is that globalization uncovered the young everywhere throughout the world to different new requests, measures, and alternatives. There is likewise expanded strain to prevail in school, incompletely because of expanded challenge yet additionally a differing scope of choices accessible for youngsters in contemporary occasions than previously. Our contention likewise in part lays on the way that advanced society offers a lot of interruptions and unwelcome attractions, particularly connected to new media innovations [23]. The overwhelming nearness of mixed media gadgets and the time spent on them by youngsters are clear markers of the move in ways of life and needs of our new age. While these media advancements are

important assets in kids and youngsters' lives for correspondence, learning, and stimulation, they likewise bring about steady challenge for youth's consideration. A principle idea in our article is that yoga may support kids and youngsters adapt to pressure and along these lines, contribute decidedly to adjust throughout everyday life, prosperity, and emotional well-being. We present research writing proposing that yoga improves kids' physical and mental prosperity. Thus, yoga in schools assists understudies with improving versatility, disposition, and self-guideline aptitudes relating to feelings and stress. We have seen that kids are very great at concealing their trouble and passionate worry from their folks, since they don't need their folks to stress for them. They want to satisfy their folks by their "proper" and "socially right" practices [24]. Kid's aversion upsetting their folks and being the purpose behind adding to existing parental pressure. As per a constructivist approach, youngsters effectively take an interest in their very own improvement procedure. In addition, kids and youngsters collaborate with regular day to day existence circumstances with world perspectives that could be unique in relation to those of grown-ups. In accordance with

this hypothesis, we accept that kids work as an office for their very own prosperity and have the advancing ability to be accomplices of health with their families, companions, and society. In any case, kids rely upon the earth set by society to encourage their potential for improvement.

This article examines yoga as a potential instrument for the young to manage pressure and to direct themselves. Yoga gives preparing of psyche and body to bring enthusiastic equalization. It is asserted that yoga prompts arrangement and amicability. An ongoing postulation recommends that yoga is an instrument to tune in to your heart (3). We contend that youths and youths need such guide to listen internal, to their bodies, emotions, and thoughts. Along these lines, yoga may add to sound progression and great emotional well-being; wellbeing progression for youngsters needs to incorporate improvement of their consideration, self-confidence, consolidation, and self-guideline. We accept that kids and youths need to create dependent on their one of a kind characters, and to translate and accomplish the harmony between their own qualities and cultural desires. Yoga may help them in creating in

sound ways, to fortify themselves, and be contributing social creatures.

Present day evolution furthermore propositions countless intermissions and undesired fascinations, particularly connected to current media and correspondence advancements, on which we have turned out to be reliant. The horrific nearness of media and the time spent on media progressions by kids are clear markers of the move in ways of life and needs of our new generation². In the US, youngsters spend more than seven and a half hours day by day utilizing media gadgets, an alarmingly enormous normal, yet somewhat matter of certainty in 2013[25]. Youngsters worldwide are investing increasingly more energy before TVs or PC screens and on PDAs, making media a focal piece of their lives. Youngsters today are required to be and are frequently continually on the web. Stimulating, transactions, just as education present a fresh out of the box new long range comfortable communication picture to make media available to youths.

Notwithstanding the fact that media is a learning asset for kids and youths' emotional wellness, its extraordinary use prompts

questions regarding youngsters' ability and enthusiasm to bring balance among physical and mental exercises. A Kaiser Family Foundation study investigated media use amongst small kids (0–6 years) and reasoned that even these kids invest as a lot of energy with electronic devices as they do playing outside[26][27]. This examination and frequent others draw boundaries between media use and increment of therapeutic problems, for example, heftiness and other physical and mental issues. Medicinal facilities authority's use terms, for example, television enslavement, distinguishing media as a factor of dysfunctional performance, reliance, over the top habitual practices, focus issues, and other consideration issue. Other than these physical and mental dangers, security concerns are being brought up in media-substantial networks; issues, for example, cyberbullying, small kids being presented to violence, and unambiguously prompt physical, just as unexpected or wrong practices, are being presented. The world everywhere, including the eccentricities of society, is a lot nearer and efficiently open with broadcasting apparatuses and constructions.

The goal of this examination is to survey the detections of chose apprenticeships in

regards to the curative influences of yoga and to give a far reaching assessment of the advantages of customary yoga practice. As investment rates at the top of the priority list body work out schedules, for example, yoga keep on expanding, it is significant for social insurance experts to be educated about the idea of yoga and the proof of its frequent soothing influences. Along these lines, this arrangement gives data with respect to the helpful impacts of yoga as it has been examined in different populaces regarding a large number of various sicknesses and circumstances. Obliging yoga is characterized as the use of yoga stances and practice to the treatment of happiness conditions and includes guidance in yogic practices and lessons to forestall decrease or ease basic, functional, enthusiastic and profound torment, enduring or confinements. Results from this examination show that yogic practices upgrade solid quality and body flexibility, advance and improve respiratory and circulatory capacity, advance recuperation from and treatment of enslavement, decrease pressure, nervousness, despondency, and interminable agony, improve rest examples, and improve generally

communications success and nature of life [28].

YOGA FOR PHYSICAL BENEFITS

The unwinding procedures fused in yoga can diminish incessant torment, for example, lower back torment, joint pain, migraines and carpal passage disorder," clarifies Dr. Nevins. "Yoga can likewise lower circulatory strain and diminish a sleeping disorder. Other physical advantages of yoga include:

1. Increased adaptability
2. Increased muscle quality and tone
3. Improved breath, vitality and imperativeness
4. Maintaining a reasonable digestion
5. Weight decrease
6. Cardio and circulatory wellbeing
7. Improved athletic execution
8. Protection from damage

NEURAL NETWORK FOR YOGA

All through start and essential youth improvement, the mind structures neural frameworks to do principal assignments: Communication/language, strolling, and including. Neural frameworks are comparatively confined in view of group

and eager models. These frameworks created empowered after some time. This is the explanation persuaded models are hard to change. In the mid-2000s, experts began abusing viable MRI to entitle measure undertaking of neural frameworks. This contemplated advances in cerebrum restorative strategy, approving foundations to pardon essential frameworks, for instance, those related with language, and moreover new encounters into mind activity. Oddly, in any occasion, when we are exceptionally still, our cerebrums our self-persuaded. Believe it or not, our brains will wind up powerful in an undeniable way when we are as yet this is the Avoidance Mode Network, which may be trademark for every individual, anyway will all in all pursue an obscure model in each and every one of us when endeavor to rest our cerebrum. Creating cerebrum flexibility is one way to deal with help ensure the default mode mastermind, along these lines captivating different zones of the psyche. Thought similarly bolsters neuron advancement and empowers quieting the seeing, in like manner halting the destroy valuable with mind-wandering.

CONCLUSIONS

Decrease of pain, improvement of state of mind, etc. Since patients may perceive that they can be physically dynamic, even regardless of persevering torment side effects, they may along these lines experience higher self-ability and mindfulness, which adds to higher caliber of life. Psychological well-being issues, for example, misery, uneasiness, stress, and sleep deprivation are among the most widely recognized explanations behind people to look for treatment with corresponding treatments, for example, yoga. Yoga urges one to unwind, slow the breath and spotlight on the present, moving the equalization from the thoughtful sensory system and the flight-or-battle reaction to the parasympathetic framework and the unwinding reaction. The last is quieting and remedial; it brings down breathing and pulse, diminishes circulatory strain, brings down cortisol levels, and expands blood stream to the digestion tracts and essential organs. One of the principle objectives of yoga is to accomplish serenity of the brain and make a feeling of prosperity, sentiments of unwinding, developed fearlessness, improved effectiveness, expanded mindfulness, brought down crabbiness, and a hopeful point of view. The act of yoga creates

adjusted vitality which is fundamental to the capacity of the invulnerable framework. Yoga prompts a restraint of the back or thoughtful territory of the nerve center. This restraint brings about lower tension, pulse, respiratory rate, circulatory strain, and heart yield in understudies rehearsing yoga and reflection this investigation recommends that yoga can be considered as a correlative treatment or an elective strategy for therapeutic treatment in the treatment of nervousness issue.

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KIDS YOGA PRACTICE, A BEST WAY TO HOLISTIC DEVELOPMENT FOR KIDS

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Lifestyle Coach and Yoga Trainer
Spain

Introduction: Working with kids yoga over the last 5 years, I see the amazing benefits and tools we can give the kids to develop a healthier lifestyle from an early age. Introducing to them early in life about caring, helping and loving others will make them stronger and healthier adults.

Today's world so competitive, and all about achievements competitions everywhere and in anything.

In yoga, kids are equal, whether different nationalities, bodies, richer or poor. Nobody is better than anyone else, everybody exploring bodies and learning from it. Yoga is for anybody and everybody.

Yoga, a non-competitive practice, kids learn to accept and cherish themselves for who they are, preparing them with tools to the teen years in the future.

Yoga also teaches kids to have compassion, be tolerant, respectful and helpful towards each other, as yoga takes a lot of practice, and what for one kid will be an easy asana, will be a difficult one for

another kid. They learn to work together helping one and another, creating peaceful harmony at an early stage in life.

In yoga we encourages healthy habits, with exercising the body with yoga asanas, making them physically more flexible, stronger, coordinated and more self-esteem, body awareness and also a healthier lifestyle with eating habits and together with ways to calm one self and focus the mind.

Today kids have so many distractions, and for many kids it is impossible to focus for any decent length of time. Yoga teaches kids to be present, to concentrate and focus on their breathing and body. They learn that in any situation the breath can help them to overcome many obstacles. In situations with lots of frustration, like crying and tantrums, a deep breath, can make the situation change and is a valuable tool to have both as a child or adult.

The awareness kids get from breathing calmly and the way they can control their bodies, will affect their attitude and

approach to life and also attitudes towards others. This awareness of body, mind and spirit, when all work together, make kids more confident, kind and responsible adults.

All of the above mentioned benefits tie together for a positive mental health in kids. They learn to accept and love themselves, to see the good in others, makes them realise their natural capabilities. They will be more positive and optimistic about life, and less chances of anxiety, depression or other mental issues. Relaxation have a very important role too. Many of us takes relaxation for granted, for kids this can be a very difficult task. It takes practice and patience, but for the future it will make kids handle many situations of stress and pressures much better, like by exams or in a workplace in their future lifestyle

Kids are natural yogis. Their trust in others and no fear, makes them receive and grow with each yoga class in a very inspiring way. This is why we have to lead the kids to receive yoga for the many benefits and all the enjoyment it will give them for life.

Experiences of “my kids yoga class”

Kids yoga needs to be in an expressive way with games, music and creative possibilities and options.

I love this picture I took last Summer, of 2 little girls I passed on a Sunday. It just



shows how different they are brought up.

On the right side, the little girl being very good with her dad's iPhone, knowing all the tricks and how to play fast and efficiently.... On the left side, the little girl playing with the leaves on the ground, being in the moment with nature. I think the picture gives a lot to think about. I often think what comes next? This is also part of why I feel so passionate about my job as a Yoga Teacher. We as adults have to show the kids the different options they have for a more Holistic life of the busy future.

I love my class having structure, but at the same time, it must be with a lot of flexibility. Working with kids, not two classes are alike. No matter your preparation or intentions, you need to have

an open mind before stepping into the class.

Pranayama



I have experienced that taking it slow, and introducing easy and simple breathing techniques is a good way for the kids to observe the body and the feelings it gives, connecting breath and body. I also like to take time for each child, everybody is different, and some needs a more one to one explanation. During the process also make them see and feel, that sometimes it is important to stop and taking an extra breath to calm the mind and body, which is a simple exercise that has so much value for the rest of their lives into adulthood.



Asanas

Teaching
kids
different
postures
in a fun
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ones, especially for the younger ones. Combining them with yoga cards, kids learn the names of the postures, or for them to recognize the postures. So many fun games with cards, and kids just love them. Also add a syncrynized flow with kids favorite music, this is really a very motivating way to get kids involved. Then after several classes of yoga, add new ones. Another option could be to do groups and let the kids be creative in their own way. Kids yoga is full of endless options and sometimes just asking the kids

will give you so many more ideas of what you could do.

(perhaps add video from Summer class to show a short flow)

Mantras



I have
in the
last 2
years
included
teaching

kids TheGayatri Mantra. It has been part of our daily classes, and the kids love it. You soon notice the focus and calmness amongst the kids. Slowly they learn the words by heart, and you see they feel proud when singing the mantra together.

(Perhaps add video from summer class to show the kids singing.

Mandalas



A great way to teach kids that relaxation can be achieved in so many ways. Let them together build a mandala with shapes and colours. Teaching them to work as a team, respecting opinions of each other and let their imagination inspire them to be creative. Mandalas have no limits. Let them also try it with asanas in groups, take pictures of their postures for them to see how cool it looks.

(perhaps add pictures from Summer classes-postures, stones and paintings.)

Savasana



Relaxation laying down, is very hard for most kids. I introduce them to essential oils and music to help calm the mind, and for them to associate the scent and music with quiet time. Let the kids decide if they want to have eyes open or closed the first few times, then with time encourage them

to lay with eyes closed , just for a minunte.I find that taking a moment with each kid in Savasana is a good way to let them focus with a bit of guidance. Placing my hands on their shoulders, and let them place their hands on the tummy to feel their breath is a good way to keep them focused and calm, instead of fideling. Start with only a few minutes in beginning, also all depending on age. I progress slowly to longer periodes of Savasana.

We always close our session with chanting an OM, and each kid roll up their own mat, to teach them to be responsible and helpful in class. I have even experienced some young students helping the older ones to show them how to roll up the best way.

I am grateful for my roll as a Teacher, that I can help make a difference and planting little seeds in the kids early life, for the world becoming a better place for everyone.

Namaste!

PERCEPTION OF TOURISTS TOWARDS SERVICE QUALITY IN WELLNESS HOTELS – A CASE STUDY OF RISHIKESH REGION

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Abstract: Wellness tourism, as worldwide trend of the 21st century, has become an essential for the successful development of popular tourism destinations. Large number of tourists travels to wellness tourism destinations all over the world every day, with one objective - to maintain and enhance their physical, mental and spiritual health. Wellness journey consists of meditation and Yoga along with spa and massage experiences, to reduce enhance one's health and decrease one's stress holistically. India is a leader in Ayurveda, Yoga, and Meditation, thus it is a natural choice for wellness travel.

Tourism market and Hotel industry is symbolized by thorough changes, so the duty and responsibility of the wellness tourism destinations management is to follow those changes watchfully, in order to be able to amend their offer to the current development. By amending such changes an essential wellness tourism product/services can be created, which

will meet the requirements of the modern day tourists, who are becoming more advanced and challenging. Perceptions of tourists towards service quality of wellness service providers' plays very important role in their satisfaction and future intentions. This is applicable to all services providing sector and is important theme in services marketing. The objective of this paper is to examine tourists' perception towards service quality in wellness hotels in Rishikesh region.

Key Words: Wellness tourism, tourists, perception, service quality, hotel industry, Yoga, wellness services.

Introduction

Past couple of years has witnessed an unprecedented surge of innovation in various sectors and change in many business areas in global and Indian travel and tourism industry. The worldwide economic slowdown forced industry

players to look for new avenues to boost the bottom lines and also provide more value add ons to end customers in order to give them a good reason to explore and travel. Technology and innovation has become the key to success in this period and for Indian travel and tourism industry innovation has been mainly in the form of 'Going Niche'. Niche tourism is the 'in-thing' today as the industry offers cuisine tourism, pop culture, wine tourism, cruise tourism, medical tourism, and much more. Cultural tourism, Heritage tourism, Eco tourism, Wellness tourism and Adventure tourism are among the major and popular segments of niche tourism in India, both with domestic and foreign travellers.

Wellness tourism is a travel in which the first and foremost aim of traveller is to encourage, enhance and improve health and well-being through physical, mental or spiritual actions (Dimmon, A.). Wellness tourism is frequently interrelated with medical tourism because safety of health inspires the tourists. Wellness travellers are proactive in the quest of enhancing or maintaining health and quality of life, mostly focusing on prevention, whereas medical travellers normally travel reactively to get cure for a diagnosed disease or condition. Within the US\$3.2

trillion global tourism economy, wellness tourism is estimated to total US\$438.6 billion or 14 percent of all domestic and international tourism expenditures (The Global spa and wellness economy monitor, 2014). Driven by growth in Asia, the Middle East, and developing countries, wellness tourism is expected to grow 50 percent faster than the overall tourism industry over the next five years (Amster, R., 2013 & 4hoteliers, 2013).

Wellness travellers are usually regarded as high-yield travellers because wellness travellers on an average spend 130 percent more than an average traveller (hotelnewsnow.com, 2013). Domestic wellness traveller spends about 150 percent more than an average domestic traveller (Absolute world, 2014) whereas, International wellness traveller pay out nearly 65 percent more per trip than an average international traveller. Domestic wellness tourism is considerably larger than its international equivalent, representing 84 percent of total wellness travel and 68 percent of all wellness expenditures (or \$299 billion). Global wellness tourism represents 16 percent of wellness travel and 32 percent of all expenditures (\$139 billion market) (Gould, L., 2013).

The wellness tourism sector includes primary wellness traveller and secondary wellness traveller. The main purpose of primary wellness traveller is to travel completely for wellness purposes while secondary wellness travellers take on wellness-related activities as part of a journey. Secondary wellness tourists constitute the significant majority (87 percent) of total wellness tourism trips and expenditures (86 percent) (IMTJ, International Medical Travel Journal, 2013). **Wellness tourists** take on different wellness services which consists, healthy diet and weight management; beauty treatments; physical fitness and sports; relaxation and stress relief; meditation; yoga; and health-related education. Wellness travellers may seek procedures or treatments using conventional, alternative, complementary, herbal, or homeopathic medicine.

Wellness Tourism and Yoga

Today's fast speed life requires one to be active and enthusiastic all the time. However, boredom leads to monotony and eventually a loss of productivity. Thus, everyone needs to take a halt to release all the stress and weakness. A vacation, that allows one to relax, refresh and rejuvenate, can work miracle in reducing stress and breaking the

boredom. This has led to a vast increase in the number of people seeking vacation for their physical and mental health and well being. Although a vacation can offer that much-needed holiday, it can also be exhausting. We often need another break to get over the tiredness caused by one holiday. This has seen a rising demand for Wellness travel and wellness tourism, in India and across the world.

We all need a change from our schedule and wellness tours to allow you to attain physical, mental and spiritual health and well-being at the same time. Not only that, this is the top growing sector in tourism and it is expected to expand more. People are inclined to think that wellness vacation involves imposed exercise, strict, bland diets, or actions that may not interest them. However, things have now changed and moved on further. There are plenty of wellness haven offered by Ayurvedic centres or four/five star resorts/hotels that allow tourists to choose what they want. There is a wide range of alternative for wellness vacations – from rejuvenation to de-stress to detoxification, each well matched based on your individual choice.

Data and figures say that tourists take a massive 586 million wellness trips each year. In fact, the Wellness Tourism

sector comprises 15 per cent of all worldwide travel and tourism. Wellness tourism is ranked second after cultural tourism. It is also profitable, as wellness travellers are high yield travellers and they spend 130 per cent more than the average traveller. Yoga or fitness classes, healing massages, Meditation or Pranayama, healthy cuisine and more has been identified as the most sought-after aspects of wellness tourism. India can become a leader as a global Wellness Tourism destination as it has advantages due to the following factors:

- Yoga
- Meditation
- Ayurveda
- Rejuvenation Programmes
- Cost Benefits

India is as famous for Yoga & Meditation, as it is known for its tigers of Ranthambore and Taj Mahal. In 1969, the Beatles visit to Rishikesh along with Maharishi Mahesh Yogi is a very famous instance to showcase the influence India carries in a world which is concerned not only about its physical and mental health and fitness but also about its spiritual progress and development. Modern day celebrities, such as Steve Jobs, Mia Farrow, and Oprah have also travelled to Indian Yoga and meditation haven looking

to submerge in their harmony and change their lives forever. Prince Charles and Camilla Duchess of Cornwall, the British royal couple also travelled to India in November 2013 to spent time in an ashram in Rishikesh too. Wellness journey consists of meditation and Yoga along with spa and massage experiences, to reduce enhance one's health and decrease one's stress holistically. India is a leader in Ayurveda, Yoga, and Meditation, thus it is a natural choice for wellness travel. With a projected growth rate of 22% per annum, India is one of the fastest-growing wellness destinations of the world.

Ministry of Tourism and Ministry of Ayush are campaigning worldwide India as a 'Yoga Tourism' hub, where tourists can come to cure their bodies and relax their minds. Their slogan for advertising is 'India, Land of Yoga'. Some destinations, such as Rishikesh and Haridwar are being promoted as yoga hubs, in the same manner as Kerala has promoted itself as a destination for Ayurvedic massages. At present Rishikesh is being promoted as the 'Yoga Capital of the World'. Some other major destinations of 'Yoga' circuit are Bengaluru, Chennai, Delhi, Kolkata, Mumbai, Munger, Puducherry and Pune.

Review of literature

Since the idea of wellness tourism is of a comparatively new origin, the subject is not loaded with ample scientific literature. There are only few reports, books, websites and surveys available around the globe. Stanciulescu et al. (2015) defined wellness tourism as that tourism which targets people who are healthy with a positive and proactive interest in maintaining, improving or enhancing their health and well being. The wellness travellers seek to look and feel better; lose weight, to slow the effects of aging, to improve pain or discomfort, to manage stress, or to take part in the use of natural supplements such as vitamins and minerals to improve health. According to Dimon (2013) wellness tourism is a trip for the purpose of retaining and improving healthiness and welfare through physical, mental or spiritual activities. While wellness tourism is often linked with medical tourism because health safety motivates the tourists, wellness tourists are proactive in seeking to enhance or maintain better health and quality of life, often focusing on prevention, while medical tourists generally travel reactively to receive treatment for a diagnosed disease or condition.

In harmony with the W.H.O. definition of “Health”, the 2013 Global Wellness Tourism Economy report defines wellness as “condition of complete mental, physical, and social happiness and well-being”. It goes beyond simple freedom from illness or ill-health and emphasizes the proactive improvement and maintenance of health and well-being. Wellness is put across on a range that extends from reactive to proactive attitude towards health, wellness falls strongly on the proactive side, incorporating approach and activities that prevent disease, enhance quality of life, improve health, and bring a person to more and more favourable levels of well-being.

Objectives of the study

The objectives of the study are as follows:

- To examine the opinion of tourists with regards to wellness tourism in Rishikesh.
- To measure the perception of tourist's towards wellness service quality in Rishikesh.

Hypothesis of the study

The following hypothesis was formed to shed light on the research gap:

Hypothesis 1

H₀: There is no significant difference in the perception of the tourists towards service quality variables.

Research methodology

In the present study the researcher follows a descriptive research design in order to demonstrate the existing service quality and its performance and functioning in wellness services in Hotels in Rishikesh region. Hence the study is descriptive and exploratory in nature. A survey is a process of collecting data from the existing sources about a problem under study. Intention of the survey descriptive design is to describe the attitudes, opinions, behaviours, or characteristics of the population based on the data collected from a sample of a population.

Sampling

Random sampling method is adopted in the study. Each and every item in population has an equal chance of inclusion in the samples in the study area. Random sampling is done from the tourists of wellness services in hotels in Rishikesh region who have been randomly selected.

Sampling Size

This study has adopted simple random sampling method for collection of data. A total of 400 tourists from hotels of Rishikesh region been chosen for the present study. However, despite repeated visits and requests, some respondents failed to return the filled in questionnaires. Hence, only 260 filled in usable questionnaires have been received. A pre-designed research tool namely, questionnaire is applied in this study to collect the required information from the respondents.

Sample size of 260 respondents was found to be appropriate.

Methodology

With the help of self administered questionnaire, perception of guest staying in various hotels was measured. The questionnaire was developed on the basis of a literature review and adopted to suit the specific features of a hotel setting (Parasuraman, Zeithaml & Berry, 1988; Zeithaml et al., 1990; Ogorelc & Snoj, 1998; Ellis & Pizam, 1999; Markovic, 2003). As a foundation for questionnaire development, the Servqual & Servperf (Cronin & Taylor, 1992) model was used.

All the statements in the questionnaire were positively worded. Questionnaire consisted of 28 attributes

represented six dimensions of Servqual (Tangibles, Reliability, Responsiveness, Assurance, Empathy & Guidance quality).

The questionnaire consisted of two parts. The first part measured guest's perception of hotel attributes using a modified Servqual and Servperf model. Service quality perceptions were measured on a five-point Likert-type scale ranging from 1 'highly disagree' to 5 'highly agree.' The second part was designed to capture respondents' demographic and travelling characteristics, which included age, gender, marital status, education, occupation, monthly income, place of residence, purpose of visit, duration of staying at a hotel, and wellness course attending.

The target population of the survey was guests staying in hotels of Rishikesh region. After hotel managers agreed to participate in the study, questionnaires were distributed in 15 (2, 3 and 4 star) hotels. Employees of the Reception desk were asked to distribute the questionnaires to guests during their hotel stay, and to collect them after completion. Questionnaires were randomly distributed to the guests in each hotel.

Four hundred questionnaires were distributed to the guests attending wellness course/program who expressed

their willingness to participate in survey. Usable filled questionnaire were received from 275 guests. Of 275 returned questionnaires, 15 were not included in the analysis because of incompleteness. Thus, data analysis is based on a sample of 260 valid questionnaires. The response rate was 69 per cent. Descriptive statistical analysis was used to evaluate service quality perceptions of hotel guests whereas basic statistics was used to describe respondents' demographic characteristics.

Description of variables

A variable can be defined as a thing that is observed and that is of such nature that each single observation can be classified into one and only one of a number of mutually exclusive classes. Both independent variables and dependent variables are considered in this study. Independent variables of the present study are the aspect of service quality maintained by the wellness service provider. Dependent variables are the sense of perception and opinion of the tourists.

The study analyses the various dimensions of Servqual and Servperf along with Socio Demographic variables. A descriptive research design is adopted.

Independent variable:

- **Service Quality:** Quality in services is an elusive concept because of the intangible nature of the service offering and the definition of quality may vary from person to person and from situation to situation.

Dependent variable:

- **Tourist's Perception:** Tourist perception refers to the process by which a tourist selects, organizes, and interprets information or stimuli inputs to create a meaningful picture of the product or the service. Perception is a three stage process that transforms raw stimuli into significant information.

Data collection

For accomplishing the research objective both primary and secondary data were collected. Primary data was collected with the help of questionnaire and the secondary data comprised of mainly published data.

Primary Data

Primary data was collected with self-administered questionnaire from the

hotel guests attending wellness course/package in Rishikesh region. Servperf Scale, developed by Cronin and Taylor in 1992 was used to measure the service quality and service value in the research. Servperf was implemented in quite many sectors and proven reliability. The reframed and modified questionnaires were used for the survey.

Secondary Data

The secondary data in the form of statistical and archival information needed for the successful completion of the work was collected from published sources comprising of journals, magazines, government reports, newspapers and websites and also a couple of research dissertation available in various libraries and archives. Published reports of United Nations World Tourism Organization (UNWTO), World Travel & Tourism Council (WTTC) were also referred for data.

Data analysis and interpretation

Data analysis and interpretation regarding the profiles of the tourists who stayed in various hotels giving wellness services packages were analysed using the SPSS (Statistical Packages of social Sciences), measuring the frequency, mean and standard deviation. There are 260

tourists in this analysis. Frequency tables are used to report demographic characteristics of tourists. Questionnaire contained one section on demographics of participants. Demographic section contained questions about gender, age,

marital status, education, occupation, monthly income, place of residence, type of wellness course/programme/package attended, duration of course/programme and the purpose of travel. Finally the results were analysed in the form of table.

Demographic profile of the respondents

Table 1: Demographic profile of the respondents

| DIMENSION (VARIABLE) | NO. OF | PERCENTAGE |
|-----------------------|--------|------------|
| GENDER | | |
| Male | 159 | 61.2 |
| Female | 101 | 38.8 |
| AGE | | |
| 30 years or less | 65 | 25.0 |
| 31-40 years | 144 | 55.4 |
| 41-50 years | 26 | 10.0 |
| 61-70 years | 18 | 6.9 |
| 71 years & above | 7 | 2.7 |
| MARITAL STATUS | | |
| Married | 195 | 75.0 |
| Unmarried | 65 | 25.0 |
| EDUCATION | | |
| Less Than High School | 4 | 1.5 |
| High School | 2 | 0.8 |
| Intermediate | 12 | 4.6 |
| Graduate | 104 | 40.0 |
| Post-Graduate | 129 | 49.6 |
| Doctorate | 8 | 3.1 |
| Other | 1 | 0.4 |
| OCCUPATION | | |
| Professional | 85 | 32.7 |
| Employee | 83 | 31.9 |
| Private Enterprise | 25 | 9.6 |
| Executive Position | 15 | 5.8 |
| Pensioner | 12 | 4.6 |
| Other | 40 | 15.4 |
| MONTHLY INCOME | | |
| INR 1-20,000 | 13 | 5.0 |
| INR 20,001-40,000 | 120 | 46.2 |
| INR 40,001-60,000 | 74 | 28.5 |
| INR 60,001-80,000 | 13 | 5.0 |

| | | |
|----------------------------------|-----|------|
| Other | 40 | 15.4 |
| WELLNESS COURSE/PROGRAMME | | |
| Beauty Treatments | 24 | 9.2 |
| Relaxation & Stress Relief | 52 | 20.0 |
| Meditation | 25 | 9.6 |
| Alternate Therapies | 86 | 33.1 |
| Spas | 73 | 28.1 |
| DURATION | | |
| 1-3 Days | 195 | 75.0 |
| 4-7 Days | 65 | 25.0 |
| PLACE OF RESIDENCE | | |
| Delhi | 66 | 25.4 |
| Gujarat | 23 | 8.8 |
| Haryana | 36 | 13.8 |
| M.P. | 10 | 3.8 |
| Maharashtra | 24 | 9.2 |
| Punjab | 33 | 12.7 |
| Rajasthan | 12 | 4.6 |
| Tamilnadu | 4 | 1.5 |
| Telangana | 2 | 0.8 |
| U.P. | 39 | 15.0 |
| Uttarakhand | 11 | 4.2 |
| TRAVEL PURPOSE | | |
| Leisure | 116 | 44.6 |
| Wellness | 90 | 34.6 |
| Personal | 54 | 20.8 |

Source: Primary data collected through questionnaires

The results in the table 1 shows that the male respondents are higher than the female respondents, majority of the respondents were in the age group 31-50 years, majority of the respondents were married, most of the respondents were highly educated (post graduate), majority of the respondents were either employee or professional, most of the respondents were having monthly income between INR 20,000-40,000, majority of the

respondents attended wellness course for alternate therapies for around 1-3 days, most of the respondents were from northern part of the country and majority of the respondents primary purpose of travel was for leisure.

Reliability of the study

Cronbach Alpha values have been utilized to check reliability of scales. Cronbach alpha is a calculation of internal

uniformity (consistency). It is suggested to consider the values of Cronbach Alpha above 0.7 as reliable (Nunnally, 1978;

Santos. 1999). Following are values of Cronbach Alpha for perceived service quality and perceived service value:

Table 2: Cronbach Alpha Values for Perceived Service Quality and Perceived Service Value

| Construct | No. of Items | Cronbach's Alpha |
|-----------------|--------------|------------------|
| Service Quality | 28 | 0.767 |

Source: Primary data collected with the help of Questionnaires

The alpha coefficient for perceived service quality is 0.767, suggesting that the items have reliable internal consistency. (Note: In the majority of social science research situations, a reliability coefficient of .70 or higher is considered “acceptable”.)

Perception of tourists towards Service Quality

Perceptions of wellness tourists have been analysed towards various dimensions of service quality like tangibility, reliability, responsiveness, assurance, empathy and guidance quality. Wellness tourists perceived the existence of tangibles and most of the tourists are satisfied with the tangible dimension of wellness service provider. Most tourists are agreed with the tangible aspect and they have favourably perceived this aspect of service quality. Majority of the wellness tourists perceived that wellness service providers were reliable. Majority of the wellness tourists perceived that wellness service providers were responsive.

It has been found that wellness tourists perceived that they feel assured while dealing with wellness service provider's employees and they have perceived it favourably. Majority of the wellness tourists perceived that wellness service providers were empathetic while dealing with wellness tourists and majority of them have perceived this dimension of service quality favourably. Guidance services of wellness service providers have been perceived favourably by wellness tourists and most of them were satisfied with this dimension of service quality.

Testing of Hypothesis

This paper entitled “**Perception of tourists towards service quality in wellness hotels – A case study of Rishikesh region**” examines the various

aspects of wellness services that have been provided by wellness service provider in order to satisfy the tourists. On the basis of data collected with the help of questionnaires, descriptive statistics of perceived service quality for wellness services respondents has been made and analyzed. Descriptive statistics of service quality constructs shows that majority of the items have mean value of 4 or above, thus it confirms positive perception of sampled data of wellness services respondents in Rishikesh region.

Perception of Tourists towards Service Quality – Chi Square Test

Perception of tourists towards service quality of wellness services of hotels differ from one person to another and from time to time. The perception of the respondents regarding the wellness services are not an exceptional one. The life style of the tourists determines their perception regarding the service quality they get from wellness services in hotels. Hence, an effort has been made to analyze the perception of the respondents towards service quality regarding the wellness services of hotels.

Perception of tourists towards service quality has been determined by the score values obtained for 28 statements

which are associated with the service quality of wellness services of hotels by adopting a five point scaling technique. The responses observed for each statement in the schedule have been scored. To secure the response score for the respondents, five points are given for “highly agree”, four points for “agree”, three points for “moderately agree”, two points for “disagree” and one point for “highly disagree” responses. Thus, the observed score of the respondents is obtained for all the 28 statements for analytical purposes.

Application of Chi Square Test – Service Quality

In order to study the perception of tourists about the various statements regarding service quality of wellness services in hotels, the Chi Square Test has been applied. Chi square test is used to test a null hypothesis which states that the distribution of frequency of particular procedures observed in a sample is constant with a specific theoretical distribution.

For the purpose of this study, the following null hypothesis is framed.

Null hypothesis:

“There is no significant difference in the quality variables”.

perception of the tourists towards service

The result of Chi Square Test is given in Table 3

Table 3 Chi Square Test – Service Quality

| S.No. | Variable | Calculated value of C.S. Test | Degrees of freedom | Table value of C.S. Test at 5 percent level | Inference |
|-------|--|-------------------------------|--------------------|---|-----------|
| 1. | This wellness service provider has modern equipments | 261.45 | 3 | 7.82 | S. |
| 2. | This wellness service provider has visually appealing facilities | 307.08 | 4 | 9.49 | S. |
| 3. | This wellness service providers employee have a neat professional appearance | 253.45 | 3 | 7.82 | S. |
| 4. | Materials associated with this wellness service (such as menus, leaflets, brochures, web content) are visually appealing | 441.81 | 4 | 9.49 | S. |
| 5. | This wellness service provider has provided services at the promised time | 332.52 | 3 | 7.82 | S. |
| 6. | When I had problem, wellness service provider has shown a sincere interest in solving it | 370.04 | 4 | 9.49 | S. |
| 7. | Wellness service provider has performed the services right first time | 341.56 | 4 | 9.49 | S. |
| 8. | Wellness service provider has provided its service at the time it promised to do so | 525.56 | 4 | 9.49 | S. |
| 9. | Wellness service provider has error free records in providing services | 476.89 | 4 | 9.49 | S. |
| 10. | Employees of wellness service provider always tell the right schedule of the services to be performed | 315.65 | 4 | 9.49 | S. |
| 11. | Employees of wellness service provider give you prompt service | 309.65 | 4 | 9.49 | S. |
| 12. | Employees of the wellness service provider are willing to help us | 351.48 | 3 | 7.82 | S. |
| 13. | Employees of wellness service provider are always prompt to respond to our request | 269.39 | 3 | 7.82 | S. |
| 14. | The behaviour of employees of wellness service providers instills trust among guests | 230.80 | 3 | 7.82 | S. |
| 15. | Wellness service providers makes us feel comfortable in their interactions | 491.12 | 4 | 9.49 | S. |
| 16. | Employees of wellness service provider are consistently courteous | 252.42 | 4 | 9.49 | S. |
| 17. | Employees of wellness service provider have the knowledge to answer questions | 203.20 | 3 | 7.82 | S. |
| 18. | Wellness service provider gives individual attention | 313.23 | 4 | 9.49 | S. |
| 19. | Wellness service provider has convenient operating timings to all its guests | 248.62 | 4 | 9.49 | S. |
| 20. | Employees of wellness service provider deal with guests in a caring way | 302.12 | 3 | 7.82 | S. |
| 21. | Wellness service provider has the guest best interest at heart | 463.48 | 3 | 7.82 | S. |
| 22. | Employees of wellness service provider | 480.56 | 4 | 9.49 | S. |

| | | | | | |
|-----|---|--------|---|------|----|
| | understand the needs of the guests | | | | |
| 23. | Employees of the wellness service provider are competent | 245.35 | 4 | 9.49 | S. |
| 24. | Wellness service provider has quality infrastructure | 210.49 | 3 | 7.82 | S. |
| 25. | Quality of healthcare provided by this wellness service provider is excellent | 295.65 | 4 | 9.49 | S. |
| 26. | Quality of guest service care of this wellness service provider is excellent | 252.31 | 4 | 9.49 | S. |
| 27. | Quality of administrative services of this wellness service provider is excellent | 313.00 | 4 | 9.49 | S. |
| 28. | Overall this service providers level of guest service is excellent | 271.05 | 3 | 7.82 | S. |

Source: Calculated primary data collected with the help of Questionnaires.

S. – Significant, N.S. – Not Significant.

Chi-Square Findings : The data have been proved and disproved by verifying the following hypothesis using Chi-square test. The following hypothesis has been tested and the results are shown below:

Table 4 Chi Square Findings

| Hypothesis | Result | |
|---|--------------------|-----------------|
| | Significance | Null Hypothesis |
| H₀: There is no significant difference in the perception of the tourists towards service quality variables. | Significant | Rejected |

According to Chi Square Test, the tourists have different perception about the individual statement on the service quality of wellness services of hotels. The result of Chi Square test gives a clear idea about the perception of wellness tourists of hotels towards service quality in the study area. Hence, from Table 3, it is concluded that there is a significant difference in the perception of tourists towards service

quality variables of wellness services in hotels and therefore the null hypothesis is rejected.

Respondents for this survey gave there feedback in the form of questionnaires towards various dimensions of service quality of wellness services of hotels in Rishikesh region. According to respondent's overall opinions of wellness tourism services in

hotels, it can be concluded that there were highly satisfied with various dimensions of service quality of wellness services in hotels in Rishikesh region. Hence it can be concluded that majority of the responses of the tourists were either agreed or highly agreed and thus it can be interpreted that tourists have a positive opinion towards wellness tourism services of hotels in Rishikesh region and the region has a huge potential for wellness tourism services in Rishikesh region as far as performance of hotels (service quality dimensions) is concerned.

Conclusion and discussions

In today's competitive environment, service quality has become the success mantra in all service sectors. Hotels are no exception to this. Keeping this objective in the mind, this study has been conducted in Rishikesh region to identify the perception of tourists towards service quality dimensions. **The study reveals that wellness tourists are satisfied with the wellness service provided to them by the wellness service provider. The present study concludes that the perception of tourists towards service quality is good and majority of the tourists are satisfied with the wellness service offered to them by wellness service provider.**

Perceptions of tourists towards service quality of wellness service providers' plays very important role in their satisfaction and future intentions. This is applicable to all services providing sector and is important theme in services marketing. Previously research has been conducted in different services on this theme and different kinds of results have been reported from different services. Wellness tourism marketing has been a new area which has got little attention in research of these service evaluation variables. This study has focussed to fill this research gap in the area of wellness tourism marketing.

Success of wellness tourism depends on the satisfaction of tourist and it can be achieved by giving good service quality expected by service providers. For the successful development of wellness tourism, the tourists must be satisfied and the wellness service providers must maintain good service quality. Through analytical findings it has been found that majority of the tourists have positive perception towards various dimensions of service quality in hotels. Perception of tourists plays an important role in the satisfaction of the tourists, and for the success of tourism and future return of tourists it is necessary that tourists should

return with a positive perception and satisfied with the services of the hotels.

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VALUE BUILDING WITH RAMACHARITMANAS AND YOGA AN IDEA OF BETTER SOCIETY

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Abstract: Each and every one has an everlasting desire of being happy and fulfilling life. But the idea of being happy stays longer if we share this time with family. Individuals are units of family. If the units are happy and fulfilled, will make a better society and environment. In Indian culture people preach the teachings of Sri Ramcharitmanas for spiritual awakening.ⁱ (Bhattacharya, 2008) Since the ancient times Yoga is the key factor of social and spiritual awakening. The term Yoga is derived From Sanskrit root ‘Yuj’. Yuj(oren, 2013) means union. Yoga is the method of union of individual consciousness to higher consciousness.(Saraswati, 2011). Sri Ramacharitmanas and yoga focus on value building for spiritual upliftment. In yoga sutra Maharshi Patanjali suggests many solutions for mental and emotional purification. ChittaPrasadan(Woods, 2007), Yama(Saraswati, 2011), niyama(Woods, 2007), contemplation on divine light(Gautam, 2018) are few of methods of such purificatory process of mind and emotion.

Keyword: Indianculture, Sri Ramcharitmanas, Awakening, Yoga, Yama, Niyama, Chittaprasadana.

Introduction: Yoga refer to the ability to maintain the state of mentaland physical well- being while interacting with others withinthe local culture and environment. Bhagwat gita states that

योगःकर्मसुकौशलम्|(Ramsukhdas, 2012)

Excellence in actions is yoga.

Sixteenth-century Hindi re-telling of the Ramayana by Goswami Tulsidas. TheoriginalRamayana follows the journey of Rama, a Glorious king who through hisexemplary life and character is supposed to have created the most perfect kingdom onearth(Bhattacharya, 2008). Tulsidas’s Ramcharitmanas is perhaps the most widely known literary work inthe vast Hindi-speaking area of Northern India, providing an everyday language ofmoral discourse that cuts across caste, class and sectarian divides. It is also said tohave been the most influential work on

Ramayana, having touched billions of lives of India and world(Daily Pioneer, 2016).

In Ramcharitmanas, Goswami Tulsidas has explained the different life conditions and stories of Sri Ram, Seeta, Laxman, Shatrughan, Bharat, Hanumanji and Urmila(Tulsidas, 2015). They all went through different crisis of situations but remained connected to their respective duties. They never deviated from the path of their rightful duties(Ramsukhdas, 2012). All these model characters if studied properly gives us lessons to live life productive and stable minded in this world. Living life in such a way that the pure and righteous life becomes a source of moral and spiritual evolution. By following such path of living we may experience social adjustment and upliftment.

Research Questions:

What are the moral teachings of Patanjali Yoga sutra?(Woods, 2007)

How Sri Ramcharitmanas shows the path of Yogic and moral living?

Moral values presented in Sri Ramcharitmanas?

Moral of an ideal man?(Tulsidas, 2015)

Moral of brother, husband, wife and friend?

What is the Importance of sacrifices and sense of duties?(Upadhyay, 2014)

Objectives:

Understanding morals and ethics have never been easy. More so in the present times when there is so much emphasis on rightful character. Ethics and moral values are supposed to be the science of right and wrong. But often the dividing line between right and wrong is thin. Especially in the present era, that is Kalyug, in which an individual is more concerned about him than society.

While moral values and ethics are suddenly becoming popular, their practice leaves much to be desired. The ancient Indian scriptural text Ramcharitmanas, the saga of life and times of Lord Ram written by Goswami Tulsidas, can be a valid reference book on ethics. The country recently celebrated Ram Navami and it is time to draw lessons from the classical text. Perhaps, it is this assumption that Ram's rule was the ideal rule that the expression Ram Rajya has been coined.

Yoga and ethics are interconnected to one another. That is to say, the true purpose of yoga is essentially making individuals ethical and practicing ethics (Yama and Niyama) can be understood as yoga

(Woods, 2007). Where sri
Ramcharitmanas states

सीयराममय सब जग जानी

करऊँप्रनामजोरि जुग पानी|| (Acharya, 2015)

I bow down to the whole world as both
hands humbly folded, I see world as divine
expression of Lord Ram and Goddess Sita.

This reflects the highest state of mind of
spiritual person. (Jyotirmayananda, 2006)

In Ramayan sage Valmiki asked
devarshiNarad about absolute ideal for
humanity. In the response to this divine
question devarshiNarad gave him the
insight of the glorious story of Lord Ram.
Now we know that story of Sri Ram is the
highest aspiration of mankind. From
ancient times to till day Lord Sri Ram's
life has changed billions of people. The
very name "Rama" is no longer
combination of words but the most
powerful tool of divine transformation.

बंदउं नाम राम रघुबर को हेतु कृसानु भानु
हिमकर को||

बिधि हरि हरमयबेदप्रान सो अगुनअनूपम गुन
निधान सो|| (बालकाण्ड 18/1)(Tulsidas,
2015)

I praise the name "Rama" of Raghuvar,
who respresents union of Fire, Sun and
moon with the syllable 'Ra' and 'Ma'. The

name Rama is itself Lord Bramha, Vishnu
and Shiva. It is the essence of Vedas,
beyond all qualities, beyond comparison
and the source of all virtues.

Story telling of Ramacharitamanas and
purpose of yoga serves the same goal.
Swami jyotirmayanand explains that
"Rama's story is a mystical portrayal of
the soul within you struggles to attain
liberation. Having entered the forest of the
world process, the emergent soul, or the
soul that is moving towards
liberation(Rama), practices various
disciplines; integrates the energy operating
through mind and sense(the monkeys and
bears); befriends satwa or
purity(Vibheshana); and destroys
ignorance(Ravana). Reunites with
Intuitive intellect (Sita). (Jyotirmayananda,
2006)

Politeness is a strong message of Sri
Ramcharitamanas with the story of Shabari
and Rama. Shabari says to Lord.

केहिबिधिअस्तुतिकरौं तुम्हारी

अधम जाति में जड़मति भारी ||

अधम ते अधम अधम अति नारी

तिन्हमंह में मतिमंद अघारी|| (Acharya,
2015)

O destroyer of sins! How can I praise you?
I am having gross intellect! In the counting
of low lined women, I am the lowest one
and mean-minded.

This statement shows the humbleness of
Shabari but Lord gave her proper respect.
Being polite is our true lement of culture.
It is said the 'विद्या ददातिविनयम' means
true knowledge give politeness.

In yoga sutra sage Patanjali writes:

मैत्री करुणा
मुदितोपेक्षाणामसुखदुखपुन्यापुन्यविषयाणाम
भावनातश्चित्तप्रसादनमयोग सूत्र
(1/33)(Teertha, 2008)

Towards happy, grieved, Religious and
sinners. we must remain
friendly,compassionate, delighted and
inattentive.

Moral of Sri Ramcharitmanas for common people:

Sage Patanjali writes about yama and
niyama in the section of Ashtanga yoga.
Non-violence, truth, non-stealing, no
receiving of gifts and Brahmacharya are
understood as yama(modes of social
conducts)(Teertha, 2008). Where as
hygiene (internal and external),

satisfaction, austerity, self-study and
devotion towards God are considered as
personal conducts.(Teertha, 2008).

Brahmacharya is the most revered yama
for any individual. So we must also keep
in mind that sri Ramcharitmanas also
indicates some points for better character
of men and women.

जननी सम जानहिं पर नारी |

धनु पराव विष ते विष भारी|| (Acharya, 2015)

Those who see every woman other than
their wife as their own mother and see
others money as poisen for their life, are
great people.

For women it is mentioned clear how
they should see other men.

मध्यम परपतिदेखईकैसें|

भाता पिता पुत्र निज जैसें||

Women should see other men like their
own brother, father or son.(Acharya, 2015)

From far ancient times till present time we
searched different techniques and methods
for the going beyond the negative
emotions. The yamas and niyamas are one
such yogic technique. The yamas and
niyamas are the first two steps of ashtanga
yoga. The yamas are meant to harmonize
the social and external interactions in one's

life, whereas the niyamas create a sense of discipline in one's inner life. (Mishra, n.d.)

Conclusion: With above mentioned details which is definitely not sufficient to describe all the aspects of human morals and ethics. But one observation is very obvious that Yoga sutra and Sri Ramcharitmanas serve the same purpose of elevating human consciousness for better society. Now the masses are getting benefits of doing yoga asana for their physical health and mental peace. Story of Lord Rama inspiring everyone to live a sacred and divine life. The regular reading or listening of Sri Ramcharitmanas and regular practice of ashtanga yoga will uplift the social standards for much more evolved society.

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YOGA: A SATWAVAJAYACHIKITSA FOR STRONG MENTAL HEALTH

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Abstract: The word *Yoga* comes from the Sanskrit word *yuj*, which means to join or unite. *Yoga* unites body and mind with soul. It is a complete mind-body exercise that combines strengthening and stretching postures with controlled breathing and meditation or relaxation. *Yoga* calms your body and mind. Physical exercises release healthy brain chemicals like dopamine and any others. This helps balance your mood and combat common mental health issues like depression. Therapists recommend *Yoga* for mental peace and concentration and to improve your physical health. In *Ayurveda* *acharyas* described about *satwavajayachikitsa*. *Satwa* means *mann* (mind) and *avjaya* means to win. *Yoga* is also a kind of *satwavajayachikitsa*. It improves our sense of self and it centers our body and mind. In *Ayurveda* *Acharya Charak* described that *Yoga* destroys all pains and *Yoga* leads to *moksha* (enlightenment). *Yoga* regularly helps to centralize our body and enables to control our emotions too. This article deals with *yoga as satwavajayachikitsa*, their benefits,

how they improve our mental health and help to balance our body and mind.

Keywords- *Yog*, Dopamine, Mental Peace, *Satwavajaya Chikitsa*, *Ayurveda*, *Moksha*.

Introduction- From the long period and ancient treatment science is, *Ayurveda*. There are three type of treatment therapy in *Ayurveda*. *Daiva-Vyapashraya* (spiritual method), *Yukti-Vyapashraya* (pharmacological method), and *Satwavajaya* (psychological method) *Chikitsa*. We include *yoga* in *satwavajayachikitsa*. *Acharya Charak* described *satwaavjayachikitsa* for making mental health stronger¹.

A person is called healthy when *Dosha*, *Dhatu*, *Mala* and *Agni* are in equilibrium condition and also the *Manas* should be in normal condition in the existence of *Atma* for good and healthy state of *Shareera* and *Indriya*².

Satwavajaya is an *Ayurvedic* methodology which is not only averts the impairment of mental power, sharpness of memory, but

also brings them to a normal state, whenever they are reduced or disturbed. In psychic measures, *Acharya Charak* has explained the term as *gyana* (spiritual knowledge), *vigyan* (scriptural knowledge), *dhairya* (non-elevation of mind), *smriti* (recollection of experienced facts), *Samadhi* (concentration of mind into self by detracting it from senses)³.

Yoga joins body and mind with soul which is very necessary in *satwavjaya*. In *ShrimadBhagwatGeeta* the lord *Krishna* told that what is yoga?

“*Yogah Karmasu Kaushalam*” means performing your duty properly and with dedication that is yoga⁴. Any work valued if carried out with full attention, dedication, and capabilities, but for this our body and mind should be in healthy state. Body and mind are related with each other through their fundamental functional forces, viz. the *Tridoshas* and *Trigunas*, respectively. *Tridosha* are *vata*, *pitta* and *kapha*. *Trigunas* are *satwa*, *raja* and *tama*. *Satwagun* is pure, for any disturbance of mind *raja* and *tama* are responsible. The definition

“*Satvavajayah Punah Ahitebhyo Arthebhyo Mano Nigraha*” defines *satwavjaya*.

Ahita-Does not carry any different meaning, it just provides that something is noxious to the other.

Artha- It is a wide variety of objects each *Indriya* (senses) has its own object that only it can perceive, i.e. *rasa* is the object of *Rasendriya* etc.

Mano Nigraha (self control of mind)-Self control of mind can be achieved as per *Lord Krishna* in *ShrimadBhagavadgita* through *Abhyasa* (practice) and *Vairagya* (detachment)⁵.

Benefits of yoga for mental health- The promising health benefits of yoga include reduce stress, control mind swing. Performing yoga may lead to improved balance, flexibility, range of motion and strength. Yoga can help reduce risk factors for mental diseases like schizophrenia and physical diseases also. *Yoga* might also help to improve chronic conditions, such as depression, anxiety and insomnia⁶.

How yoga improves our mental health and act like *satwavjayachikitsa*-In *satwavjayachikitsa* *ayurveda* *acharya* console the patient, which calms down the patient's mind and improves mental strength. A study on *yoga* shows that *yoga* can alter GABA

levels⁷. GABA is a neurotransmitter and its function is to reduce the activity of neurons to which it binds. GABA serves is to control the fear and anxiety experienced when neurons are over excited⁸.

Conclusion- *Satwavajaya* helps to attain a stable and harmonious equilibrium between body and mind needed to reduce individuals vulnerability to mental diseases and to focus him to lead a more productive and fruitful life. Thus yoga is also helpful for attain good mental and physical health.

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YOGA AND EXCELLENCE OF ACTION

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According to Jhilmil “Yoga is the process of self discovery, Exhaling the past, Oustaining the negativity And Inhaling the future enlightened with Elation and idealism.”

What is excellence? Excellence is a talent or quality which is unusually good and so surpasses ordinary standards. It is also used as a standard of performance as measured. Excellence is not a set level of quality or perfectionism. It's an ever-changing dynamic in both our personal and the collective journey of our teams .

It's about growth and maturity. Excellence should be a moving target or sorts. The quality of our craft and serving today should not be the same as the quality of our serving yesterday. It should be increasing and moving forward, not stagnating!

“When you practice yoga once a week, you change your mind. When you Practice yoga twice a week, You change your body. When you Practice yoga everyday, it will change your life”

How to achieve excellence? Here are some tips we can ascertain to achieve excellence these are as follows; Have a Strong Desire for Excellence. Make blueprints of the plan. Believe in Yourself. Learn for the Best (Role Models). Work really Hard and smart. Never Give Up. Achieve Your Goal. “Yoga is about Clearing away whatever is in us that prevents our living in the most full and whole way. With yoga we became aware Of how and where we are Restricted.” Yoga as a skill of excellence. Excellence can be achieved only when mind=body=heart working together in full harmony. Success and quality suffers if the synchronization is not maintained. In each and every task we perform our thinking, feelings and actions must follow up in the same direction. It only expertise out of that being. Thus, if we practice karma yoga with a right mindset, in whichever environment we are being put into, we can be blissful and graceful too. According to Acharya Prashant “Excellence is not a skill level. Not

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efforts, not output. To excel is to exceed, transcend. Going beyond the mind's pattern is Excellence."

Excellence in action: Excellence in action refers to a excelling or being exceptionally good; extreme merit; superiority. It is basically an action, characteristics, features, etc, in which a person excels. According to my views: "Yoga heals the soul."

Yogic techniques and tools to achieve excellence: Yoga –a mind-body practice-is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular may be a good choice for stress management. Hatha yoga is one of the most common styles of yoga , and beginners may like its slower pace and easier movements. But most people can benefit from any other techniques of yoga- it's all about our personal preferences.

The core components of hatha yoga techniques are;

Poses-Yoga poses, also called postures are a series of movements designed to increase strength and flexibility.

Breathing- Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind

Meditation or Relaxation – In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

According to Debasish Mridha "Yoga is not only a process of the integration of the soul, mind and body for self improvement , it is a process of self realization and self acceptance."

Outcome of the excellence : Outcome is something that follows as a result or consequences a surprising outcomes of actions. Standard of excellence. Standards define expectations that eventually determine the level of performance a team deems acceptable. Excellence in action is karma-yoga

‘Yogah karmasu kaushalam’

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“Yogah Karmasu Kaushalam refers to the therapeutic and philosophical conversation that took place between Lord Krishna and Arjuna, his cousin, friend and his followers, on Karma – Yoga. The background in this conversation is on the succession of the Hastinapur dynasty, and the question is, “Who has the right to inherit and govern it: the Pandavas and Kauravas?”

When all attempts to peacefully resolve the succession dispute failed, war seemed the only option; the Pandavas reluctantly and Kauravas rather gleefully. And that was how the historic war of the Mahabharata started.

According to Bhagavad Gita: That said I obliged to explain what karma (action) means in India philosophy, as the word has been much too commercialized in the western world-Credit karma!

Karma: Karma literally means action. Philosophically and spiritually speaking, “The law of karma says that everything that happens, happens only because of the existence of antecedent causes and itself becomes of the cause of the

subsequent effects. As we sow, so shall we reap This law holds in every sphere of life, physical as well as moral.”

According to Pema Chodon : Whether we’re seeking inner peace or global

Peace or the combination of the two, The way to experience it is to build. On the foundation of unconditional openness to all That arises. Peace isn’t an experience free of challenges. “Free of smooth and rough, it’s an experience That’s expensive enough to Include all that arises without feeling Threatened.”

What is yoga all about? Yoga is all about clearing away whatever is in us that prevents our living in the most full and whole way. With yoga, we became aware of how and where we are restricted – in body, mind and heart- and how gradually to open and release the blockages. As these blockages are cleared, our energy is freed. We start to feel more harmonious, more at one with ourselves. Our lives begin to flow- or we begin to flow more in our lives.

According to my views: “You unlock the door to greater Levels of excellence and success through Yoga. When you accept who you are. It is from this point of acceptance

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That we can create a masterful life...” Yoga is not a only process of integration of the soul. Yoga is not only a process of the integration of the soul, mind and body for self-improvement, it is a process of self-realization and self-acceptance. According to Angela Farmer “Like a tree You have to Find your roots And then you can Bind in the wind.” Kriya yoga. Kriya yoga is described by its practitioners as the ancient Yoga system revived in modern times by Mahavtar Babaji through the disciple Lahiri Mahasaya, c. 1861. ... Kriya yoga is the “Yoga of action”. According to Yogananda the ancient yogic text the yoga sutras of Patanjali, contains description of Kriya Yoga in the second chapter II.49 “Liberation can be attained by disjoining the course of inspiration and expiration.

According to B. Chawdhary “Falling out of a posture Means you are a human, But getting back into the posture Means that you are yogi.”

The kriya yoga system consists of a number of levels of pranayama, mantra, and mudra based on techniques intended to rapidly accelerate spiritual development and engender a profound stage of tranquility and God-communion. Yogananda attributes his description of Kriya Yoga to his lineage of gurus,

Sri Yukteswar Giri, Lahiri Mahasaya, and Mahavtar Babaji. The latter is reported to have introduced the concept as essentially identical to Raja Yoga of Patanjali and the concept of Yoga as describe in the Bhagvad Gita.

According to Tara Stiles “Yoga can help you be the Best version of yourself.”

Conclusion

Yoga is important as a way of life, self-education and character building. It helps us properly use and master our body, senses and mind, including control of our emotion, attention and thought. Yoga should be an integral part of our daily lives and education system and sustained learning for the whole of our lives , starting when we are young. A yogic discipline is ideal to prepare us for all the challenges of life.

Yoga arises originally from nature and teaches us to live in harmony with the earth and the universe as a whole. It is not simply a manmade or historical invention, but a means of integration into the cosmic life. Yoga is inherently and ecological pursuit and promotes ecological awareness, concern

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for the environment, respecting the earth and all of the creatures, large and small.

So, excellence can be achieved when one completely focuses and dedication towards actions without any attachment to the ensuring result is the real key to living a fulfilling life as the excellence in actions through Yoga. According to Indra Devi

Yoga is a way to freedom. By its constant practice, we can free ourselves from fear, anguish and loneliness,”

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YOGA AND TECHNOLOGY: THE COMPLEMENTARY OF ONE ANOTHER

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Yoga is the Life enhancing Technology, simply it is the **Life Technology**. Yoga is a discipline, a branch of knowledge to improve one's Inherent Power in a balanced and Integrated manner. The literal meaning of the Sanskrit word Yoga is 'Yoke' a means of **Uniting** the Individual Spirit with The Universal Spirit, the Supreme Power, The Almighty. According to **Maharishi Patanjali**, "**Yoga Chitta Vritti Nirodha**" is detention of thoughts of the mind. Yoga is the suppression of modifications of the mind.

Technology is the pool of techniques, skills, methods or processes that are used for the accomplishment of the Objectives, by opting the methodology of taking Input, changing it according to the desired objective and producing the Output fulfilling the desired Goals and Objectives.

In a much similar way **Yoga is the Science** of Self-Consciousness, Self-realization, Self-awakening, and Inner Well-being whereas **Technology is the Application of Science** to solve the Problem. Using technology to solve

problems does not involve "thinking outside the box." It involves thinking from a different box, from a different Perspective, one that harnesses knowledge to bring about a radical change. Technology for transformation redefines human life and makes the impossible possible.

In the 21st Century, in the Technological Era where Everyone is enveloping themselves among the Social Media platforms like Facebook, Instagram, WhatsApp, Hike, Skype etc. Where we are mesmerized by the Technological buzzwords like Artificial Intelligence, Blockchain, Big Data, Chatbots, Data Mining, Humanoids, Internet of Things (IoT), Internet of Everything (IoE), Machine Learning, Net Neutrality, Quantum Computing, Robotics and many more in the Queue. Owing to the applications of these Technologies, our standard of living has gone up. Our needs and desires are met with Greater ease.

Technology has brought advancements that enriches the Human Lifestyle by

applying it in the different fields like **Go Green:** Harnessing Technology to Control the Pollution, **Thinking Smart:** The Advent of Next Generation Robotics, **Additive Manufacturing:** From Wearables to Printable Organs and SmartClothes, **AI:** Computer Learning on the Job, **Mobile Wallets:** Leave Your Purse at ease, **Technology, the Deal Maker:** Revitalizing Small Businesses, **Technology in a Business Organization:** Optimizing Performance, **Revolution in Technology:** Moulding Lives, Bringing Change, **Winning the Hunger Games:** Technology Provides Solutions for Food Scarcity, **Cutting Down on Water Shortage:** Technology Makes Every Drop Count, **Sustainable Energy:** Big Technology Breakthrough, and many such more solutions are being provided by the technology.

Where the Technology was developed for providing a buffer that protects vulnerable humans from the environment. The Technological Utopia is being ruined because of its adversities on the Human Race. These tends to affect the Economy, Society and an Individual the most. The **Less need for Human Employees** due more increased efficiencies and productivity being provided by robots a human. **Decreased Chances for**

Freedom according to an American Psychology Association, 52% of American work over the weekend and even more when sick due to increased Technological Communication. **Constant Interruptions leading to less productivity** notifications received on emails, WhatsApp etc. **Always being glued to Technological devices** is further on way to invite many Physical and Psychological problems. **Warped sense of Reality** which proves to be detrimental at times. All these technologies have somewhere **entrapped the Life living principles** of Humans. These technologies are **stealing** the Human's Humanity, their Peace, their Solitude and their Everything.

To provide the solutions is the accountability of Technology, so in order to get the resolutions to the increasing complications of the Human Race we need to apply the application of Yogic Sciences that would lead the stranded Humanity to the path it deserves, the path where one is able to fulfill the Goals, Aims and Objectives of One's Life. The **Ancient Age beliefs always excels** the Modern Age beliefs because **Modern Science** deals within the boundaries of research and deals with Human body but **Yogic Science** deals with the body, mind, consciousness, nature and co-relation of our presence with the Supreme being who controls everything

within or external to us. **The solution** to the problem of **Technological Adversities** is hidden in the **Analogy of Technology and Yoga**.

The Fundamental principle of Technology is Input, Processing and Output which is in resemblance with the principle of Yoga **Karan Sharir** (Input), **Shukshma Sharir** (Processing) and **Sthul Sharir** (Output). In the Realm of Technology how Yogic Science is resembled?

The **Input** (Karan Sharir) it is the causal body which is the sole cause for the Gross and Subtle bodies in the next birth of the soul. It carries the **Information or Knowledge** acquired in the previous births. It deals with the **Ideals and Abstract Thoughts**. It acts as the **Input** for the further processing and planning of the further Birth (**Output**). The **Processing** (Shukshma Sharir) is the subtle, psychological or functional body. It is the **psyche or mental body** for the soul, it is actually the **Intelligence to transform** the given input into the desired Output. It deals with the **Consciousness Level** of the Humans hence proving to be **The Best Tool** which includes **Mana and Buddhi** to deal with the Power required for performing the **Optimized Processing**. The **Output** (Sthul Sharir) is a Gross Physical

body of the soul. The Physical Body is the **Representation of the Shukshma and Karan Sharir** analogous to the principle of Technological Science that whatever output is produced is based on the Input given and how well the processing has been performed.

This analogy is the actual **Problem-Solving Approach** that would be instrumental in dealing with the issues being raised due to the Technological adversities. This is how the **Yoga is Complementary to Technology** helping to overcome its Odds and Adversities. Now coming unto the **Technology as Complementary to Yoga**, the Technological advancements like **Techy Yoga Clothes and Apparels**: These clothes are designed to be paired with a corresponding app on your smartphone or tablet, which receives and translates the data for your use. **Intelligent Yoga Mats**: Intelligent yoga mats may be the most promising future technology on the horizon for yogis. This yoga mat would not only guide in the yoga flow, but also correct the inconsistencies in the balance and posture. **Smart Yoga Apps**: They all offer guidance from experts with pictures or videos to support your practice. This App also provide with the materials to read or watch for guidance, Yoga postures to

try, Foods to eat, Other relevant practices to help and bring about the Best Health.

There are a lot of promising and favorable technological advancements on way ahead to enhance the yoga practice. These technological developments may not be able to serve the reverence to the Ancient ways of a Yogic Lifestyle but **the Unification, the Wholeness and the Harmony** of Modern-day Technological Advancements and our valuable Ancient Wisdom may one day prove to be **Vital Key Element** in the Evolution of **Mankind and Humanity**.

on.

“True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn’t care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.” Yoga is the **Technology of Happiness**, it is the **Technology of Well-being**, it is the **Technology of doing work Excellently** (yogahkarmasukaushalam).Yoga is the **Technology for Life Transformati**

YOGIC MANAGEMENT OF COMMON UNCOMPLICATED NON-COMMUNICABLE DISEASES

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INTRODUCTION

Non-Communicable Diseases (NCDs) are the group of non-contagious, chronic diseases affecting the individual's quality of life. These diseases are not passed from person to person. These are of long duration and generally have slow progression. All age groups and all regions are affected by NCDs. These are rightly called 'Silent' diseases as they may not cause any symptoms for many years. The dilemma is that general public perception for diseases is related with appearance of symptoms and well-being with absence of symptoms. Unfortunately, even in the absence of symptoms, disease progression continues leading to complications.

NCDs are often associated with older age groups, but evidence shows that 16 million of all deaths attributed to non-communicable diseases (NCDs) occur before the age of 70.

NCDs are responsible for the greatest number of deaths worldwide and are the leading cause of death globally killing approximately 36 million people every year from heart disease, stroke, diabetes, cancers etc. with major negative consequences for socioeconomic development.

With increasing morbidity and mortality due to Non-Communicable Diseases in the Country, the health delivery system is facing a major challenge to provide a set of services for the prevention and control of common Non-Communicable Diseases. The National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) provides comprehensive services for early diagnosis, treatment, follow up and referral etc.

MAGNITUDE OF NCD BURDEN IN INDIA

Non-communicable Diseases (NCDs) are currently the leading cause of preventable deaths and disability in India. The four identified major NCDs are – Cardiovascular Diseases (CVD) such as heart attacks and stroke, Diabetes Chronic Respiratory Diseases (Chronic Obstructive Pulmonary Diseases and Asthma) and Common Cancers (Oral, Breast and Cervical). They are the leading causes of death, accounting for over 60% of premature mortality, placing them ahead of Communicable diseases, Maternal, Prenatal and Nutritional conditions (WHO 2014).

According to WHO's NCD Country Profile for India, it is estimated that the mortality profile due to NCDs is - Cardiovascular diseases (26%), Chronic Respiratory Diseases (13%), Cancer (7%), diabetes (2%), other NCDs (12%), Maternal, Prenatal and Nutritional conditions (28%), and injuries (12%).

MAIN CAUSES OF NCD

The main causes are the increased exposure to tobacco use, unhealthy diets, physical inactivity and harmful use of alcohol, as well as inadequate health care services.

RISK FACTORS FOR NCDS

Children, adults and the elderly are all vulnerable to the risk factors that contribute to non-communicable diseases. The World Health Organization's World Health Report 2002 identified tobacco use, alcohol consumption, overweight, physical inactivity, stress and high fat diet as the most important risk factors for NCDs. An important way to reduce the burden of NCDs on global public health is by focusing on the importance of lessening, preventing, detecting, and correcting modifiable risk factors and hence controlling the major modifiable risk factors associated with these diseases. It is important to note that all these risk factors are amenable to modification through lifestyle changes. In nutshell, today's risky behaviors are tomorrow's risk factors. Today's risk factors are tomorrow's disease. Thus, primary and secondary prevention of chronic diseases and their common risk factors provide the most sustainable and cost-effective approach to chronic disease prevention and control.

1. Behavioral Risk Factors

These are tobacco use, unhealthy diet, alcohol and physical inactivity.

2. Intermediate Risk Factors

These are raised blood pressure, high BMI (Body Mass Index), dyslipidemia and raised blood glucose.

3. End points

These are Cardiovascular Diseases, Cancers, Chronic Obstructive Pulmonary Diseases and Diabetes.

LIFESTYLE MODIFICATION: AN ANCHOR SHEET FOR PREVENTION AND CONTROL OF RISK FOR NCDs

A holistic life style is highly essential for prevention and control of risk for NCDs which includes *Yoga* and all other components of healthy life style like low fat vegetarian diet, stress management, tobacco and alcohol avoidance, physical exercise and weight control.

I. Yogic Management of NCDs

1) Cardiovascular Diseases (CVD)

Asana: *Tadasana, Katichakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Vajrasana Ushtrasana, Shashankasana, Bhujangasana, Gomukhasana, Makarasana, Vakrasana, Shavasana, Makarasana, Akarnadhanurasana and Hasta utthanasana.*

Pranayama: (No retention) *Ujjayi, Nadishodhana, Shitali, Sitkari and Bhramari.*

Mudra: *Yoga mudra and Viparitarani mudra.*

Kriya: *Agnisara, Basti and Jalneti*

Relaxation: *Yoganidra*

Meditation: Breath awareness, *Ajapa japa* and *Antarmouna.*

Contraindications: The head stand (*Shirshasana / Topsy-turvy*) postures and hyperventilation breathing practices should be avoided.

2) Chronic Respiratory Diseases (Chronic Obstructive Pulmonary Diseases and Asthma)

Asana: *Surya Namaskar, Tadasana, Katichakrasana, Konasana, Pavanamuktasana, Setubandhasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vajrasana, Vakrasana, Shashankasana, Pranamasana, Sarvangasana, Suptavajrasana, Marjari-asana, Hasta utthanasana, Utthitalolasana, Dwikonasana, Matsyasana, Padahastasana,*

Baddhapadmasana, Yogamudrasana and Shavasana.

Pranayama: *Nadishodhana, Bhastrika, Kapalabhati, Suryabhedhi, Bhramari and Ujjayi.* Deep abdominal breathing at all times.

Mudra: *Viparitakarani.*

Kriya: *Agnisara, Basti, Jalaneti, Vamandhuti (Kunjali), Vastradhuti and Shankhaprakshalana.*

Relaxation: *Yoga nidra.*

Meditation: Breath awareness, *Ajapa japa* and *Antarmouna.*

3) Common Cancers (Oral, Breast and Cervical)

In general, the following practices are prescribed for the prevention of Cancer and to improve quality of life in cancer patients.

Asana: *Surya Namaskar, Tadasana, Ushtrasana, Vakrasana, Gomukhasana, Bhujangasana,*

Shalabhasana, Dhanurasana, Simhasana, Sarvangasana, Matsyasana, Paschimotanasana, Shirshasana and Shavasana.

Pranayama: *Nadishodhana, Kapalabhati, Ujjayi, Shitali, Sitkari, Bhastrika and Bhramari.*

Kriya : *Basti, Vamana (Varisara Dhauti), Agnisara and Trataka.*

Relaxation: *Yoganidra*

Meditation: Breath awareness.

4) Diabetes

The aim of the Yogic treatment in the management of diabetes is twofold, to stimulate the pancreatic cells to produce adequate amount of Insulin and to reduce the Insulin resistance.

Asana: General - *Suryanamaskara, Tadasana, Katichakrasana, Sarvangasana, Halasana, Matsyasana, Ushtrasana, Gomukhasana, Ardhamatsyendrasana, Mandukasana, Paschimottanasana, Pawanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Vajrasana, Yogamudrasana, Shashankasana, Suptavajrasana, Matsyasana, Gomukhasana, Janusirshasana and Shavasana.*

Pranayama: *Nadishodhana, Suryabhedhi, Bhramari, Kapalabhati, Bhastrika and Ujjayi.*

Bandhas: *Uddiyana Bandha*

Kriya : *Kunjla, Agnisara, Laghooshankhaprakshalan, Basti and Neti.*

Relaxation : *Yoganidra.*

Meditation: Breath awareness and *Ajapa japa.*

5) Hypertension

Asana: *Tadasana, Katichakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Vajrasana,*

Ushtrasana, Shashankasana, Bhujangasana, Gomukhasana, Vakrasana, Shavasana, Anandamadirasana, Siddhasana, Advasana, Jyestikasana, Makarasana and Matsyakridasana .

Pranayama: *Nadishodhana, Sheetal, Sitkari, Ujjayi and Bhramari.*

Mudra: *Viparitakarani.*

Kriya: *Agnisara, Jalneti and Basti.*

Relaxation: *Yoganidra.*

Meditation: Breath awareness.

Contraindications: The head stand (*Shirshasana* / Topsy-turvy) postures and hyperventilation breathing practices should be avoided.

6) Rheumatic Heart Disease (RHD)

Asana : *Tadasana, Katichakrasana, Konasana, Pavanmuktasana, Makarasana, Bhujangasana,*

Shalabhasana, Sasankasana, Vakrasana, Paschimottasana and Ushtrasana.

Pranayam : *Nadi-shodhana, Bhastrika, Bhramari and Suryabhedhi.*

Bandha: *Uddiyana*

Kriya: *Agnisara, Barisara Dhouti and Basti.*

7) Stroke

Asana: *Surya Namaskar, Tadasana, Katichakrasana, Konasana, Pavanmuktasana, Bhujangasana, Uttanpadasana (Ekapad), Vakrasana, Makarasana, Ardhashalabhasana and Shavasana*

Pranayama : *Nadishodhana, Suryabhedhi and Bhastrika.*

Kriya : *Kunjla and Kapalbhati.*

Relaxation: *Yoganidra*

Meditation: Breath awareness and Cyclic meditation (CM).

Meditation: Breath awareness.

8) Overweight, Obesity & Dyslipidemia

Asana: Dynamic *Padahastasana, Janusirshasana, Drutahalasana, Vipareetakaraniyasana, Matsyasana. Surya Namaskar, Tadasana, Katichakrasana, Konasana, Pavanmuktasana, Ardha Padmasana, Padmasana, Paschimottanasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Navasana, Parvatasana, Vakrasana, Vajrasana, Shashankasana, Sarvangasana, Sirshasana, Sasankasana, Ardhamatsyendrasana and Shavasana.*

Pranayama: *Nadishodhana, Suryabhedhi, Kapalbhati. Bhastrika, Sheetali and Sitkari.*

Mudra: *Yoga mudra*

Kriya: *Agnisara, Basti and Kunjal.*

Meditation: Breath awareness and Cyclic meditation (CM).

II. Diet for NCDs

Intake of green leafy vegetables and fresh fruits (at least 400gms per day) should be increased. One has to consume less salt (<5gms per day) and avoid adding/sprinkling salt to cooked and uncooked food. Preparations which are high in salt and need to be moderated are: pickles, chutneys, sauces and ketchups, papads, chips and salted biscuits, cheese and salted butter, bakery products and dried salted fish. Steamed and boiled food should be preferred over fried food. One should avoid eating fast/junk foods and aerated drinks. Instead of fried snacks, eat a fruit. In practice, it is best to use mixture of oils. One should either buy different oils every month or cook different food items in different oils. Oils which can be mixed and matched are mustard oil, soya bean oil, groundnut oil, olive oil, sesame oil, and sunflower oil. Ghee, vanaspati, margarine, butter and coconut oil are harmful and should be moderated. For non-vegetarians, more of fish and chicken should not be fried. Red meat should be consumed in small quantities and less frequently.

III. Physical Activity for NCDs

Physical activity is a key determinant of energy expenditure. Regular exercise is important for promoting weight control or weight loss. One should exercise regularly (moderate to vigorous) for 5-7 days per week; to start slowly and work up gradually. At least 30 minutes (accumulated) of physical activities per day for cardiovascular disease protection is needed. 45 minutes/day (accumulated) is needed for fitness. 60 minutes/day (accumulated) for weight reduction is essential. Spending long hours in front of TV is to be discouraged. Outdoor activities like cycling, gardening etc. should be encouraged. Patients with uncontrolled hypertension (>200/>110 mm Hg), uncontrolled diabetes (FBS > 250mg/dl), diminished vision due to diabetic/hypertensive retinopathy or for other reasons, recent myocardial infarction/unstable angina or stroke (within 6 weeks) and with uncontrolled angina are advised not to go for physical exercise.

IV. Weight Control

All individuals who are overweight or obese should be encouraged to lose weight through a combination of a low calorie diet and dynamic physical activity.

V. Avoidance of Alcohol

Use of Alcohol should be avoided by everyone as far as possible.

VI. Tobacco Cessation

All non-smokers should be encouraged not to start smoking. All smokers should be strongly encouraged to quit smoking.

CONCLUSION

Most of the Non-Communicable Diseases can be prevented by health promotion through behavior change by holistic life style which includes *Yoga* and all other components of healthy life style with involvement of community, civil society, community based organizations, media etc. Health promotion, awareness generation and promotion of healthy lifestyle are the major interventions to decrease the morbidity and mortality due to Non-Communicable Diseases in the country.

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YOGA AND ADOLESCENT'S MENTAL HEALTH: A CURATIVE MODULE DEVELOPED FOR COMPULSIVE SOCIAL MEDIA USERS

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ABSTRACT

In this era of increasing competitiveness and innovation there are many stressors acting upon children and adolescents every day. They are daily overloaded with tremendous pressures from school, family and society. Additionally, they also 'live' and are deeply involved in a virtual world through social media which they need to maintain alongside. In such a stressful lifestyle where life's a tightrope existence, studies have shown that the increasing use of social media and technology is having a negative impact on the physical and mental health of children and teenagers by making them more prone to anxiety, depression, and other psychological disorders, as well as by making them more susceptible to future health problems. In this light of increased stress and health problems with growing social media usage, this paper reviews

studies and proposes yoga as a mind-body alternative medicine intervention to improve physical and mental health conditions. It also highlights the efficacy of yoga as a complementary therapy enhancing overall wellbeing of children. After reviewing relevant available literature, we conclude that Yoga has the potential to be a promising complementary therapy for children and adolescents but more efforts are required to find most effective application and implementation methods for the same.

Key words: *Stress, children, adolescents, mental health, social media, yoga, well-being*

INTRODUCTION

Throughout the first 70 years of research, there was a common assumption that adolescence was a time of "storm and stress" (Hall, 1904). Adolescence is the

important time in which an individual learns how to deal with the world. It can be a stressful time for children, parents, and adults who work with teens. Children are dealing with the challenges of going through puberty, meeting changing expectations and coping with new feelings every day. Many children worry about moving from middle school to high school or from school to college, it is a transition that has been particularly stressful for most people (Brooks & DuBois, 1995). Each of these transitions can present challenges at both the academic performance and psychological well-being front (Seidman, Aber, & French, in press). While most children meet these challenges successfully and grow into healthy adults, others have a harder time coping with their problems and may experience emotional maladjustment and depression.

In the present era of competition everyone has to prove themselves which pressurizes adolescents to excel in every activity to get an edge and stand out in this cut throat competition. In this context, David Elkind, professor at Tufts University and author of "The Hurried Child: Growing Up Too Fast, Too Soon" (1988) very rightly says, "Our society is compressing childhood more and more to where children are not

children for very long. Children are under tremendous pressure to 'be mature' and to grow up".

With this augmented pressure and "matureness", parent-adolescent conflict tends to increase during this growth period of adolescents, partly due to the parents having high expectations from their children who are not being able to meet their these expectations well. This is so because both the parents being working are engaged in some or the other life-chores of today's hectic lifestyle leading to a gap in communication and lack of guidance resulting into many youngsters feeling lost and uncared for. This contemporary issue was not the case in the olden days where parents were able to give time to their children and guide them through their developmental stages, or in the collectivistic societies where children are better taken care of, if not by the parents then, by the other family members or the society in general. Chen and Farruggia (2002) have studied this phenomena and have also concluded something on the same lines and that a lack of this parental care in individualistic societies prepares youths for "going it on their own" and develop affectional ties with non-familial others.

Such studies have proved that when proper caring and sharing is not given by parents the child tries and find that care and affection outside the home. With the advent of new technologies and media these days it has become very easy to fill in this gap of communication between parents and children by conveniently connecting and communicating with others in the virtual world in just a click. Social media has connected people more with the others than their family members and relatives. Yearning for that lost care and affection youngsters today are compulsively using social media which increases stress, produces anxiety and depression and deeply affects their mental health and well-being (Maldonado, 2014), and makes them further susceptible to more future health problems. Fiona Macrae, the Oxford University expert believes constant computer and internet use may be 'rewiring the brain', shortening attention spans, encouraging instant gratification and causing a loss of empathy (2010). This is resulting in various stress related ailments and psychological problems which poses threat and challenges for the physical as well as mental well-being of the school going children.

In such times, much emphasis has been provided on the physical & mental wellbeing of children and adolescents, to prevent and promote overall well-being in our society. Yoga is one such method by which this goal of positive health can be achieved. Yoga plays a significant role in enhancing one's mental health, which is conducive for their effective performance in all walks of life. Yoga is considered as a mind-body exercise and the underlying premise of mind-body exercises is that the physiological state of the body may shape emotions, thoughts and attitudes (Monk-Turner & Turner, 2010) maintaining overall wellbeing. Thus, keeping these negative impacts of social media and stressful life style on our K-12 generation the authors in this paper are proposing yoga as a complementary therapy which can be applied and implemented in schools and colleges.

LITERATURE REVIEW

Negative impact of social media on stress and mental-health

How is our life affected by the use of social media?

In India there are about 118 million active social media users (Gurung, 2015) out of which most are adolescents on social network sites such as Facebook, Twitter etc. as a result of which students pay less attention to real world social interaction as they spend most of their time online, study time is being compromised on, lesser time is being given to family members and concerns and lack of exercise is resulting in bad health. Other major psychological consequences are internet addiction, Facebook depression, sleep deprivation, insomnia and restlessness. Rosen (2011) argues that daily overuse of media and technology has a negative impact on the health of all children, preteens and teenagers by making them more prone to anxiety, depression, and other psychological disorders, as well as by making them more susceptible to future health problems. Facebook and other such social networking sites can be distracting and negatively impact academic performance concentration and focus (Junco, 2012). Studies have also found that middle school, high school and college students who checked Facebook at least once during a 15-minute study period achieved lower grades. Krakowsky (2014) concluded that

social media is not only a distraction to teenagers who have become addicted to checking their news feeds, but that it can lead to psychological and health issues.

A University of Michigan study seems to indicate that in young adults, Facebook use leads to decline in subjective well-being. The more young adults use Facebook, the worse they feel moment-to-moment and the less they feel satisfied with their lives overall (Kross, Verduyn, et al. 2013). Several studies (eg. Valkenburg, Peter & Schouten, (2006) have also shown that social networking can have detrimental effects on our wellbeing.

The one common bad effect of social media is addiction-the constant checking of Facebook, Twitter, or other social media updates. Research shows that a number of anxiety and personality disorders stem from spending too much time on the Internet. "Social Media Anxiety Disorder", for example, occurs when people become addicted. When technology abusers check their devices very often it triggers the addiction-oriented parts of their brains. For kids and teens, this addiction could disrupt other worthwhile activities like

concentrating on schoolwork, reading or engaging in sports. Paediatricians observed that some teens suffer from "Facebook depression". After spending a lot of time on Facebook and other popular social networking sites, some teens become anxious and moody. Also, a vulnerable teen may suffer from depression when he reads great things happening to his friends and isn't doing so well for himself in comparison. Teens who experience "Facebook depression" usually have trouble with social interactions in general, according to the American Academy of Paediatrics (AAP).

Aldridge and Harden(2014) studied the latest craze "Selfies", which became popular with the rise of camera phones, and is being seen as potential triggers for mental health conditions and narcissism with people becoming obsessed with their looks. The Mirror, for example, recently featured a selfie addict who tried to kill himself when he couldn't take a perfect photo. According to Rutledge (2013), "Preoccupation with selfies can be a visible indicator of a young person with a lack of confidence or sense of self that might make him or her a victim of other problems as well. Excessive and increasingly provocative selfie-ing is a form

of 'acting out,' a common behavioral pattern to get attention."

Social media depression is a phenomenon characterized by the American Academy of Pediatrics (AAP) as the psychological impact that social media websites—such as Facebook and Twitter, as well as gaming sites with virtual worlds, YouTube, and online communities—that cause depression and self-esteem issues in people with underlying risk of mental health issues (Fleet, 2013). Several other articles by experts online bring forth the several afflictions social media has on mental health, including depression, isolation, insecurity and more recently, FOMO, also known as "Fear Of Missing Out". Fear of missing out is a phenomenon that occurs when you feel pressurized to be doing what everyone else is doing, attend every event, and share every life experience. It can evoke anxiety and cause social media users to question why everyone is "having fun without them." Surveys have even found that people feel insecure after using Pinterest because they feel that they aren't crafty or creative enough. Facebook and Twitter can make people feel like they aren't successful or smart enough which as we referred above could be very detrimental to one's self

esteem and mental health in this competitive world.

According to Vidyarthi (2011) in the last ten years the average attention span has dropped from 12 minutes to a staggeringly short 5 minutes which is a really drastic change. Two recent studies on teachers' views about the impact of digital media on children's learning by the Pew Research Center's Internet & American Life Project and by Common Sense Media indicate that there is a widespread belief among teachers that students' constant use of digital technology is hampering their attention spans and ability to persevere in the face of challenging tasks." Nearly three quarters of the 685 public and private K-12 teachers surveyed in the Common Sense Media online poll believe that students use of entertainment media (including TV, video games, texting and social networking) "has hurt student's attention spans a lot or somewhat." Likewise, in the Pew online survey, which polled 2,462 middle and high school teachers, 87% report that these technologies are creating "an easily distracted generation with short attention spans," and 64% say that digital technologies "do more to distract students than to help them

academically." Researchers are beginning to speculate that social networking usage negatively impacts the attention span of youth and adolescents (Greenfield 2009; Ophir, Nass, & Wagner, 2009; Wintour 2009).

Effects of yoga on mental health

Yoga, as an ancient system of exercise, is being used more and more by people of all ages to promote overall health and fitness. There is also a progressive trend towards the use of yoga as a mind-body complementary and alternative medicine intervention to improve specific physical and mental health conditions. Yoga has been recommended as a great supplement to current physical activities at schools because it emphasizes individual abilities rather than competition, making it attractive to all children, including those with physical limitations and lack of involvement in organized sports. Yoga also has the potential to reduce obesity and other health issues. Since yoga is hailed as a mindfulness exercise (Burke, 2010), it enhances one's self-awareness including breathing, posture, diet, and behaviors, and it has the potential to influence the whole person. Yoga if practiced by adults reduces their anxiety

(Brown & Gerbarg, 2005), and relaxes them (Smith, Hancock, Blake-Mortimer, & Eckert, 2007; Waelde, Thompson, & Gallagher-Thompson, 2004). Yoga research on children also points to improved attention and emotional control (Jensen & Kenny, 2004).

Yoga therapy is defined by the International Association of Yoga Therapists (IAYT) as “the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of yoga” (Taylor, 2007). It is recognized by the National Institutes of Health (NIH), National Center for Complementary and Alternative Medicine (NCCAM) as a form of CAM in the category of “mind-body” medicine. NCCAM (2010) asserts that mind-body medicine “focuses on the interactions among the brain, mind, body, and behavior, and on the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health.” Furthermore, “Mind-body medicine typically focuses on intervention strategies that are thought to promote health. It is regarded as a fundamental approach that respects and enhances each person's capacity for self-knowledge and self-care, and it

emphasizes techniques that are grounded in this approach. People who exercise yoga frequently report a sense of deep relaxation, calmness and happiness at the end of a yoga session (Monk-Turner & Turner, 2010). Few systematic reviews have shown that yoga has positive effects on depression (Cramer et al., 2012; Ten Damme, 2013; Mehta et al., 2010). It is also effective for relieving stress and anxiety conditions that impact physical and mental health conditions (Long, Huntley, & Ernst, 2001). Furthermore, positive effects of yoga have been seen on well-being and satisfaction with life in some studies (Impett, Daubenmier & Hirschman, 2006).

A 2001 study in the Indian Journal of Physiology and Pharmacology showed that participants who practiced yoga consistently for 10 months were less anxious and depressed both during and after their months of yoga practice. By improving circulation in the endocrine glands, a consistent yoga practice enhances the functions of hormones that play a primary role in the physiology of depression which results in a reduction of depression and improves overall mood. Controlled studies have demonstrated the beneficial effects of yoga on anxiety states. Regular yoga practice improves functioning

of the parasympathetic nervous system that activates the relaxation response.

Studies by Bhushan & Sinha (2001) and Kumar (2004) have shown the effects of Yoga Nidra on stress, anxiety and general well-being on college going students which denote a significant change where Yoga Nidra has decreased the stress level of the subjects as well as positively increased their general well-being. Another scientific study done by Kumar (2006) on the effect of Yoga Nidra taking Alpha EEG and GSR of college students has shown that a significant change occurred as Yoga Nidra positively increased the Alpha EEG and GSR of the students, which indicated the improvement of their physical and mental health. According to Heather, Eastman, Muller (2013) a structured Yoga Nidra intervention may help reduce symptoms of stress, depression and worry and improve mindfulness skills in students. Kumar reported that Yoga Nidra positively decreases the blood pressure (both systolic and diastolic) as well as pulse rate, respiration rate, stress, anger and fear.

Novotney (2009) in her article quotes the Stanford University health psychologist and yoga instructor Kelly

McGonigal saying "The evidence is showing that yoga really helps change people at every level," and that's why more clinicians have embraced yoga as a complement to psychotherapy, McGonigal says. Yoga is being encouraged as a tool that clients can use outside the therapy office to cope with stress and anxieties better, and that even heals emotional wounds.

Gambhir, Prakash (2006) examined the effects of Om-chanting on subjects and concluded that its practice provides positive effect on mental health. Ganguly (2005) also investigated the effect of meditation and Om-chanting and found improvement in concentration power. Studies conducted by Vicente Pedro (1987) and Bhushan (1998) found significant reduction in the State Trait Anxiety of the subjects due to regular practice of yoga. In another study Malathi et al. (1998) conducted a yoga intervention study on MBBS students and tested them before and after the examination, and found Anxiety reduction in the students at the time of examination. Srivastava et al. (2004) also found significant reduction in MBBS students' anxiety level as a result of yoga practice. Setterlind (1983) found that regular practice of meditation brings a positive change in the well-being of the subjects.

Delmonte (1987) suggests that meditation helps in increase of psychological well-being. Malathi et al. (2000) observed a significant improvement in 9 of the 11 factors of subjective well-being in healthy volunteers at the end of 4 months of yoga practice. Further Gopukumar and Hussain Ali (2002) reported that of 40 days meditation practice brought a significant positive change in the subjective well-being of students.

These studies have broadened our perspective about the stress that social media inflicts on students and how yoga could prove to be useful for them.

DISCUSSION

Drawing from the studies reviewed above which show that social media is not only a distraction to teenagers who have become addicted to checking their news feeds, but that it can lead to psychological and health issues as well (Krakowsky (2014). And a number of studies prove yoga to be an effective practice for overall wellbeing(eg. Cramer et al., 2012; Ten Damme, 2013; Mehta et al., 2010), thus we propose that yoga should be implemented as a complementary therapy in schools and colleges. In this regard, Mardesich (2007) in

her article refers to Lynda Meeder, a school counsellor in UK, who while talking about yoga says that, “Kids are so stressed out. They tell me this is the one time they have to relax.” Yoga makes a difference in children and adolescents’ life because it helps them calm themselves through yoga practices which further helps them deal with their anger better and resolve conflicts with siblings and peers. She believes that ‘YogaKids program is an invaluable tool for children.

But the question about how it can be most effectively executed in the current education system is yet to be answered. To answer this question, we have reviewed some good and economical implementation strategies below.

With the tightening of school budgets, it can be attractive for classroom teachers to deliver yoga curricula, rather than physical education teachers, on a regular basis. Research shows that enabling classroom teachers to deliver physical activity could be an economic solution to a daunting health crisis faced by our nation’s youngsters (Sherman, Tran, & Alves, 2010). It is natural for classroom teachers to feel intimidated by incorporating yoga into their

curriculum, but it is quite a feasible option after providing them some proper training. Yoga appears to be simply a stretching activity, but the variety and sequencing of postures coupled with the practice of deep breathing creates an extremely diverse and effective method of enhancing a range of health-related fitness skills.

Experts at “Yoga Tools for School” in Australia have proposed an age group-wise Yoga program for children with the following suggestions that:

1. For lower primary kids it can be developed for nurturing of younger children in a fun but engaging way.
2. For upper primary age group children yoga module should focus on energy stabilisation and empower children to enhance their own physical and mental awareness.
3. For high school adolescents yoga tools that cultivate awareness, focus and ease should be implemented.

Yoga tools allow teens to experience a sense of space around their concerns and provide techniques for redirecting thoughts, calming

the nervous system and supporting the transitions of a busy schedule.

Some similar projects are being run in New York City and Westchester County in the United States which offer yoga and mindfulness classes for students, and staff development workshops for teachers. “The School Yoga Project” offers a unique program combining yoga and mindfulness practices in a straightforward manner. Their approach incorporates five key elements:- Connect Breathe, Move, Focus and Relax in each session. They have further proposed some modules which we believe could be useful for maintaining students’ physical and mental health, which are as follows:

- Unit-1 could emphasize on creating a safe space, introducing the students to a variety of asanas(postures) and teaching them how to recognize their feelings while establishing a meaningful sense of community and support in the classroom. It is important at this time to teach students that they don’t have to participate in anything that hurts or feels uncomfortable. General familiarity with a range of activities is established in this unit so that

future units can explore more depth of experience.

- Unit-2 should incorporate building a foundation of confidence and strength in all students and much emphasis should be placed on the physical experiences of yoga, learning more about how our bodies work, and exploring how capable they are. Along with the development of physical strength building inner strength and resilience should be the focus. Students should be introduced to the idea that strength is not only about power, but also about flexibility and balance.
- Unit-3 could focus onto the students' emotional life. By this point they'll be having a good working knowledge of many aspects of the yoga practice, and as the physical movement is becoming more comfortable they may be asked to reflect more on their internal experience. For turning inward this unit could spend time on mindfulness and meditation practices, as well as grounding and restorative yoga poses.

- Unit-4 could finally bring the lessons of the previous units into the larger class community. Working off of the foundation of confidence and strength that have been building throughout the program, the main focus could be on communication, collaboration and building a community of support and encouragement. Students should work together on challenging partner and group activities that allow them opportunities to both support others and be supported.

- Unit-5 would help provide students the opportunity to share what they have learned via student teaching and wrap up the program.

Such structured programmes/modules could be implemented everywhere with no or very little cost by all dedicated institutes.

CONCLUSION

To conclude with, we could say that though today's students are facing tremendous pressure to achieve success within a world that is highly competitive which is often overwhelming and with

weakened family ties and negative effects of social media, children and adolescents' are left stressed out more than ever before due to which we are seeing increased cases of depression and anxiety and other mental health problems. To overcome such issues we propose yoga as the best preventive and most economical solution. The tools of yoga and mindfulness offer proven methods of managing physical, mental and emotional stress. Bringing these practices to the schools, institutes and community organizations is a simple way to make students' lives happier and healthier, increase their capacity to learn effectively, manage their emotions, regulate their own behavior, and achieve personal and academic success. For this we believe that more awareness about the benefits of yoga need to be spread among the general masses and policy making bodies and more yoga programs on the basis of the suggestions above need to be effectively implemented in our schools and colleges for a healthier society.

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AYURVEDIC & YOGIC PATH OF HUMANITY

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ABSTRACT: *Yoga* is “*Chitta vriti nirodha*” i.e. to be separation from contact with suffering. Humanity can be best served with *Ayurveda* along with *yoga*. It not only improves our health but also improves our social behavior and mental health. *Ayurveda* describes *Indriyarthasannikarsha* and indicates their *samyoga* for *Arogya*. *Yoga* is not only about the postures, also the way one should behave. In *Astang yoga* ‘*Yam*’ and ‘*Niyam*’ are all for human attributes. As per *Ayurveda*, ‘*Achar rasayan*’ and ‘*Sadvrita*’ has explained for the same e.g. *Akrodham*, *Daan-nityam*, *Dheeram*, *Ahimsa*, *Karuna* etc. For the purpose of humanity, we can explore *yoga* and clarify people that *yoga* can reduce their physical, mental and social sufferings, best serve with *Ayurveda*. Nowadays, various lifestyle disorders leading to mental stress and diseases. Thus, rely on medication in early ages which further shows hazardous effects on both the aspects of life i.e., health and socio-economic status. Ultimate goal of *Ayurveda* is to attain physical and mental well-being. So, *Ayurveda* along with *yoga*

is a good practice to avoid all the sufferings. *Yoga sutras* are generally guidelines for spiritual growth through right living. They are also universally accepted, and can only be attained through practice. ‘*Yam*’, ‘*Niyam*’ and ‘*Achara rasayan*’, ‘*sadvrit*’, all describes what one should avoid to advance on spiritual path. Attaining spiritually contributes to human attributes and behavior. Thus, *Ayurveda* and *yoga* are the best path for humanity and healthy living.

KEYWORDS: *Ayurveda*, *yoga*, *Achara rasayan*, *Sadvrit*, *Yam*, *Niyam*, *Humanity*

INTRODUCTION

A beautiful saying, you cannot always control what goes on outside, but you can control what goes on inside. “Through sustained focus and meditation on our patterns, habits, and conditioning, we gain knowledge and understanding of our past and learn to live more freely and fully¹.”

In today's world where we all have a busy Lifestyle, we do not spend time to think about ourselves, leading to various lifestyle disorders which totally affect our

health. In this alarming situation *Ayurveda* along with *yoga* can help us to come out through this situation. The word *Yoga* comes from the Sanskrit word “*Yuj*” meaning to yoke, join, or unite. It implies the merging together of all the essential aspects of an individual namely- the body, the mind and the soul. *Yoga* is “*Chitta vriti nirodha*” i.e. to be separation from contact with suffering. *Yoga* not only makes us physically fit but also help us to improve our mental condition and social behavior. *Ayurveda* describes *Indriyarthasannikarsha* and indicates their *samyoga* for *Arogya*. Our *Indriya* (senses) are the only way to perceive the outer world. Our behavior, thoughts, right or wrong doings are all control by *Indriyas*. *Mithyayog*³(illusion) of *indriyas* affect our mental health, by which people get involved in wrong practices and foul play. These all contributes towards building of a less humane society. Nowadays, various lifestyle disorders leading to mental stress and diseases. Thus, rely on medication in early ages which further shows hazardous effects on both the aspects of life i.e., health and socio-economic status. To overcome this situation *yoga* and *Ayurveda* should be practiced globally.

***SADVIRIT*⁴ for SELF and COMMUNITY:**

Ayurveda, the science of living. Its main aim is to cure the diseases and keep the person healthy. *Acharyas* have mentioned *Sadvrit* and *Achar Rasayan*⁵ for once better lifestyle. Our behavior towards our self and other is the mirror of our physical and mental capabilities. Others judges us as either good or bad individual through our behavior. Our culture also projects the rules regarding the manners and *yam, niyam*. Following this path in every situation brings wealth and fortune in once life². Human beings get benefited with *Arogya* and *Indriyavijay*, which is the main aim of being humane. Our mind is always influenced by *Trigun* (*Satva, Raja, Tama*) and *Icha, Raag, Dwesh* etc. They all disturb mental peace and hinder normal mental situation. *Sadvrit* teaches us how to control these mental fluctuations.

POINTS TO FOLLOW:

- A happy face, stress-free mind, fearlessness, full of wisdom, understanding, forgiveness, and truth telling.
- one should live with controlled mind and senses, and hold patience in troubles.
- We should take care of physical hygiene routinely as a healthy mind stays in a healthy body. For this we should follow

the *Dincharya*⁶ mentioned by *acharya charka*. E.g. waking up early in the morning, bathing, cleaning hand and feet regularly, oil massaging, clean dress up etc.

- Respect to elders and teachers, help others in difficulties, greet the guests, always speak to the meeting person in polite manner, have tolerance while listening to strict words.

POINTS TO AVOID:

- Having an unsound and unstable mind, to buy unnecessarily, to be *Dirghshutri*, to distrust everyone.
- Excessive night awakening, sleeping, eating etc.
- To abuse others, sitting a posture for a long time.
- Unlawful acts, hurting sentiments of others, lying, robbery etc.
- *Vegadharana*, not closing the mouth while sneezing, laughing, and yawning.
- Backbiting, condemnation, to possess evil thoughts about others.

Acharya charaka said with consumption of *Rasayan darvya*⁵ people live long and healthy life with good memory, aura, complexion and restore physical and mental welfare. *Acharya Rasayan* possess same qualities like *Rasayan darvya*. Mentioned as follows:

- Truth telling, to avoid alcohol beverages, respect our elders, inoffensive, having good behavior and thoughts, having no pride and ego etc.

YOGIC NIYAM FOR BETTER LIVING:

Yoga helps us to attain the absolute knowledge about the difference between the spiritual and materialistic world. This can guarantee peace and tranquillity. All the yoga exercises and practices are not meant to show a muscular display of strength and agility. They are in reality meant to aim at control, purification, and coordination of the nervous system. Regular practice of yoga leads to the purification of the gross body. The purification of the system itself leads to tremendous benefits related to the physical health. One gets relief from several physical ailments and more importantly one builds immunity which aids to prevent diseases. Yoga is imbibing a way of life, thus improving the quality of life itself. People suffer from many problems and spend lot of money on doctors, medicines and investigations which creates a lot of burden on economy. If they would have thought about the health earlier, they would have saved lot of money.

*Yam*⁷: *Ahimsa, satya, asateya, brahmacharya, aparigraha*.

All these elements of *yam* describe how one should behave. One who speaks the word with honour and honest is always recognised as trustworthy and valued person in the society. Only our honest behaviour can give us peace of mind.

*Niyam*⁷: *Saucha, Santosh, Tap, Sadhaya, Ishwar-pranidhan.*

They are the purification method of body and soul. It improves our wisdom and quality of thought. “*Santosha hi pram sukham*” means satisfaction is the ultimate pleasure. Wrong deeds like robbery, murder, abusing, mauling etc are the impulsive reactions due to disappointment. So, one should learn this art of behaving and self-control by following principles of *Yam* and *Niyam*.

CONCLUSION

Ultimate goal of *Ayurveda* is to attain physical and mental well-being. So, *Ayurveda* along with *yoga* is a good practice to avoid all the sufferings. *Yoga sutras* are generally guidelines for spiritual growth through right living. And *Ayurveda* is for healthy living and reduce sufferings. By practice these elements people gain social prestige and contributes actively towards human welfare. It is said that wrong deportment does not reward *Arogya* and wealth. Thus, *Ayurveda* and *yoga* are

the best path for humanity and healthy living.

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7. Yog darshan 2/30

YOGA & TOURISM FOR RELAX YOUR BODY AND MIND

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INTRODUCTION-

Yoga tourism is an act in which people from all around the world travel to other countries to obtain salvation & medical care while at the same time touring, vacationing, and fully experiencing the attractions of the countries in which they are visiting. Actually, people travel to avail such facilities because these unique therapies are not available in one's own country. Yoga is fast growing healthcares therapy towards which people are getting aware and start learning yoga to live fit and fine life. It has enormous prospective for generating employment and earning huge sum of foreign exchange.

Yoga tourism has witnessed a secure growth in recent years around the world. As the number of the world's population is becoming more aware of health care options, along with an increase in the quality of health care as a priority in the minds of most age groups, patients are required to carry out cross-border healthcare. The main reasons why yoga tourism facilities are of high quality specialized treatment, the possibility of immediate service for travel combined with affordability. In regions where the quality of care is not available, access to health care can lead to medical travel, for others, cost effectiveness could be the reason. India has become one of the most sought after destination for medical

tourism worldwide due to its high value proposition in terms of quality of health care, a pool of professionals and the availability of alternative treatments, such as Ayurveda and yoga. However, there are several areas in tourism, which entered the field of research only recently. Yoga tourism is one such area, where only a few scientists began to work in a systematic way. The article highlights the emergence of a spiritual tourist-oriented research and explores the potential to further work in the study of tourism.

Yoga tourism contemplates all this and much more...

“Yoga is the perfect opportunity to be curious about who you are”

Pt. Shriram Sharma Acharya.

WHAT IS YOGA – Yoga, the word means "unity" from the Indian ancient language Sanskrit word "YOG" which literally means to unite, this unity is portrayed in spiritual aspect as the union of the shakti means energy of body, mind and soul. The science of Yoga had been discovered in ancient time in India and Nepal thousands years back. The history and old literature on yoga comes from around 200 B.C. (Patanjali's Yoga Sutra) however there are various references that position way back to the Vedic times (2000-3000 B.C.), when the science of Yoga was innovated. Yoga is an ancient Indian health discipline, seeks to unite our soul with the Universal soul or

God through rigorous mental and physical meditations, exercises and efforts. Yoga was discovered, researched and developed by great Indian sages and physicians, they were great thinkers, and spent years after years in thinking and meditating in the mountains and forests in the quest for the theories of the up-liftmen of mankind and ultimately invented many amazing theories and arts of living for the guiding us to live in a harmony with nature. Yoga was one of them. Yoga was discovered, even before the dawn of witnessing the world history. In simple words the Yoga can be defined, this science shows a transcend sense - perceived, temporary manifestations, unrealities and gain an apparition and an familiarity of the super-sensuous Divines in reality. Yoga empowers and combines the rhythm of your body, harmony of the mind and the synchronization of the soul, creates the symphony of life. Yoga is worldly known for the finest system of education, for it brings out the finest characteristic in a person.

Yoga asanas (poses) exercise each part of your body, this effects not the external body, also on the internal organs, glands and nerves, keeping all system of internal body very intact and radiant.

The Major role of Yoga to keep the mind constantly under modification Various Yoga Asana (poses- exercise) are deliberate made for particular part or object of your body. Concentration is characterized as "the hindering of the modifications of the thoughts principle" The aim of yoga is to organize and intact your mind, to control and work accordance with your will. Yoga is the process of uniting your mind and body in order to express the vigor of to our nature. Yoga is methodical ladder of converging and aligning our body, mind and spirit as object of enlightenment. Philosophical thinking in India has long been concerned with the root crisis of the human spirit - the separation from the central

consciousness and the only reality (Atman or Brahman).

It is because of this separation, which begins with the ignorance of our birth, that we suffer the traumas of physical, emotional and psychological conflicts. Physical health and mental healing is very important accomplishments of yoga what makes it so influential and effective is the fact that it works on the holistic principal of harmony and information.

All over the world, the most famous and well known elements of yoga fall under the Hatha (physical) yoga. This usually includes the Asana (exercises) and, to a small extent, is called Pranayama. This can be a wonderful and easy way to start as long as it is understood that the eight limbs of our body, are not a chronological path, but one where all limbs are inevitably concurrent. Many physical poses and methods require sincere concentration to hold the balance of flexibility and strength, applying anatomical modifications

WHY YOGA-

Yoga aimed to unite the body, mind & soul. It helps to become more aware of our body's posture, alignment & patterns of movements which help in getting flexibility & calming the mind in the stress stricken environment. This is one of the main reasons, why people attract toward adopting yoga practice. Actually yoga consists of ancient theories, observations & principles about relationship of mind and body. Yoga can help up to prevent from diseases & help in curing from it. Some main benefits from yoga have discussed here:

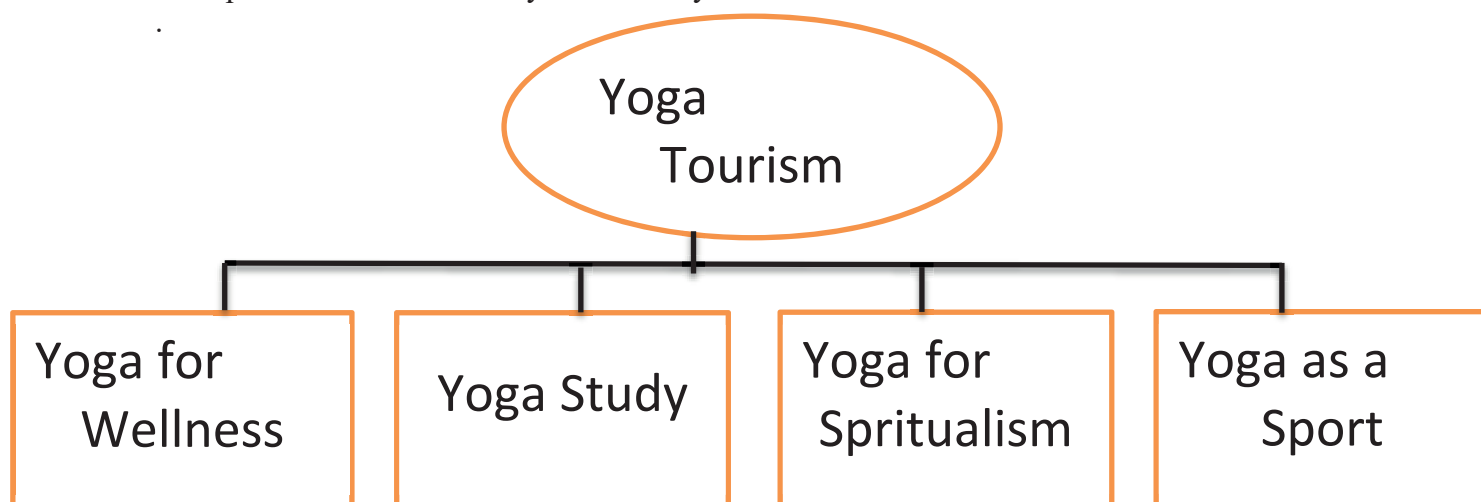
- Weight loss
- Inner peace
- Boost Immunity.
- Maintains your nervous system.
- Boost Sexual Performance

- Keeps allergies and viruses away.
- Control blood sugar & blood pressure level.
- Benefits your relationships.

TOURISM – Over the years, Tourism has evolved into a global industry contributing, approximately 9% to 10 % respectively to world's GDP & employment. Number of international tourist arrivals are rising & expecting to touch 1.8 billion in 2030 from 1 billion in 2014. Worldwide countries are focusing on tourism as a developmental strategy. There are various factors which motivate people to involve in tourism activity. But interestingly, medical & wellness segment are booming. According to Goodrich & Goodrich (1987), medical tourism is an attempt to attract tourists by deliberately

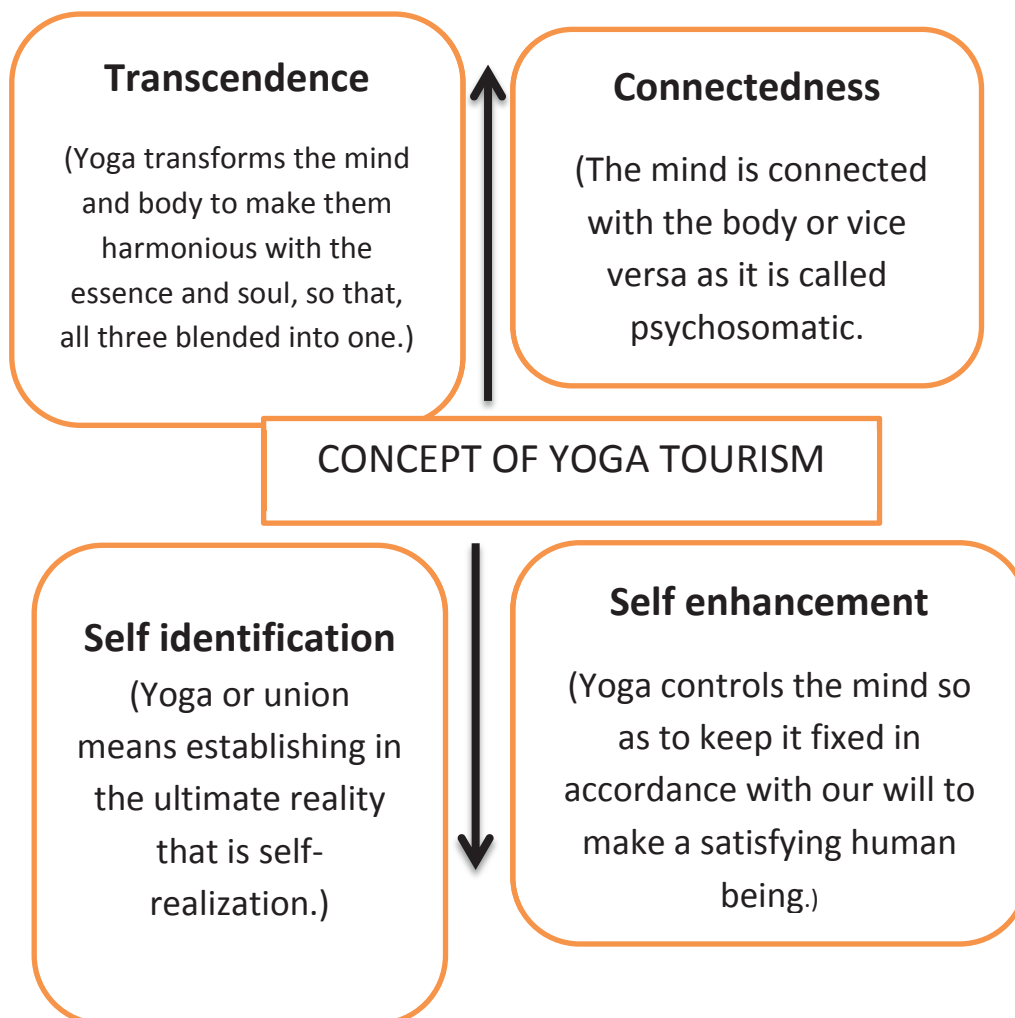
promoting its health-care services and facilities, in addition to its regular tourist amenities. People from across the border for healthcare facilities either due to non availability of these facilities or alternate treatment therapies like yoga, ayurveda, acupressure etc. in their own country or available at very high cost.

DIMENSION OF YOGA & TOURISM- People treat yoga tourism as only a type of wellness tourism in which people move to get treated from yoga. But Yoga tourism is much more than that, it has other dimensions also like people also travel to learn yoga by joining degree or diploma courses to make their carrier as a yoga instructor or to get salvation by meditating it



YOGA TOURISM IN INDIA-India offers a diverse basket of healthcare services and rejuvenation amenities to tourist(seeking medical treatment) at reasonable prices. Some of the different forms of healthcare tourism offered in the country includes yoga, meditation, ayurveda, allopathy, naturopathy, unani, etc. which make India the unique destination. People are increasingly realizing the value of such alternative forms of treatment that focus on naturally curing body. In India there is also a dedicated department to focus on the

development of education and research in these unique therapies. Yoga is on the top among these and in recent years it is getting popularity at global level. Now people from outside India also started practicing Yoga to heal their body and mind with this powerful therapy. Realizing the potential to develop and promote Yoga Tourism as the niche tourism products among international tourists, the Ministry of Tourism, Government of India, has also initiated to make proper plan and policies to promote Yoga as a main Tourism Product.



Basic concept of Yoga Tourism

MAJOR YOGA TOURISM DESTINION IN INDIA-Many tourist destinations in India have become the epicenter for yoga for the foreign travelers. There are numerous teachers offering classes in diverse styles of yoga, and the internet makes it easy to plan one's stay online. The detail of these destinations along with some of the popular yoga retreats, ashrams or studios can be shown as in table-

List of yoga tourism destinations along with major yoga centers

| Destinations | Yoga retreat/ashram/studio |
|-------------------|--|
| Dharmasala (H.P.) | Himalayan Iyengar Yoga centre, Universal Yoga centre, Siddharth Yoga centre, |

| | |
|--------------------------|---|
| | Shivayogapeeth, Chandra Yoga International, Hatha Yoga World, Trimurti Yoga |
| Mcleodganj (H.P.) | Kailash school of Yoga, Shiv Dharshan Yoga Centre, Amit Reiki and Yoga Center, Himalayan Iyengar Yoga centre, Ashta Yoga Valley, Hatha Yoga World. |
| Rishikesh (Uttarakhandl) | Dev Sanskriti Vishwavidyalaya Shantikunj, Parmarth Niketan Ashram, Patanjali Yogpeeth, Shivananda Ashram, Yoga Study Center, S. Niketan Dayananda Vedanta Ashram, Brahma Niwas, Sacha Vedic Sansthan, Meditation center of Mahesh Yogi. |
| Varanasi (Uttar Pradesh) | Yoga Education Training Society, Sri Yoga Mandir, Banaras Hindu University, Bhiring Sanhita Kendra, Gyan Parvah, Kasha Yog Sangh, Siddharth Yoga Center, Shala Berlin Yoga Retreat. |
| Pune (Maharashtra) | R.I.M. Yoga Institute, Meditative Yoga International Foundation, Ashtanga Yoga, Ananda Center, Divyayog Studio, Bikram Yoga College, Chaitanya Yoga Wellness, Kaivalyadhama Yoga Institute. |
| Mysore (Karnataka) | S.K.P.J. Ashtanga Yoga Institute, Aananda Yoga India, Universal Yoga Center, Ashtanga Yoga, Ayush Yoga Darshanam, Mystic School of Yoga, Mysore Mandala Yogashala. |
| Goa | Little Cove Yoga Holiday, Yoga Magic Eco Retreat, SWAN yoga, Purple Yoga, Ashiyana Yoga, The Beach House, Oceanic Yoga School, Yoga Gypsys, Himalayan Iyengar Yoga Center, Neo Yoga, ABS Yoga |

OPPORTUNITIES FOR YOGA TOURISM IN INDIA-

India is capable to promote yoga tourism by providing Medical & wellness facilities at international standard at comparatively low price & by starting new educational yoga courses.

Some States of India have developed yoga tourism as one of the products for promoting tourism. Yoga tourism holds immense hope as it is among the most ancient systems of medical treatment of the world.

➤ Increased demand for wellness tourism and alternative cures:-

in this fast-paced era, people are anxious about their life so, therefore in developing countries, there is an huge increase in the demand of alternative healthcare practices. India is the hub of some of the unique alternative healthcare practices like Yoga, Ayurveda, Homoeopathy, Naturopathy etc. these alternative provide motivation to foreigner to visit India.

Yoga is the main preference and need of present time in modern world.

➤ Reduced cost of international travel and tourism:-

India develops all the facilities in bulk which are required by the tourists. There are a growing number of convenient, low cost non-stop flights, luxury hotels & resorts, developed highways, natural and artificial attractions. All these results in inexpensive tour packages to India, which directly attract people from the world.

India have Incredible attraction:-

India is the world's famous and exciting destination for tourism. This country has rich and diversified culture, oldest history & heritage, people with unique lifestyle, fairs and festivals, food, wildlife, deserts, beaches as well as highest snow covered peaks of Himalayas.

Foreign patients can get planned yoga packages deals:-

With the involvement of private sector in tourism industry, now it is easy for patients to visit India for Yoga, because now they can get package deals for the treatment which includes flights, transfer, hotels, treatments & leisure etc.

Privatization and FDI in Tourism and healthcare sector in India:-

In recent years India opened doors for FDI in healthcare sector. The participation of private sector resulted in advancement of infrastructure and equipment of Indian hospitals. The private sector also invested huge in developing Yoga centers and creating product for tourist, seeking treatment from Yoga. All these made India globally competitive, particularly eyeing Indian high class and foreign patients.

CONCLUSION-Yoga has a great potential to address many major challenges faced by the modern society. Yoga tourism is a natural extension of yoga practice. However, modern societies are riddled with disparities of different kinds, health disparities being one type of them.

everybody does not currently use yoga. It is highly underused by males and by the people from low socioeconomic classes.

One also notices that there are specific barriers that make these subpopulations unable to practice yoga. As the overall trend in tourists motivation shifts from hedonic pursuits to health , and while barriers prohibit some subpopulations from availing the health promoting modalities like yoga, yoga tourism industry has an opportunity to fill the gap to provide the unmet need. In order to do so, the industry will have to revise its targeting and marketing strategies to reach out to males and the disadvantaged, and to the charities and the government agencies that can potentially support social tourism. In this way, the yoga tourism industry will not only grow in itself, but also make a positive contribute to the larger cause of the global public health.

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Techniques to increase healthy life style through health tourism with special reference to Ashtang Yoga

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Abstract

“Yoga means Union” & “Tourism unites and Yoga provides, health, happiness and harmony”. These two renowned quotes itself depicts the Role of Yoga-tourism in promoting healthy life style, holistic approach for happiness and global harmony. This research work is connected to health tourism describing how techniques of Ashtang yoga is beneficial for healthy life style. In modern era it is very complex living a healthy life in true sense because of lots of Physical, mental and environmental issues which has distorted the life style of each individual. As yoga makes us physically, mentally, emotionally and spiritually fit and fine so the researcher has tried through this paper to bring awareness and change in life style of people through traveling for health i.e. health tourism; Ashtang Yoga being most important technique to achieve holistic health. Health tourism is continuously growing day by day. At present time everybody is traveling and searching for peace and happiness. Ashtang Yoga techniques ensures peace and happiness along with integrated health. The researcher has presented the insight in context of Indian literature but it has universal appeal as everyone wants fit and healthy. This study shows the importance of key Techniques to increase healthy life style through health tourism with especial reference to Ashtang yoga.

Key Words – Health, Tourism, Life style, Ashtang Yoga

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Introduction

With the advent of globalization and culture of consumerism, people begin to travel to make use of wide variety of alternatives that bring satisfaction and healthy living. Now a day's people are more aware of the importance of health. They are conscious in maintaining a healthy body, mind and soul. People visit tourism destinations normally for leisure and recreation. The purpose of visiting a tourism destination may vary depending up on the nature and interests of tourists. Hence tourism destinations design variety of tourism products so as to cater the needs of tourists having different interests. Health tourism is a niche tourism developed by the competing tourism promoting countries in order to attract people traveling with the prime purpose of getting healthcare.

Concept of Health Tourism

Health tourism comprises of two terms healthcare and tourism and it involves a combination of resources of healthcare and tourism. A health tourism destination highlights its healthcare resources that

give wellness and cure and tourism attractions that give peace of mind and relaxation. Health tourism is becoming a preferred form of vacationing as its covers a broad spectrum of medical services and mixes leisure, fun and relaxation together with wellness and healthcare. Health tourism is also known as medical tourism, wellness tourism, healthcare travel or medical value travel.

Ashtanga Yoga

Yoga has its roots about 5000 years BC as described in Vedic Philosophy and Tantras. Patanjali, great sage composed this path into a Darshan (Philosophy) in his Book Patanjali Yoga Sutra. In which he has formulated Yoga as Eight Limbs or Eight Fold path as Yam, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dyan and Samadhi.

Yoga by Mahrshi Patanjali

The yoga as stated by Patanjali is enumerated through Sanskrit and hence contains only the main and the important thoughts. The first aphorism of the first Pada (part), introduces yoga as :

“Atha Yoganushasanam” 1/1

This means that yoga means controlling the thought waves of the mind. The thoughts, feelings, emotions arising in the mind are vrittis (nature), which should be controlled. This is called yoga. The broader perspective is expected and the word Chitta here means Individual consciousness, which covers all states conscious, sub conscious and unconscious.

**Yuktahara-viharasya
Yukta-cestasya karmasu
Yukta-svapnavabodhasya
Yogo bhavati duhkha-ha**

Chapter 6: Sankhya-yoga Text 17, Shrimad Bhagwad Geeta)

Purposeless 'Sadhna' is nothing else but a mockery and akin to wandering aimlessly in a forest. Physical and mental practices should be regarded merely the basic leans of 'yogabhyas'. It will be totally fallacious to consider them miraculous and to think that merely by becoming expert in these practices, the object will be achieved.

Eight Limbs of Ashtanga yoga-

| S.No. | Eight Limbs | Sub Limbs | Manifestation |
|-------|---|---------------------|---|
| 1. | Yama (Principles or moral code) | <i>Ahimsa</i> | A principle of non-violence |
| | | <i>Satya</i> | A principle of Truthfulness |
| | | <i>Asteya</i> | A principle of non stealing |
| | | <i>Brahmacharya</i> | Continence / Celibacy |
| | | <i>Aparigrah</i> | A principle of non-hoarding or non possessiveness |

| | | | |
|----|---|----------------------------------|---|
| 2. | Niyama (Personal Disciplines) | Shoucha | Purity |
| | | Santosh | Contentment |
| | | Tapa | Endurance |
| | | Swadhyaya | Self study |
| | | Eshwar Pranidhan | Dedication |
| 3. | Asana | Yoga Positions or Yogic postures | A stable and comfortable posture which helps attain mental equilibrium |
| 4. | Pranayama | Yogic Breathing | Extension and control of breath. |
| 5. | Pratyahara | Withdrawal of Senses | A mental preparation to increase the power of mind. |
| 6. | Dharana | Concentration on Object | Concentration of mind on one object and its field. |
| 7. | Dhyan | Meditation | |
| 8. | Samadhi | Salvation | State of Super bliss, joy and merging individual consciousness in to universal consciousness. |

Yoga & Healthy Life Style

Yoga is a spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. The word “yogasana” (or asana in brief) refers to a posture in which one feels relaxed while keeping the body active internally. The rishis (Vedic sages) had keenly observed the sitting and standing postures of different animals, which, in spite of limited faculties, have wonderful physical capabilities that man is deprived of. They had studied the effects of different postures in the laboratory of their own body and developed specific asanas which had rejuvenating effects on the entire body-mind-soul system.

The simplest possible meaning of 'Yoga' is to unite. The technique of uniting the soul ('atman') with God (Parm- atma) is known as 'Yoga' in spiritual language. The activities which are required to be followed for starting 'Yoga' are known as 'sadhna' (spiritual disciplines). 'Sadhna' is merely a means in that direction. It is important in as much as it helps in achieving the goal ('sadhya'). Most people consider means as the end and regard those formalities alone which are used in 'sadhna' as 'Yoga'. In 'Yoga Sadhna' several physical and mental activities and techniques are required to be performed. Their purpose is to create a mental state of uniting self consciousness with cosmic consciousness.

Achievement of goal is possible only if this fact is kept in view. If these actions and techniques alone are considered as practice of 'yoga' and no effort is made for the refinement of one's consciousness, this existing illusion, will keep one simply where he was like a galley slave, despite hard practices performed. In 'Hath yoga', there are formalities like 'asan', pranayam', 'bandh', 'mudra', 'vrat', 'maun', 'neti', 'dhoti', 'vasti', 'nyoli', 'vajroli', sleeping on the ground, bearing heat and cold. The aim of all of these is merely to gain inner strength and achieve piousness, so that a man who is full of impurities may make his journey towards spiritual progress. Similarly in 'Upaasana', for getting enlightened and initiated, one has to take recourse to the practice of 'jap', 'dhyan', 'nada', meditation, 'Swadhyaya',

'satsang' etc., so that consciousness may get inspiration and proper motivation to merge one's own limited self into the limitless 'Brahma'.

Refining Healthy Life Style Through Yoga

This is the royal road to personality development. We have to develop and enlarge our personality through yoga because only this is the basis of progress, prosperity and glory. This is needed not only for our own sakes but also for the sake of others. All are aware of the ills of the society. Everyone is busy blaming the others, branding them as bad, dishonest and cunning. In the newspapers, magazines and audio-visual media – everywhere corruption is a pet theme and high-sounding pontifications are being dished out day and night by variety of 'experts'. But no one really is able to supply an effective answer to these ills. The solution is one only, viz the path of refining life through yoga. There is no other alternative to it.

BENEFITS OF ASTANG YOGA IN HEALTH TOURISM

Astang Yoga retreats new dimensions of life with this power health tourism expand day by day. We can see the result among tourists as follow-

| | |
|------------------------------------|---|
| Auto- immunization | Focuses mind |
| Mental hygienic | Create Peace |
| Good Health | Develop efficiency and effectiveness |
| Increasing Yoga Destination | Remove Depression of Tourists |
| Improved depressive | Remove stress, Anxiety of Tourists |

Conclusion

**maitreekarunamuditopekshanan
sukhaduhkhapunyapunyavishayanam
bhavanatashchittaprasadanam
Patanjal Yog Sutra- 1/33**

“Friendship, mercy, gladness, indifference, being thought of in regard to subjects, happy, unhappy, good and evil respectively, pacify the Chitta.”

This research paper aims at making awareness to all individuals that ASTANG YOGA is the only solution for getting connected to one's own life along with Society, Nation & God. We all know today's reality i.e . We all have Big Houses but Small Family, More Education But Less Common sense, Advanced medicine but Poor Health; we have Touched Moon But still Neighbours are unknown, We have High Income today but less peace of Mind; We have Good Knowledge But Less Wisdom; We have Lots of Human Being on this Planet Earth But Less Humanity. If we go to search the reasons behind these all , may be we fail to enlist all but If we really try to find out the solution for all these problems then without any second thought, Yoga is the answer. Yoga is the way to manage Life not only as individual but Humanity as a whole.

However, the above findings suggest that healthy, happier and Harmonies society has penetrated deeply into the strong social structure thereby bringing about massive changes in the individual to social life.

There is no denying the fact that the growth of ideal society as a new social movement has accelerated the developmental process. But at the same time the changes associated with the growth of other aspect of life and its impact on individual and social life needs more attention. The presently practices of day to day life and practicing yoga values needs to be further analyzed. The traditional yogic exercise, changes associated with it and emergence of new forms of identity are an interesting area of research which needs further probing. However, the present study raises certain questions in the area of Life management and holistic health research which can be further investigated and analyzed.

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