

Essay on Yoga :

Essay on Yoga for Students and Children

The meaning of yoga is "a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the assumption of certain postures, is widely practiced for health and relaxation". Yoga is a practice in which all parts of the body become active by bringing them together to provide mental and physical balance. When we practice yoga every day, we are less prone to mental and physical illness. Yoga promotes a complete system of physical, mental, social, and spiritual development.

Origin/History of Yoga :

Yoga originated in the Indus Valley Civilization in South Asia and is an ancient system of physical and mental exercises. It was developed in India about six thousand years ago. The term yoga comes from Sanskrit and has two different meanings, one is 'union' and the other is 'discipline'. The basic aim of yoga is to promote harmony of body, mind, and environment. Yoga has been around since ancient times and was practiced by yogis.

In ancient times, it was practiced by the followers of Hinduism, Buddhism, and Jainism. Slowly, western countries started practicing yoga. Since then, people all over the world have been practicing yoga to relax their minds and keep their bodies fit. Moreover, when yoga became popular, India became known for yoga all over the world. Many people from all over the world came to know about the benefits of yoga and started practicing it. Various workshops and programs are organized to make people aware of yoga. Yoga is a collection of 196 verses or sutras on yoga. And thus Patanjali is known as the father of modern yoga.

International Yoga Day:

Yoga is practiced in various forms and is becoming increasingly popular. In recognition of its universal appeal, on December 11, 2014, the United Nations proclaimed June 21 as International Yoga Day through Resolution 69/131. Thus, International Yoga Day has been celebrated worldwide on June 21 every year since 2015. Eminent Prime Minister Narendra Modi proposed the concept of International Yoga Day, which has enjoyed tremendous success since its inception. The initiative was launched in 2014 and the United Nations declared in December 2014 that June 21 will be observed and celebrated as International Yoga Day.

India is very famous for yoga and the logo shows folded hands, green and brown leaves, and the sun reflects harmony and peace which is the essence of yoga. On the first day of the launch of yoga, June 21, 2015, nearly 35,985 people gathered along with the Prime Minister of India and practiced nearly 21 yoga poses for 35 minutes. The second Yoga Day was celebrated in the city of Chandigarh and the third International Yoga Day was celebrated in the city of Lucknow. In the city of Dehradun, the 4th.

International Yoga Day was celebrated with the theme "Yoga for Peace" in which nearly 50000 people participated along with the Prime Minister and finally the 5th International Yoga Day was celebrated in the city of Ranchi with the theme "Yoga for the Heart".

5 Yoga Facts:

Many Americans practice yoga: about 36 million Americans report doing yoga regularly, or about 10% of the population.

One for everyone: There are more than a hundred styles of yoga.

A hit on social media: At any given time, 60 million posts are circulating on Instagram.

The yoga mat was invented in 1982: Angela Farmer used a carpet pad to create a comfortable, non-slip surface.

She's inspiring: Through her experiences with yoga, Elizabeth Gilbert was inspired to write her best-selling book, Eat Pray Love.

Importance/Benefits of Yoga:

Yoga is a physical, mental, and spiritual practice that has been practiced since ancient times. Practicing yoga is not about losing weight and strengthening muscles, but people have discovered many health benefits of yoga.

Improves posture: Practicing yoga regularly improves your posture and prevents lower back and back pain.

Strengthening muscles: Yoga strengthens weak muscles and helps in toning them, thus preventing muscle tension.

Boosts metabolism: practicing yoga boosts metabolism as it encourages you to eat healthily and boosts the body's metabolism.

Controls blood sugar: yoga not only lowers blood sugar levels but also increases insulin action.

Improves flexibility: When you do yoga asanas, the flexibility of your body increases, which in turn leads to you being able to perform complex asanas.

Reduces weight: practicing yoga burns calories which leads to weight loss. Yoga increases good cholesterol and reduces bad cholesterol.

Improves sleep: practicing yoga reduces stress, which in turn leads to deeper and calmer sleep.

Improves lung function: many yoga asanas cure breathing problems. Performing such asanas increases the efficiency of your lungs.

Keeps away diseases: Practicing yoga strengthens the immune system to fight various diseases. Yoga helps in destroying various viruses that we get afflicted with during seasonal change.

Increases blood flow: The relaxing yoga exercises regulate the blood flow to every part of your body.