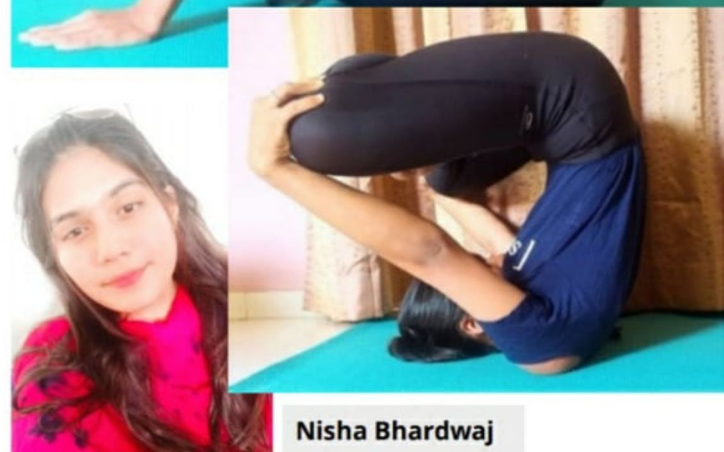


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Try Yoga to be Healthy in Life

Yoga is an Indian practice which originated around 6,000 years ago during pre- Vedic Times. Yoga is an art which connects our soul, mind and body. It is the best form of exercise to maintain good health. Yoga has its six branches which are Raja yoga, bhakti yoga, jnana yoga, Karma yoga, tantra yoga and hatha yoga. "Pranayam" is a breathing exercise that falls under the practice of yoga. Yoga is very safe and can be practiced safely by anyone at any time. Yoga is an idle exercise for body and mind. International yoga day is celebrated on 21st June, every year. International yoga day is started from the year 2015. It was prime minister Narendra Modi, who proposed this day at the United Nations in 2014. A draft resolution on "international day of yoga" introduced to United Nations, received support from 177 Nations, the highest number of co-sponsors for any UNGA resolution. Thereafter, the United Nations declared June 21st as the international day of yoga. This day is the longest day of the year and yoga gives a long life to human being. Yoga brings a positive attitude to everyone's life. Just 10 or 20 minutes of yoga every day brings a lot of positive changes in our body. Yoga is promoted to get practiced everyday in school and colleges for the betterment of health of the physical and mental body of the students. Yoga is an invaluable gift of Indian tradition for well-being of mankind. It needs regular practice to get the benefits of all the asanas of yoga. Yoga improves strength, balance and flexibility. Yoga helps you manage stress. Yoga changes your life you must try yoga. I do yoga everyday in morning at 4 a.m. because it is known as the best time for yoga. I suggest everyone to perform yoga everyday.



Nisha Bhardwaj

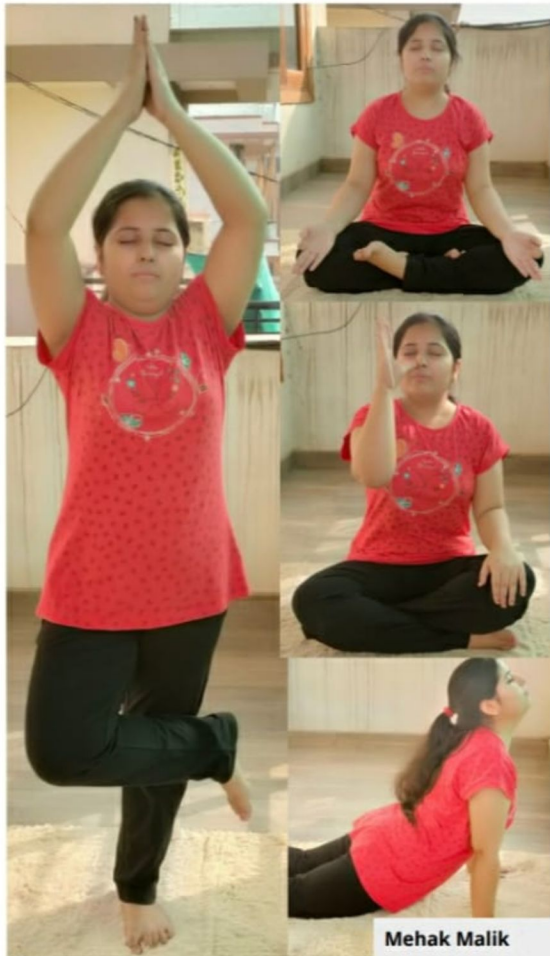
कोरोना से भी बचाव करता है योग



नरेन्द्र सोनी
सहायक प्रोफेसर

भारतीय संस्कृति, जीवन मूल्यों और परम्परा में पहला सुख निरोगी काया माना गया है और इसकी कई पद्धतियाँ बताई गई हैं। ऋषियों ने वर्षों के परिश्रम से योग पद्धति विकसित की है, जो रोग-प्रतिरोधक क्षमता विकसित कर स्वस्थ रहने के सिद्धांत पर केन्द्रित है। शरीर के पास रोगों से लड़ने की क्षमता होती है जिसे इम्यूनिटी सिस्टम कहते हैं। अगर हम अपनी रोग प्रतिरोधक क्षमता को बूस्ट रखेंगे तो कई बीमारियों से बच सकेंगे। हमारी छाती के पास एक थाइमस ग्लैंड होता है जो टी सेल्स जेनरेट करने का काम करता है, जो कवच बनकर हमारे शरीर की रक्षा करते हैं। योग से इसे भी सुधारा जा सकता है। प्राणायाम के नाम को जानने से पहले यह जानना और समझना जरूरी है कि यह कोरोना वायरस से कैसे बचा सकता है? दरअसल कोरोना का संक्रमण उन लोगों को जल्दी अपना शिकार बना सकता है, जिनकी इम्युन पावर बहुत कमजोर होती है। आमतौर पर होने वाले संक्रमण में भी अगर किसी व्यक्ति की इम्युनिटी कमजोर होती है, तो वह जल्दी बीमार हो जाता है। नेशनल सेंटर फॉर बायोटेक्नोलॉजी इन्फॉर्मेशन (NCBI) के द्वारा किए गए एक विस्तृत शोध में यह बताया गया कि प्राणायाम के जरिए इम्यून सिस्टम को मजबूत किया जा सकता है। योग में बहुत शक्ति है। बुजुर्गों का कहना है कि हम अपने काम भी स्वयं ही करते हैं, चलने-फिरने में भी दिक्कत नहीं होती। मोटापा सहित अन्य रोग भी दूर ही है। योग सभी को अवश्य करना चाहिए। वर्तमान में चल रही कोरोना महामारी के खिलाफ लड़ाई में कोरोना कर्पूर का पालन, शारीरिक दूरी के साथ ही योग करना भी बहुत लाभदायक है।

Yoga adds positivity in Life



Mehak Malik

"Yoga comes from the Sanskrit word 'Yuj' which means 'to join'. By the practice of yoga the individual soul is united with or joined to the supreme soul. In other words yoga means union with God is the goal of human life. It is the be-all and end-all of human exercise. It is the sum mum bonum of life. According to the great philosopher and former president of India. Dr. Radha krishnan, "Yoga may be termed as an eternal means or method to illuminate the path of a man for bringing him into light from the darkness. In this way, Yoga can be termed as the way and means of helping an individual to reach at maximum in terms of his physical, mental and spiritual gains, to live a happy, well contented and peaceful life having perfect harmony with the self and others and to concentrate and strive for the attainment of the ultimate goal of life that is Nirvana or Moksha. Importance and Utility of Yoga :-Yoga is a way of life. It is your habit of living. The end of yoga is to get merged into the supreme power, like a drop in the ocean. Yoga helps you control the wayward waves of your thoughts and transforms them into dynamic -power like steam driving a mighty locomotive engine with a large train -load behind. If steam is not properly controlled, it cannot even blow a whistle, leave drive a train.

- **Physical Importance** :-Yoga exercises have a direct and indirect bearing upon the strengthening and stretching of both the skeleton and muscles. Consequently yoga is superior to any other form of physical exercise eastern or western. The muscles of the abdominal wall receive adequate attention in yoga. The pelvis the chest and the neck are stretched and strengthened. Yoga restores the tone and tune of the internal organs.
- **Mental Importance** :-Yoga helps you control the wayward waves of your thoughts and transforms them into dynamic power. Similarly unless you practice yoga for the control of your body and restraint of your mind, you cannot make full use of your potentialities and your God -given gifts cannot flower forth. You cannot attain high station.

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The yoga system in India is our culture that has been practiced by the yogis in India in ancient time. According to patanjali 'Yoga Chitta -Viritti -nirodh'. Yoga is the inhibition of the modification of the mind. It means it prevents the contents of the mind from taking different forms. It means yoga helps an individual to exercise restraint on his body and mind by keeping him away from the allurements of Roop Ras, Gandha, Sparsh and Savda.