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### TRANSCRIPT

Hello Everyone! This is Dr. **Shivayogappa S Teli**, Professor in the Department of Physiology. I wish “Happy International Day of Yoga” to all the listeners! We, Indians, celebrate “International Day of Yoga” on June 21<sup>st</sup> every year. On this occasion, I would like to highlight the history and importance of yoga in our life.

Yoga is a holistic discipline that originated in ancient India and encompasses physical, mental, and spiritual practices. The term "yoga" comes from the Sanskrit word "yuj," which means to “unite or join.” The goal of yoga is to unite the body, mind, and spirit, promoting balance, harmony, and well-being.

The history of yoga dates back thousands of years, with its roots in ancient Indian philosophy and spirituality. The earliest written records of yoga can be found in the ancient texts known as the Vedas. Over time, yoga evolved and developed into various schools and practices.

Some popular forms of yoga include:

- Hatha Yoga: Focuses on physical postures (asanas) and breath control (pranayama) to balance the body and mind.
- Ashtanga Yoga: A dynamic and physically demanding practice that follows a set sequence of postures, synchronized with breath.
- Kundalini Yoga: Emphasizes the awakening of the spiritual energy within the body through movement, breathing, and meditation.

Ashtanga Yoga, also known as the "Eight Limbs of Yoga," is a comprehensive system outlined by the ancient sage Patanjali in his Yoga Sutras. It serves as a guide for achieving spiritual growth, self-discipline, and mental clarity. Here's a brief description of each of the eight limbs:

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

These eight limbs of Ashtanga Yoga work together to purify the body, discipline the mind, and cultivate spiritual growth and self-realization. They form a systematic path that leads to a state of harmony, balance, and inner peace. Yoga offers numerous benefits for the body, mind, and spirit. Some of the key benefits include:

- Physical Health
- Mental Well-being
- Inner Peace
- Mind-Body Connection
- Spiritual Growth

Yoga is suitable for people of all ages and fitness levels. It can be practiced at any time of the day, depending on individual preferences and schedules. Some people prefer practicing yoga in the morning to start their day with focus and energy, while others find an evening practice helpful for relaxation and stress relief. The key is to find a time that works best for you and to establish a consistent practice.

**Take-Home Message about Yoga:**

Yoga is a powerful practice that goes beyond physical exercise. It offers a holistic approach to well-being, promoting physical strength, mental clarity, and spiritual growth. By incorporating yoga into our lives, we can experience the profound benefits it offers, such as increased flexibility, reduced stress, improved overall health, and a deeper connection with ourselves. Embracing yoga can lead to a more balanced, harmonious, and fulfilling life. Once again, “Happy International Day of Yoga” to everyone! Thank you!

**Signature of the Resource Person**

**Signature of the HOD**