



YOGA: CONSCIOUSNESS INHIBITION

B.Venkateshwarlu

Abstract

Yoga is a Science of Consciousness to develop the sixth sense to its fullness and to enjoy a blissful and peaceful life. Yoga is the inhibition of the modifications of the mind. This means that it prevents the contents of the mind from taking different forms. Yoga is the inhibition of the modifications of the mind. This means that it prevents the contents of the mind from taking different forms. One can achieve control, suppression or inhibition of the activities and modifications of the mind by constant practice of yoga and non-attachment.

Keywords: Consciousness, Upanishads, Bhagatgita, Patanjali Yoga Sustras.

Introduction

According to the International Health Organization definition of health is absolute physical, mental and social well-being. And it is not just the absence of disease or illness. In the 21st century, when science and technology are in full swing, man is losing his mental health due to extreme stress due to excessive chemicals, even if he is not great. Man is under pressure to control his mind while sending satellites to the planet Mars. While man is looking for a way to control his inner self that is able to control the external world with scientific knowledge.

Addressing the United Nations General Assembly, Indian Prime Minister Narendra Modi said, "Yoga is an incredible gift that ancient India has given to the world. Yoga is so useful for the physical, mental and social well-being of the world. The decision was announced by the United Nations on December 11,2014.

The emergence of yoga in this context, what is yoga? Let us try to understand in detail its basic principles, the qualifications required to practice yoga, the research going on around the world, especially the benefits and disadvantages of yoga and the role and responsibility that India has to play in this moment.

Origin of Yoga: Yoga has been a physical, mental and spiritual practice in India for over 6,000 years. The Pashupati (Shiva) mudras of the Indus Valley Civilization prove this point, based on the Upanishads, the Patanjali Yoga Sutras and the Bhavatgita.

What is Yoga?

The word yoga is derived from the Sanskrit root **yuj**. Use is a combination of what is meant by a combination with what is meant by the soul with the Supreme (a combination of body and mind in the secular sense).

Principles of Yoga

Although 6,000 years of historical evidence is available, it is now available to us. Patanjali Maharshi Patanjali Yoga Sutras codified in 196 Sutras in the 2nd century BC. Divided into four levels, Samadhi, Sadhana, Vibhuti and Kaivalyam, Kaivalyam Siddhi refers to the 8-limbed practice of Ashtanga Yoga for Siddhi.

1. **Yama** : Non-violence, truth, asceticism, celibacy and abstinence, which are related to social values.
2. **Niyama** : Chastity, happiness, penance, study and devotion to God are related to personal duties.
3. **Asana** : (**Yogasanas**: These are to achieve control over the body.
4. **Pranayama** : That is to achieve mental control through breathing.
5. **Pratyaharam** : Introversion of the mind through sensory restraint.
6. **Dharana** : Achieving concentration.
7. **Dyanam** : Introspection through endless concentration.
8. **Samadhi** : Achieving the highest state of consciousness. (This is what we call mastery)

These eight limbs are like stairs. Samadhi is not possible unless one practices one step starting with Yama. Although there are many types of yoga (eg: Bhakti Yoga, Karma Yoga, Jnana Yoga) it is called Raja Yoga as the king of yogas. Yoga tools like the ones in the world are somehow dependent on it.

What qualifies for accomplishment?

The first qualification required for the practice of universal yoga is to be born as a human being. This is what we all have. For this, Patanjali said that all people, irrespective of race, caste or gender, can accept it. The question of how and when to do it is best to do it in the evenings on an empty stomach.

(Instruction: Experienced gurus can get the best results if they practice yoga as per their instruction. Anyone can practice everything from reducing minor ailments to naming status.)

Ongoing research around the world

1. Many universities and institutes have been conducting experiments in Papacham for a long time and have come up with many valuable facts.
2. 95-97 percent of muscle movements have been shown to be possible due to sunscreens.
3. Pranayama purifies the nerves and cells in the body and DNA Research by AIMC (All India Medical Council) has shown that dynamism.
4. Research conducted by the Hindu University of Benares has found that practicing yoga dilates blood vessels, thereby reducing blood supply and reducing heart disease.
5. Research conducted by Deva Sanskriti State University in Haridwar states that long-term yoga practice can reduce the symptoms of aging.

Benefits of Yoga

1. Those that cannot jog outside in the face of increasing urban population and can do yogasanas on the veranda of the house or on the terrace to avoid getting polluted.
2. Physical health through yogasanas, peace of mind through pranayama.
3. Reduces stress.
4. Depression promotes self-improvement.
5. Controls high blood pressure.
6. Putting diabetes under control.
7. Reduces heart related diseases.
8. Good medicine for asthma.
9. Diamond in asanas reduces acidity.
10. Sasakasana eliminates liver problems. Tadasanam is useful for relieving back pain.
11. The mind is the leading cause of 75% of diseases in the world. The only way to do this is to control the mind. Pranayama can control the breath, control the breath with the mind, and control the thoughts with the mind.

Role of India in Yoga

India should set up a university to research yoga in the context of its global acceptance and explore its implications and benefits for global prosperity and opportunities for world peace.

Role of International Day of Yoga

The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014. The International Day of Yoga has been celebrated annually on 21 June since 2015.

He stated: Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.

Narendra Modi, UN General Assembly

International Day of Yoga - 2015: The first International Day of Yoga was observed around the world on 21 June 2015. The Ministry of AYUSH made the necessary arrangements in India. 35,985 people, including Narendra Modi and dignitaries from 84 nations, performed 21 asanas (yoga postures) for 35 minutes at Rajpath in New Delhi. The day was observed by millions across the world. NCC cadets entered the Limca Book of Records for the "largest yoga performance simultaneously by a single uniformed youth organisation" by performing at multiple venues.

The event at Rajpath established two Guinness World Records awarded to the Ministry of AYUSH, and received by the minister Shripad Yesso Naik. They were for the largest yoga class, of 35,985 people,^[4] and for the largest number of participating nationalities (84 nations). In San Francisco, 5,000 participants gathered in the Marina Green park to practice yoga.

International Day of Yoga - 2016: The ministry organized an event titled "The National Event of Mass Yoga Demonstration" at Chandigarh, which was to be attended by the Indian Prime Minister.

India's Permanent Mission to the UN organized celebrations at the United Nations on 20 and 21 June 2016. A special event titled "Conversation with Yoga Masters – Yoga for the achievement of the Sustainable Development Goals" was the centerpiece. Jaggi Vasudev was the main speaker at the event.



International Day of Yoga – 2017: In Lucknow, the Indian prime minister Narendra Modi participated in the event and practiced yoga along with 51,000 participants. Many business leaders in India also took part in the event. In New York, thousands of participants gathered to practice yoga on Times Square. Japan created a Parliamentary League for the promotion of yoga just prior to the event, in April 2017. In China, the largest gathering was 10,000 participants in the city of Wuxi. In Athens, the event took place on 25 June as part of the Greek Open Yoga Day and in Kyiv, the event happened on 18 June and gathered a few hundred participants. In Ireland, participants met in the round room of the City Hall in Dublin. The theme for 2017 was "Yoga for Health".

International Day of Yoga – 2018: The event in Dehradun was held at the Forest Research Institute. PM Modi led an estimated 50,000 volunteers to mark the fourth anniversary of International Yoga Day. The theme for 2018 was "Yoga for Peace". Over 100,000 people gathered at a yoga session in Kota, Rajasthan and performed yoga together, earning the city a Guinness World Record.

International Day of Yoga – 2019: 5th International Yoga Day was celebrated zealously in various parts of India. The main event was held in Ranchi and the Prime Minister of India, Mr. Narendra Modi led a crowd of over 40,000 people, who attended this event there. The theme of this year's event was "Yoga for Heart". At this event, the prime minister addressed the people of India, stressing upon the importance of Yoga for the overall health of body, mind, society, and even our climate, saying "Let our motto be - Yoga for peace, harmony, and progress". He also said that the government would be working to make Yoga a pillar of the 'preventive healthcare and wellness' system. Around 1000 participants, after a month long practice, gathered at Laxmi Vilas Palace of Vadodara, on 20 June 2019, to perform 108 sun salutations which began at 4:30 a.m. till 6:10 a.m. non-stop to celebrate the 5th International Yoga Day.

International Day of Yoga – 2020: The theme for the 2020 day is "Yoga at Home and Yoga with Family". The Ministry of AYUSH has launched the International Yoga Day (IDY) 2020 Theme-based campaign to make people do Yoga at home on 21st June amid the COVID-19 pandemic. The 'Yoga at Home, Yoga with Family' campaign has been launched in line with this year's theme of the Yoga Day, considering the lockdown guidelines, social distancing measures and restrictions imposed worldwide on movement of people. The International Yoga Day 2020 will be aimed at highlighting the stress-relieving and health-building aspects of Yoga. This year, the International Yoga Day comes when the world is dealing with a health emergency, novel Corona virus.

Conclusion

Although many countries in the world today practice yoga, they only understand that yoga means asanas. These only work for physical health. However, it may take some time for them to practice pranayama and meditation, which are essential for mental health. The true meaning and significance of yoga should be revealed to the world by the youth who have attained the age-old spirituality of India at this moment. Only then will yoga be able to prove itself to India as a work in progress for the world.

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