



योग व्रित्तंत

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E-mail : gcyeh_chd@nic.in

Editors

Ms. Sheeraj Kumari

Yoga Instructor
Govt. College of Yoga Education & Health, Chandigarh
E-mail : sheeraj.kumari@chd.nic.in

Ms. Sarghi Kohli

Yoga Instructor
Govt. College of Yoga Education & Health, Chandigarh
E-mail : sarghi.kohli@chd.nic.in

Ms. Rajwant Kaur

Yoga Instructor
Govt. College of Yoga Education & Health, Chandigarh
E-mail : rajwant.kaur@chd.nic.in

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Govt. College of Yoga Education & Health, Sec. 23, Chd.

Phone No.: 0172-2700378

Email: gcyehchandigarh@gmail.com

Website: www.gcyeh.edu.in

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From the Chief Editor's Desk

Dr. (Mrs.) Sapna Nanda

Principal, Govt. College of Yoga Education
& Health, Chandigarh

Dear Readers,

India is known for its great culture and traditions, which are famous not only in the country but around the world. These have given humanity new definitions and ways to live life in a productive way. One such practice is the age old science of Yoga which has been adopted as a way of life and accepted worldwide for providing an array of physiological and psychological health benefits.

The philosophy behind the ancient Indian practice of yoga has influenced various aspects of how societies function, whether it be in relation to areas such as health and medicine or education. Based on unifying the mind with the body and soul to allow for greater mental, spiritual and physical wellbeing, the values and practices of Yoga help individual build self realization, ease any suffering and lead them to a state of bliss.

In today's world where we see pain, stress, tension and various other social issues increasing adulterants in food, impure water and unclear minds, yoga provides an atmosphere for our brain to calm and helps to figure out best possible solutions. It opens the doors of human thinking abilities which not only helps to get better ideas but better approaches as well. This age old practice has proven to be beneficial for humanity and by following the values and practices laid down by this holistic science, we can bring the peace, happiness and contentment around the world.

Since this year we are celebrating Azadi Ka Amrit Mahotsav commemorating 75 years of glorious India, with half yearly newsletter we intend to acquaint our readers about the ancient cultural heritage of India - Yoga. We acknowledge the efforts and contributions of all in bringing out this publication.

Sapna Nanda



हमारी अमूल्य विरासत योग

डॉ. गुणनिधि शर्मा
योग एवं संस्कृत आचार्य
राजकीय योग शिक्षण एवं स्वास्थ्य महाविद्यालय
सेक्टर 23, चण्डीगढ़

समूची मनुष्यता के इतिहास को यदि खंगाला जाए तो हमें पता चलेगा कि भारत ने विश्व भर की शारीरिक, मानसिक तथा आत्मिक उन्नति के लिए बहुत महत्वपूर्ण भूमिका निभाई है। अन्य देशों तथा सभ्यताओं ने यदि मनुष्य जाति के लिए भौतिक सुख-सुविधाओं को जोड़ने का अभूतपूर्व प्रयास किया तो वहीं भारत ने आत्मिक उन्नति तथा अभ्युदय पर ध्यान केन्द्रित किया। और शायद यही भारत का सबसे बड़ा योगदान है। यह बात हमारे दिन- प्रतिदिन के अनुभव से सहज ही सिद्ध हो जाती है कि बाहरी चमक-दमक, सुख- सुविधाएं तथा भोग-ऐश्वर्य भी तभी आनन्द देते हैं जब मन में शान्ति हो। और जब बात आती है मन की शान्ति या आध्यात्मिक उन्नति की तो एक ही शब्द ध्यान में आता है- योग।

यह कोई संयोग या आकस्मिक घटना नहीं थी कि संयुक्त राष्ट्र परिषद में अंतरराष्ट्रीय योग दिवस मनाने का प्रस्ताव ध्वनिमत से पास कर दिया गया। यह हमारी प्राचीन सांस्कृतिक विरासत के प्रति विश्व की कृतज्ञता की अभिव्यक्ति थी। इसमें कोई सन्देह नहीं कि योग भारतीय संस्कृति का सार है। देश की सबसे बड़ी विरासत है। जिस प्रकार शरीर से आत्मा को भिन्न नहीं किया जा सकता उसी प्रकार भारतीय संस्कृति से भी योग को भिन्न नहीं किया जा सकता। ऐसा इसलिए कि चाहे मत, सम्प्रदाय, विचारधाराएं या दर्शन कोई भी हों परंतु अनुभव के द्वारा सीखने का मार्ग तो योग पर आधारित ही है। यदि अपने ध्येय से जुड़ ही नहीं पाएंगे तो सीखेंगे कैसे?

यदि योग को जान लिया तो जुड़ना सीख लिया। यदि स्वयं से जुड़ना सीख गए तो समस्त विश्व से जुड़ना भी सीख जाएंगे- यद् पिण्डे, तद् ब्रह्माण्डे। यही कारण है कि भारत के ऋषियों की योगमय दृष्टि ने "वसुधैव कुटुंबकम्"।। अर्थात् सारे विश्व को एक परिवार के समान माना।

हमारी यौगिक संस्कृति का मूल विश्व कल्याण है-
परोपकाराय फलनिति वृक्षाः परोपकाराय वहन्ति नद्यः ॥
परोपकाराय दुहन्ति गावः परोपकारार्थं मिर्दं शरीरम् ॥

अर्थात् जिस प्रकार वृक्ष, नदियां, गाएँ दूसरों की अलाई के लिए अपना सर्वस्व समर्पण करते हैं उसी प्रकार मनुष्य का शरीर भी परोपकार या सर्व कल्याण के लिए निर्मित है स्वार्थ के लिए नहीं।

इससे यह और भी आवश्यक हो जाता है की भारत की इस अमूल्य विरासत को अपने जीवन में उतारा जाए। आज जब सम्पूर्ण विश्व में युद्ध के बादल मंडरा रहे हैं। घृणा, द्वेष तथा दम्भ से छाती फुलाकर एक देश दूसरे देश को निगलने को तत्पर है, तो ऐसे में योग ही सुख, शान्ति, साझेदारी तथा अहिंसा पर आधारित एक सांझी वैश्विक संस्कृति की नींव रख सकता है। इसलिए समझना होगा की योग आज सिर्फ भारत ही नहीं अपितु सम्पूर्ण विश्व की सुरक्षा का एकमात्र सूत्र बन सकता है। ध्यान रहे- योग रहेगा, तभी विश्व रहेगा।



योगाभ्यास; भोग व मुक्ति का मूल मंत्र

डॉ. मोहिंदर कुमार
योग एवं दर्शन आचार्य
राजकीय योग शिक्षण एवं स्वास्थ्य महाविद्यालय
सेक्टर 23, चण्डीगढ़

पूरे विश्व में आधुनिक काल में मानव जाति द्वारा असीम भौतिक परिश्रम करते हुए, अनेकों असम्भव लगने वाले कार्यों को अंजाम देकर वैज्ञानिकता के परचम को बुलंद किया गया है। अनेकों संसारिक सुख सुविधाओं को उपलब्ध भी किया है। लेकिन भारतीय-सनातन-वैदिक- हिन्दू संस्कृति में इस प्रकार की भौतिकतावादी प्रगति को गौण माना गया है। इसलिये सबसे पुरातन ज्ञान विज्ञान के स्रोत वेद, वेदांत, उपनिषद व षट् दर्शनों सहित श्री मद्भगवद् गीता मानव जाति को अध्यात्म मार्ग की तरफ आकर्षित करती रही है।

आज की अनेकों भौतिक सुविधाएं भी मानव जाति को मानसिक व आत्मिक सुख शान्ति प्रदान करने में सफल नहीं हुई है। प्रत्येक मनुष्य के जन्म मरण की एक अपनी यात्रा चल रही होती है। इसलिए मानुष्य जीवन से जुड़े रहस्य तथा मन, बुद्धि, चित् व आत्मा सहित कर्मेन्द्रियों व ज्ञानेन्द्रियों के परारूप व क्षेत्र को समझे बिना समस्याओं का स्थाई समाधान भौतिक विकास से नहीं निकाला जा सकता।

अन्य आधुनिक मानवीय चिकित्सा पद्धतियों के साथ साथ आज भी अष्टांग-योग, हठयोग, ज्ञान योग व ध्यान योग सहित वैदिक विद्याओं का अनुसरण किया जा रहा है। कहना ठीक रहेगा कि आज मनुष्य अपने ही गलत जीवन पद्धति के कारण शारीरिक व मानसिक रोगों से घिर चुका है। अज्ञानता के कारण उत्पन्न गुस्सा, अहंकार, लोभ, लालच, द्वेष इत्यादि ने ठीक-गलत व करणीय-अकरणीय के भेद को खत्म कर दिया है। इस प्रकार सब तरफ से हताश मनुष्य का अपने मन, मस्तिष्क, शरीर व इन्द्रियों पर स्वयं का नियंत्रण नहीं रहता है। तरह तरह के रोग व व्याधि ग्रस्त को योगाभ्यास के शरणागत होना पड़ता है।

वेद, वेदान्त, उपनिषद, हठयोग, पतंजल योग, घेरंड संहिता, शिव संहिता, चरणदास कृत अष्टांग-योग इत्यादि मूल ग्रंथों के पठन पाठन के साथ साथ इन में वर्णित पद्धतियों का अनुसरण करके यथायोग, यथासम्भव व यथा सामर्थ्य अपने जीवन में यम, नियम, आसन, प्राणायाम, ध्यान, षट्कर्म, बंधों, मुद्राओं, मंत्र उच्चारण, वस्तु धारण, पथ्य अपथ्य आहार इत्यादि का पालन करने से स्वयं के साथ रहना सीख जाता है। योगाभ्यास से शारीरिक व मानसिक शुद्धि से मोक्ष प्राप्ति के लिए अध्यात्मिक मार्ग तो खुलता ही है। साथ ही संसारिक भोग हेतु सुबल के लिये रस, रक्त, मेद, अस्थि, मज्जा, शुक्र सहित आंतरिक क्रियाएं निर्बाधित होकर शरीर को अरोग्यता प्रदान करती है। जिससे ही हमारा व्यक्तिगत, परिवारिक व सामाजिक जीवन तो सफल हो पाता है, साथ में इस शरीर को धारण करने वाली शक्ति अर्थात् आत्मा का ज्ञान होकर इस भव सागर से पार पाता है।



Yoga and Health

Dr Kritika Bhanot

Ayurvedic Medical Officer

YOGA as we all know means 'YUJ' in sanskrit & it means joining. "Yujyate anena iti Yogah". YOGA has been confined to mere Asanas whereas the universal truth is joining of individual self with universal self. According to Maharishi Patanjali, Yoga is a conscious evolution of gaining control or mastery over the mind as key to all round development & growth in humans is Culturing of the mind. Bhagwad Gita has portrayed Yoga as power of creativity that makes the mind reach its subtler state." Yogah Karmasu Kaushlam" As we say that Health is state of being free from illness. WHO also defines it as a state of complete physical, mental, social and spiritual well being. We call it Swasthya in Sanskrit that indicates peace, comfort, satisfaction and that's healthy. Taittiriya Upanishad has presented a unique concept of five major layers of existence to attain healthy life.

ANNAMAYA KOSHA: Every one is nourished by Anna and every thing dissolves in Anna. This kosha consist of Panchmahabhuta and it depends on the food we consume.

PRANAMAYA KOSHA: Prana is the basic fabric of this universe therefore its uniform flow of Prana to the cell of Annamaya kosha keeps it alive.

MANOMAYA KOSHA : Mind which means collection of thoughts that respond to the sense organs. There is very

VIGYANMAYA KOSHA: This koshas guides us to do a thing or not. Only human beings have got this component (GYAN) to differentiate themselves from other species.

ANANDMAYA KOSHA: The knowledge of final universal truth is 'ANANDA' .It's the bliss layer of our existence devoid of emotions. A state of total silence of complete unanimity & perfect health. YOGA helps to achieve this healthiest state of bliss with balance of all KOSHAS leading to DIVINITY.

योग और व्यायाम

सोते-सोते तुम फट जाओगे

हो जाओगे स्वर्ग सिंघार

उठ ले मानव प्रातः की बेला में

कर ले थोड़ा योगा और व्यायाम ।

जीवन का है आधार योग

बहुत अनमोल इसकी तार

साग सब्जी खाने की है बारी

पिज्जा विज्जा सब बेकार

उठ ले मानव प्रातः की बेला में

कर ले थोड़ा योगा और व्यायाम ।

बिना स्वास्थ्य के मन बेकार

बिना स्वास्थ्य के धन बेकार

शरीर हो जाए ना आलू जैसा

बन जाओ ना रोगों के शिकार

दवाइयां हो जाएंगी, जीवन का आधार

उठ ले मानव प्रातः की बेला में

कर ले थोड़ा योगा और व्यायाम ॥

डॉली राज, बी. एड., योग 2



Yoga-Our Cultural Heritage

Ms Seema Pal

B.ed. Yoga 1st year

India is a sacred land of various cultures and respects every culture as they are There are thousands of culture that teach us how we can live happily in our life because everyone wants peace and health in their lives. Culture act as various strands of fibre that unites us in a beautiful piece of fabric by providing their own speciality.

In Indian culture more focus is laid on character building, stability and spiritual growth of a person in different levels, it can be physical, mental or social. Yoga is the oldest heritage of Indian culture which is well popular in every part of the world. It has become successful in showing its significance not only to India but all over the world. Yoga is the most practical way of living a healthy life with personal, spiritual and physical growth.

The philosophy behind ancient Indian practice of Yoga has influenced various aspects of how society in India Function in terms of health, medicines, education and art. Yoga is based on unifying the mind with body and soul to allow for greater mental, spiritual and physical wellbeing. The values of Yoga forms a major part of community's ethos.

Yoga is combination of series of poses, meditation, pranayama (Breathing Techniques) which can ultimately leads to self – actualization which can ease any suffering and leads us to attain Moksha.

Yoga is in everyday moment affecting our life. Yoga Teaches us how we can have better relationship with others which is the most attracting feature of Indian culture. Traditionally yoga was transmitted using Guru–Shishya model where the guru was the main custodian of associated knowledge and skills.

Today many things have changed our lifestyle, our values but yet the roof of yoga still keeps us together. It is now taught in schools, colleges and universities for developing us as sound and able personalities. While practising yoga everyone connects with that supreme consciousness is result of which connect with our self. This connection is always taught in ancient time. Thus, we can say that yoga has proven to be the most practical way of living which is given as a gift to us by our culture.



योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः ।

सर्वभूतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥

He who is equipped with Yoga, whose mind is pure, who has conquered the self, mastered the senses, whose Self has become the Self of all beings, though performing action, is not tainted.



GLIMPSES OF 2022



Commencing the New Year with Hawan Ceremony



Pledge Ceremony on Voters Day



Republic Day Celebration with Sh. Jagjit Singh, PCS, DHE, UT, Chandigarh



Celebration of 75 Crore Surya Namaskara Campaign



Women's Day Celebration with Ms Anita Pal & other distinguished women from varied fields



Mass Yoga Demonstration at Plaza Sec 17 as part of 'Azadi ka Amrit Mahotsav'.



7 Day NSS Camp Volunteers at Children Traffic Park



7th Annual Athletic Meet With Sh Tejdeep Singh Saini, PCS Director, Sports, UT



'YOGOTSAV' at Rock Garden with His Excellency Sh. Barwari Lal Purohit, Adminrator, Chd & Governor, Punjab



Book release by His Excellency Sh. Barwari Lal Purohit, Adminrator, Chd & Governor, Punjab authored by Dr Sapna Nanda



GLIMPSES OF 2022



Yoga Session with Ms Samaira Sandhu, Author and Actress



Workshop on 'SAVE SOIL' by Dr Mona Chopra, Isha Yoga Foundation



Educational trip headed by Dr Phadke & Dr Anjali, Professors, College of Ayurveda & Research centre, Pune



Talent Hunt Competition organised by All India Radio



39 Days to go countdown program for IYD with Sh Akhil Kumar & Sh, Vivek Vaibhav, Director, ROB



Runners up trophy bagged both in men & women general category at PU inter college tournament



Yoga Shivir at Rashtrapati Bhawan led by Swami Ramdev



Aahar Kranti Program by His Excellency Sh Banwari Lal Purohit, Administrator, UT & Governor Punjab



Felicitation for 75 crore Suryanamaskara project by Sh. Anil Vij, Health Minister, Haryana



Honour for being Official Witness for Guinness World Record at Rashtrapati Bhavan



Yoga - India's Cultural Heritage

Ms Kritika Batra

Alumni
Govt College of Yoga
Education and Health

From Kashmir to Kanyakumari, Gujarat to Arunachal Pradesh, India is a country rich in culture and heritage both tangible and intangible.

Worldwide as well, the essence of Indian culture can be found in the form of cuisines, traditions, clothing and artistic expressions in every other country. The Western World is now carrying out scientific researches on ancient Indian traditions and methods that have been a part of our heritage since the beginning of the very civilisation. The results of these researches have shocked the scientists and have made the people adopt our Indian culture.

For instance, various researches are being carried out in Western countries on "Om Chanting" and how it effects Human Physiology. The conclusions obtained are so phenomenal that it is now proven that "Om Chanting" can now help cure fatal diseases like cancer. And this very fact is mentioned in our ancient scriptures.

People worldwide are now adopting Indian ways of living that have been lost over the period of time. One of the most important and emerging part of Indian cultural heritage that is now being adopted across the world is YOGA. Cultural Heritage of any country is an expression of ways of living developed by a community and passed from one generation to another including values, customs, practices, places, etc. Yoga has been a way of living in India since time immemorial. It is something that connects each individual to one another and to the ultimate reality. The one who steps into the field of Yoga becomes familiar that everything is one. Through Yoga anyone can learn about India and its culture. In earlier times, and even today in some parts of India, people sit on the floor to have their meals in a cross- legged position that is basically an asana – sukhasana or ardha padamasana or even vajrasana. These asanas send signals to the brain to prepare the stomach for digestion. The toilets built in Indian style make the person sit in a particular asana known as Malasana that applies pressure on the abdomen and facilitates easy removal of waste (mala) from the body.

Ancient rishis or yogis used to perform a yogic technique called "basti" in fresh water bodies in order to clean their rectum. Nowadays this practice is widely being used in the Western Countries and is now called "enema". When suffering from digestive issues, People earlier used to fast for

2-3 days and their digestion would become normal without any medical facility. These days it is popularly known as intermittent fasting in countries outside India. The terms used in Yogic texts to explain the names of asanas, pranayamas or other spiritual terms are derived from Sanskrit. When one understands Sanskrit, he or she can easily understand Hindi. These languages then help the person understand Indian traditions and ways of living. The person understands Indian scriptures like Vedas, Puranas, Upanishads and even epic scriptures like Bhagavad Gita, etc. When one becomes familiar with the Indian scriptures, he or she can easily understand the roots of Yoga embedded into these priceless scriptures.

That is when the realisation comes that how deeply Yoga is engraved into our culture and heritage. India's diverse culture and proud heritage wouldn't have been the same if Yoga wasn't born here.

The one who truly understands and adopts Yoga as a way of living sees everything as one and agrees with the concept of Vasudhaiva Kutumbakam (वसुधैव कुटुम्बकम्) which means "the world is one family" and this is the true extract of Indian Culture .

Salient Features and Accomplishments

1. Key contributor in the successful completion of 75 Crore Surya Namaskar campaign in the tricity.
2. Successful completion of Research projects undertaken by the college in collaboration with SATYAM, Ministry of Science and Technology, Govt. Of India.
3. 7 day special NSS camp organized under Swachh Bharat and Jal Shakti Abhiyaan and as part of it Health and Yoga camp was organized at village Sarangpur.
4. Official witness to Guinness World Record for largest online photo album of Yogasana Poses
5. Mass Yoga Demonstration organized at Plaza, Sector 17 as part of the Iconic week celebration in pursuit of Azadi Ka Amrit Mahotsav.
6. Runners' up Trophy clinched in both men and women general category along with PUSC trophy for yoga under 'C' division in Panjab University Inter-College tournament. Overall Teams won 97 medals & 3 trophies making it a century of prizes.
7. Yogotsav, 2022' organised at Rock Garden graced with the presence of His Excellency, Sh Banwarilal Purohit, Governor of Punjab & Administrator of Chandigarh followed by Technical sessions and Cultural evening at Plaza, sec 17 Chandigarh.
8. Green house set up in the college for nurturing of medicinal plants.



योग - भारत की सभ्यता तथा संस्कृति

हरीश कुमार
विद्यार्थी
पी जी डी वाई टी

योग - योग एक ऐसा माध्यम है जिससे हम अपनी सभ्यता तथा संस्कृति को जान पाते हैं। यह हमारी पुरातन हिन्दू संस्कृति का प्रतीक है। योग में मात्र व्यायाम करना ही नहीं अपितु आसन, प्राणायाम, मुद्रा, बंध और आहार नियम का संयोजन है। जिससे हमारा तन, मन तथा आत्मा पवित्र हो जाती है और स्वस्थ शरीर तथा लम्बी आयु प्राप्त होती है।

योग का अर्थ - संस्कृत भाषा में योग का अर्थ "युज" से लिया गया है, जिसका शाब्दिक अर्थ 'जोड़ना' है। जोड़ने से अभिप्राय अपने मन तथा आत्मा को परमात्मा से जोड़ना है जो केवल योग के माध्यम से ही सकता है।

योग या उदय - वैसे तो योग का आरम्भ आदिनाथ, आदिगुरु, अर्धनारी ईश्वर श्री शिव शंकर जी से माना जाता है। उन्हें नटराज भी कहा जाता है तथा उन्हें योग की विभिन्न मुद्राओं में दर्शाया गया है। धार्मिक पुस्तकों के अनुसार आसनों सहित योग विद्या की खोज भी श्री शिव जी ने की थी।

योग और मोक्ष - प्रारम्भ में ऐसा माना जाता है 84,00,000 आसन थे। जोकि 84,00,000 लाख योनियों का प्रतिनिधित्व करते थे। प्रत्येक व्यक्ति को जन्म-मरण के चक्कर से मुक्त होने से पूर्व उनसे अवश्य गुजरना पड़ता था। ये आसन प्राणी की प्रारम्भिक अवस्था से मुक्त अवस्था तक के प्रगतिशील विकास का प्रतिनिधित्व करते थे। माना जाता है कि प्रत्येक व्यक्ति एक आसन को सिद्ध करके मोक्ष को प्राप्त होता था। विभिन्न मत्तों के अनुसार - योग मत्तों के अनुसार - योग समय - समय पर अलत्रग-अलूग सिद्ध, बुद्ध तथा महर्षि आते रहे जिन्होंने भक्ति कर स्वयं भी योग को जीवन का आधार बनाया तथा आने वाले समय में उनके शिष्य भी योग को पा कर मोक्ष को प्राप्त हुए।

« महर्षि पंतजलि के अनुसार :- योगश्चित्तवृत्तिनिरोधः ॥

* भगवद् गीता जी के अनुसार :- योगः कर्मथसुकोशलम्: ॥

* हठयोग के अनुसार :- स्थिरमसुखमः आसनम्: ॥

अन्य प्रकार के योग

1. कर्म योग 2. भक्ति योग 3. ज्ञान योग 4. हठ योग 5. नाद योग 6. लय योग 7. कुंडलिनी योग 8. मंत्र योग 9. राज योग 10. तंत्र योग सभी उपर्युक्त योग अपने- अपने समय में शिरोमय स्थान रखते हैं जैसे- जैसे समय बदलता गया वैसे-वैसे योग की अवस्थाएं बदलकर आसान होती चली गईं। आजकल के युग में जब व्यक्ति के पास समय कम है तो आज मोक्ष का एकमात्र साधन राजयोग बन गया है।

आधुनिक योग तथा आचार्य

1. श्री तिरुमलाई कृष्णाचार्या को आधुनिक काल का पिता माना जाता है। जिनकी मृत्यु 28 फरवरी 1989 को मद्रास में 100 वर्ष की आयु में हुई।
2. AY B.K.S अयनगर को भी योग की विधियों का खोजकर्ता माना जाता है, जिनका जन्म 14 दिसंबर 1918 को बैल्लूर में हुआ तथा मृत्यु 20 अगस्त 2014 पुणे, भारत में हुई। इनके द्वारा बताये गए आसनों तथा विधियों को अयंगर योग के नाम से जाना जाता है।

सारांश - योग केवल मात्र हिन्दु तथा भारतीय सभ्यता, संस्कृति का प्रतीक है तथा इसका जन्म आदिकाल में हुआ तथा शिव पंथ, नाथ पंथ, आर्य पंथ, सिख पंथ, जैन पंथ आदि द्वारा अपनाकर जीवन को सार्थक किया और मोक्ष की प्राप्ति संभव हो पायी।



Interesting Facts of Human Body

Ms Anupma Kaushal

Yoga Instructor cum Research Scholar
Govt College of Yoga
Education and Health

- 1) In one day, a human sheds 10 billion skin flakes. This amounts to approximately 2 kilograms in a year.
- 2) Every square inch of the human body has about 19 million skin cells.
- 3) Every hour, one billion cells in the body must be repeated.
- 4) The small Intestine in the human body is about 2 inches around of 22 feet long.
- 5) The human body has approximately 37,000 miles of capillaries.
- 6) The human body requires about 88 pounds of oxygen daily.
- 7) It is very common for babies in New Zealand to sleep on sheepskins to help them gain weight faster & retain their body heat.
- 8) The width of your arm spun stretched out is the length of your whole body.
- 9) The slowest growing finger nail is on the thumb nail and the fastest growing is the finger nail on the middle finger.
- 10) The human liver performs over 500 functions.
- 11) The feet have approximately 250, 0000 sweat glands.
- 12) The average ear grows 0.01 inches is length every year.
- 13) We use 200 muscles to move one step forward.
- 14) Approximately 85% of the human brain is made up of water.
- 15) The human tongue is the only muscle in the human body that is not attached at both ends.
- 16) We lose on average 40-100 strands of hair daily.
- 17) Our eyes have three different processing systems. One devoted to colour one that focuses on shape and one that interprets location & movement.
- 18) We have approximately 2 million tiny hairs in our inner ear.
- 19) When we cough we release an explosive charge of air that can travel upto 60 miles per hour.
- 20) The average sneeze can travel upto 200 feet.
- 21) Most people blink around 25 times a minute.
- 22) The hardest part of the human body is the enamel that covers the teeth.
- 23) We are born with 300 bones, once we reach adulthood we have 206 bones.
- 24) Around 15 million blood cells are produced & destroyed in the human body every second.
- 25) If your mouth was completely dry, you would not be able to distinguish the taste of anything.
- 26) A single human blood cells takes only 60 seconds to make a complete circuit of the body.
- 27) We exercise at least 30 muscles when we smile.
- 28) It is impossible to keep our eyes open while sneezing.
- 29) Every square inch of body is populated by about 32 million bacteria.
- 30) In one square inch hand we have 9 feet of blood vessels 600 pain sensors, 900 nerve endings, 36 heat sensors & 75 pressure sensors.
- 31) When we touch something, the signal travels through the nerves to our brain at a speed of 124mph.



Recipes And Ayurvedic Home Remedies

- What is the theme of International Day of Yoga 2022?
 - Yoga for well being
 - Yoga for all
 - Yoga for humanity
 - None of the above
- In 2019, which city hosted PM Narendra Modi's International Yoga celebration?
 - New Delhi, Rajpath
 - Ranchi, Jharkhand
 - Dehradun, Uttarakhand
 - Allahabad, U.P
- Which Chakra signifies the process of enlightenment?
 - 2nd
 - 4th
 - 5th
 - 7th
- What are Chakras?
 - Energy Centre
 - Prayer point
 - Karma
 - Lock
- Celebration of International yoga day in India is done by which ministry?
 - Ministry of Ayush
 - Ministry of civil aviation
 - Ministry of communication
 - Ministry of Human resource and development
- Karma Yoga is a branch of yoga based on the teaching of which text?
 - Asthavakra Samhita
 - Bhagwat Geeta
 - Hatha Yoga pradtika
 - Vedas
- What is the ultimate goal of Yoga?
 - Mahasamadhi
 - Savitarkasamadhi
 - Nirvitankasamadhi
 - None of the above
- What are Yamas?
 - Moral & Ethical Rules
 - The Holy Scriptures of Hinduism
 - Psychic powers
 - Rules of self discipline
- At which Chakra, the Union of Ida and Pingla Nadi take place?
 - Manipura
 - Anahata
 - Ajna
 - Vishudhi
- Which type of yoga focuses primarily on exercise and Physical techquines?
 - Hatha Yoga
 - Bhagti Yoga
 - Raja Yoga
 - Jnana Yoga

Shabnam
Student,
PGDYT

Ayush Qwath

Known as one of the best medicines to promote immunity in Ayurveda, Ayush Kwath Kadha is a healthy drink made of essential spices and immunity-boosting herbs (तुलसी, दालचीनी, शुंठी, काली मिर्च)

Ingredients

Tulsi (Ocimum sanctum)
Dalchini (Cinnamomum zeylanicum)
Sunthi (Zingiber officinale) and
Kali Mirch (Piper nigrum).



Benefits of Ayush Kwath

Helps boost immunity - Useful in cough, cold and sore throat - Beneficial for nasal, throat and respiratory health, Improves digestion

Method of Preparation

Add 3g (Half Tablespoonful) Ayush Kwath in 150 ml water Boil for 5 minutes and strain For better taste add Honey/Gud (Jaggery)/Draksha (Raisins) and/or lemon Juice as required

How to Increase Hemoglobin Naturally

Some home remedies

- Red Juice : Home made apple juice mixed with pomegranate juice and beet root juice plus carrot juice..one glass of red juice daily if taken helps to increase the haemoglobin level .
- Foods rich in Vitamin C and folic acid like green leafy vegetables like spinach (पालक) , Fenugreek leaves (मेथी) ,citrus fruits , kiwi fruit, broccoli , lentil soups, vegetable soups should be included in your diet.
- Asparagus (शतावर) and sesame seeds (til) are other good sources of iron.
Some herbs might also help to increase the formation of red blood cells. These herbs are:



- Amla contains iron and vitamin C (ascorbic acid) In ayurveda, Amla is a well-known anti-anemic herb and widely used alone or in the combination of other herbs to increase hemoglobin and treat anemia naturally.



- Ashwagandha

- Punarnava mandoor In Ayurveda, we have this wonderful preparation called (पुनर्नवा मंडूर) , which helps raise haemoglobin without causing diarrhoea or constipation. It contains trivrit (Operculina turpethum), which prevents constipation.