

INTERNATIONAL YOGA DAY

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CELEBRATED ANNUALLY SINCE 2015 ON JUNE 21ST, THE INTERNATIONAL DAY OF YOGA IS AN OFFICIAL OBSERVANCE DAY ESTABLISHED BY THE UNITED NATIONS IN DECEMBER OF 2014. THE PURPOSE OF THIS DAY IS TO PROMOTE YOGA AS A WAY TO NOT ONLY INCREASE PHYSICAL ACTIVITY BUT ALSO AS A WAY TO BALANCE PHYSICAL HEALTH AND MENTAL HEALTH. YOGA IMPROVES FITNESS, HELPS TO ALLEVIATE STRESS AND TEACH US HOW TO BREATHE CORRECTLY. THIS DAY IS ALSO A DAY TO THINK ABOUT MAKING HEALTHIER CHOICES IN YOUR LIFE.



HISTORY OF YOGA

YOGA GOES BACK THOUSANDS OF YEARS – EXACTLY HOW FAR NO ONE REALLY KNOWS. HOWEVER, IT IS KNOWN THAT THE WORD GOES ALL THE WAY BACK TO THE VEDAS (THE OLDEST EXAMPLES OF HINDU AND SANSKRIT LITERATURE), OR ABOUT 1500 BCE. THE WORD WAS ORIGINALLY USED TO REFER TO THE YOKES THAT WERE PLACED AROUND THE NECKS OF ANIMALS. IT'S BELIEVED THAT BECAUSE MANY OF THE VEDIC PRIESTS OF THE TIME SELF-DISCIPLINED THEMSELVES USING STRICT POSES THAT WOULD EVENTUALLY SERVE AS PRECURSORS TO THE YOGA POSES OF TODAY.



HOW CAN YOGA PROTECT US FROM COVID 19

YOGA IS A SCIENCE OF RIGHT
LIVING AND WORKS BEST WHEN
INTEGRATED IN OUR DAILY
ROUTINE. IT WORKS ON ALL
ASPECTS OF THE PERSON:
PHYSICAL OR MENTAL.

PRACTICING THE ASANAS,
BREATHING EXERCISES AND
MEDITATION MAKES YOU
HEALTHIER IN BODY AND MIND.

THANK YOU

