

International Yoga Day 2017

Yoga has come to us from ancient Vedic knowledge. It is scientific process of bringing body and mind together in complete tranquility and peace. Yoga, if practiced brings a balance and discipline to lead a life of harmony and pure joy.



*“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.”*

<https://youtu.be/T-hYvKqOSZA>



What is Yoga?

Derived from the Sanskrit word **yuj**, **Yoga** means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000-year-old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. The science of Yoga imbibes the complete essence of the Way of Life.

The United Nations has declared 21st June as International Day for Yoga and the Government of India has initiated it with Prime Minister himself becoming a role model. This year he visited Lucknow and despite the drizzle, he performed Yoga Asanas with the CM and the masses. A message goes to the whole country that to contribute to the Nation’s growth and development, every citizen needs to discipline himself/ herself and yoga is the most scientifically proven method to lead a sound and healthy mind and body. The benefits of Yoga are enormous, as through the asanas the inner organs of the body also exercise, which is unique.



Benefits of Yoga Mudras

<https://www.thoughtco.com/mudra-photo-gallery-4051990>

Apana Mudra (Mudra of Digestion)

<https://www.youtube.com/watch?v=CLVQfj1iOX4>



Steps:

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Benefits:

- It regulates diabetes
- It plays an important role in our health as it regulates the excretory system.
- It cures constipation and piles
- Nerves are purified..
- Improves function of various parts of abdomen..

- Removes blockage of urinary track and disorders of kidneys..
- Tooth disorders and pain are removed.
- Removes heat of the body which results in sweating.
- Heart becomes stronger.
- Disease related bronchial tubes are cured.
- Controls high blood pressure
- Cures insomnia..
- Pregnancy is delivered if it is regularly practiced for 8 months..
- Mainly effective areas are strengthening & cleaning parts of the body.
- Besides this, other effective areas are knee, thigh.
- Purifies the entire body, removes toxemia from the body.
- Cures vomiting.
- For healthy teeth use this mudra along with Akash mudra
- For eyes, nose, ears & mouth related problems, use this mudra along with pran mudra.



- Cures menstruation related problems, burning sensation of hand, heart, leg & urine.

Time Duration:

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Note: Do not worry if excess urination happens..

The Apana mudra has a grounding force to help you

connect with the earth's energies whenever you are feeling off balance or flighty.

How to form the Apana mudra: Tips of thumb, middle and ring finger are joined. Pinky and index fingers are extended.

Mudras are a silent language of self-expression used in Hindu and Buddhist teachings. Mudra hand gestures or poses are often used in yoga practice, meditation, and for healing purposes.

<http://www.stylecraze.com/articles/8-yoga-mudras-to-overcome-any-ailments/#ref>

Yoga is a scientific process of exercising, benefiting the internal organs immensely. Yoga Asana performed in the fresh morning air in the outdoors helps detoxifying the human system.

Have a healthy lifestyle, practice Yoga from simple Asanas to complex ones.

Best Regards

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