

Essay Topic - Yoga.

Yoga is an incredibly subtle and ever-evolving form of science which mainly focuses on the balance between the mind and the body. Basically, Yoga is a spiritual art. The main aim of the art of Yoga is to ensure a healthy life. Yoga involves all those factors that can help a person to stay healthy. Yoga helps a person in releasing stress and in staying positive.

Additionally, Yoga can also be used as a medication to cure several major diseases. Yogic practices eliminate both mental and physical problems, and deliver peace in people's life. This is the reason why Yoga is globally acceptable as a potential discipline.

Origin of Yoga -

Yoga was mainly originated in ancient India by the Indus-Sarasvati civilization over 5000 years ago. Yoga was introduced by Swami Vivekananda, who was an Indian Sage. He gave a demonstration of Yoga postures in the 1890's at a fair in Chicago. Patanjali is known as the father of Yoga, as he codified all the aspects of Yoga in one single format, and is called as the Yoga Sutras, which is a huge collection of 196 verses on Yoga. The word 'Yoga' is derived from a Sanskrit word 'Yuj' which means 'to unite'.

The word Yoga was first mentioned in Rig Veda, which is a huge collection of oldest sacred texts, songs, mantras and rituals which were used by the Vedic Priests.

Yoga is also termed as the union of mind, Heart, body, and soul of our lowest egos and higher selves. After the origination of Yoga till now, Yoga has gained massive popularity and India being the center of Yoga also became famous worldwide. International Day of Yoga is celebrated on 21st of June, where workshops of Yoga are being held across the world, and people are being told about the benefits of Yoga.

Advantages of Yoga

If one observes Yoga closely, it has several benefits and you will feel relieved once you practice it regularly. Practicing several postures and asanas involved in Yoga, and helps in strengthening our body in all kinds of aspects.

If a person practices Yoga on a regular basis, they are able to achieve a higher level of concentration which helps in keeping a balance between the mind and body. In

simpler words, a person is able to eliminate his anger and anxiety issues and can possess relief by the help of Yoga.

If you consistently perform Yoga, a certain sense of power and strength is being attained. No matter, whatever your age and religion is, Yoga is for all. Yoga is a gift to humanity by Hinduism. Yoga helps a person to become a patient ,calm, healthy and mentally happy,which are the most important factors to attain a happy life.

Conclusion

Binding up, Yoga can be considered as the best method to attain a long and healthy life. Everyone must practice Yoga as there are many benefits of it. Yoga gives a person a naturally healthy and happy life.