

International Day of Yoga 2023

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Why in News?

- **The Ayush Ministry** is organising the event with active support and cooperation of the state government of Rajasthan, local authorities and various institutions with an objective to boost **Medical Value Travel through Yoga**.
- This year, the Ministry of Ayush is also exploring the possibility of organising **Common Yoga Protocol (CYP)** demonstrations at important ports across globe covering all oceans and at all functional **Health and Wellness Centres (HWCs)** spread across the country and Ayush Gram in each state.

About Yoga:

- Yoga is the basic foundation of Indian culture which is the biggest medium of **self-development**.
- More than 50 centuries ago, yoga's journey as an ancient Indian science of healing and exercise started somewhere in the Indus-Sarasvati civilisation in northern India.
- **The word "yoga" means "to yoke or join"**. It means the "union", the ultimate union between our consciousness and the higher consciousness, which some call God or divine.
- The word also refers to the **union of body, mind and spirit**, which we can achieve through various practices and postures.

Benefits:

- Yoga exercises such as 'Bhastrika', 'Kapalbhati', 'Anulom Vilom' and 'Bhramari', among others can make both the body and mind healthy.
- Decreases the levels of cortisol, or the stress hormone in our body.
- Helps with insomnia, and improves digestion, both of which are impacted by stress.
- Eases depression, anxiety, and mood swings by restoring dopamine and serotonin in the brain.
- Specific yogic breathing techniques like Ujjayi breath and Bhramari breath help tone the vagus nerve.

Q1) What do you mean by AYUSH?

AYUSH is an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy and are the six Indian systems of medicine prevalent and practiced in India

Source: Yoga Mahotsav to mark 50 days countdown to International Day of Yoga begins in Jaipur; More than 15,000 people take part in event

Source: <https://vajiramandravi.com/current-affairs/international-day-of-yoga-2023/>

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