

YOGA FOR PEACE AND HARMONY

INTRODUCTION:

The term Peace is often used to mean a condition of the absence of open violence or war in all forms such as threat to life, social degradation, discrimination, oppression, exploitation, poverty, deprivation, injustice and so on. It is generally agreed that a culture of peace is an essential precondition for the all round development of human beings.

Peace and harmony is an ideal path. Peace and harmony is meant dealing with disputes and resolving conflicts fairly and properly with neutralization and middle way principles to further the welfare of each individual as well as the wellbeing of mankind as a whole.

The content of peace and harmony consists of the following six areas:

1. An international political order that embodies equality and mutual trust, maintaining security and justice jointly by political cooperation;
2. A world economy system that fully embodies balance and mutual benefit, eliminating discrepancy between rich and poor as well as regional imbalance;
3. A global cultural atmosphere that fully embodies diversity and integration, conducting dialogues and exchanges to consolidate and enhance friendship and dissolve historical prejudice;
4. A natural and ecological ethics that fully embodies coexistence and common prosperity, actively fulfilling the responsibility of improvement and resolving environmental crises by ecological protection;
5. Scientific and technological improvement that fully embodies human nature and humanity, prompting scientific and technological fruits to ultimately benefit the long-term welfare of mankind;
6. Spiritual and mental state that fully embodies health and morality, helping each individual obtain physical and mental serenity, harmony and happiness through traditional wisdom.

CONCLUSION:

Yoga can bring peace of mind and also nurture inner peace that can bring outer peace in family, in society and ultimately in the world. Yoga can bring Harmony as people do it together forming a group, coordinating with each other, understanding each other. Yoga is not a single group or religion. It's for all. Yoga is Yog. Don't treat as Mahabhiyog of rituals, customs and traditions.

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