

# YOGA FOR PEACE AND HARMONY

## ❖ Introduction

*Yoga is the ancient cultural and spiritual heritage of India. It has come down from the traditions of saints, seers, sages and Rishis for the individual, society, and the whole humanity. Yoga is the most glorious gift of INDIA to the world. Yoga was a divine gift revealed to the ancient sages so that mankind could have the opportunities to realize its divine nature. The word Yoga is derived from the Sanskrit word “yuj”-meaning to yoke, join or unite. The yoga makes one aware of his own true nature: who am I? And with this awareness the whole world change.*

*“Yoga exercises are the best tools for unity,  
human  
dignity, health, equality, global peace and  
compassion.”  
— Amit Ray.*

## ❖ Role of Yoga in Personal Transformation

*Yoga employs a broader holistic approach that focuses on teaching people a new lifestyle, a new way of thinking and way of being in the world. The role of Yoga for healthy and happy living has been recognized even by scientists all over the world. Yoga establishes harmony between mind, body and spirit.*



- *Yoga is for the whole world and humanity*

*Yoga works on one's body, mind and soul. Therefore, it is known as the global art. When our body, mind and soul are healthy and harmonious, we will bring health and harmony to the world-not by withdrawing from the world but by being a healthy living organ of the body of humanity. Therefore, yoga is for the whole world and humanity. Yoga and spirituality having potentials for global transformation can play a pivotal role in making the individual, family, society, nation and the world more civilized, sophisticated and enlightened. It should not degenerate into something barbaric or monstrous, but should endorse moral values and ethics, in order that the world we live in could be transformed into a better place.*