

Embassy of India, Belgrade is organising the 10th International Day of Yoga on 22nd June, 2024 at Kalemegdan Fortress (under Victor Monument), Belgrade from 08:30 to 09:30 AM. All are cordially invited to attend this event.

About Yoga

Yoga is an art and science of healthy living, which focuses on bringing harmony between mind and body. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Yoga is also commonly understood as a therapy or exercise system for health and fitness. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture.

Yogic Practices for Health and Wellness: The widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi /Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, etc. Yama's are restraints and Niyama's are observances. These are considered to be pre-requisites for the Yoga Sadhanas (Practices). Asanas, capable of bringing about stability of body and mind 'kuryat-tad-asanam-sthairyam...', consists in adopting various body (psycho-physical) patterns, giving ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length and period of time as well.



Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large. Yoga education is 'Being oriented'. Details of working with 'being oriented' aspect have been outlined in various living traditions and texts and the method contributing to this important field is known as 'Yoga'.

Now-a-days, millions and millions of people across the globe have benefited by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day. This is the legacy of India.

Sources : MEA website