

## Unit III Philosophy of yoga (Semester IV)

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- Meaning of Yoga
- Yoga as a way of Healthy <sup>and</sup>  
Integrated living
- characteristics of the practitioners of Yoga
- Utility of Yoga in different contexts  
(Exercise: - Meditation, Pranayam)

by:

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## Characteristics of the practitioners of yoga.

- Characteristics of the practitioners of yoga is.
- Increased flexibility.
  - Increased muscle strength and tone.
  - Improved respiration, energy and vitality.
  - maintaining a balanced metabolism.
  - weight reduction.
  - improved athletic performance.
  - protection from injury.

Characteristics of yoga practitioners motivators and yoga techniques of choice. The study of yoga most common reason to practice yoga for all respondents is physical fitness. Yoga has multiple and diverse benefits. June 21<sup>st</sup> was declared the International Day of Yoga by the United Nations General Assembly, following a resolution from the Government of India.

This declaration was based on the holistic approach to health and well-being through yoga. Hence, the declaration aimed to disseminate information about the overall benefits of yoga, for health. The practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.