

Unity In Diversity Through Yoga: An Endeavor To Unite Global

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Abstract

Yoga is a physical, mental, and spiritual discipline that originated in India. It is now performed in various forms all around the world and is growing in popularity. International Yoga Day (or Yoga Day) is observed every year on the 21st of June. UNESCO declared Yoga as an intangible cultural heritage of India. Yoga as holistic term holds the cultural world in a new practice that is physical, mental, and psychological to the people.

Keywords

Yoga, Unity and diversity, dimensions of yoga, culture.

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Introduction

Whenever we hear the word “Yoga” it comes to our mind, spiritual aspects but in actual sense, it is multidimensional aspects that are combinations of spiritual, mental, and physical. it is the union of us with divine. It yoked our physical and mental power to the supreme divine. yoga had its root in ancient times. it is one of six schools of thought. sage Patanjali defined it in his magnum opus “Yoga Sutra” containing about 196 sutras and it has also four chapters namely Samadhi, Vibhuti, Sadhana, and Kaivalya.

Bestowed to Humankind

Etymologically yoga has its origin in the Sanskrit word ‘yuj’ which means to unite or union. Since it is a Sanskrit word it belongs to the Vedic period and It joints our mind and soul to submit to ultimate power.

yoga works by the union of individual consciousness with universal consciousness which means a perfect harmony between mind, soul, body, and man with nature. the very objective of yoga is self-realization and to yoke all kinds of hardships leading to have state of Moksha or divine freedom and also living with all aspects of life, health, and universal harmony when we achieve kaivalya or freedom.

Types of Yoga

Yoga has many types but well-accepted types are of nine forms. these forms are as follows as

1. Gyan Yoga: - also known as Gyan Marga i.e., getting true knowledge of oneself. Gyan yoga asks ‘Who Am I’ and ‘How Am I related to the world as a whole.’
2. Bhakti Yoga: - Bhakti Marga that is focussed on loving devotion to God such as singing, chanting, dancing, etc.
3. Karma Yoga: - Path of action
4. Hath Yoga: -Includes the use of body, mind, and breath. it usually involves yogic asana and meditation.
5. Laya Yoga: -Dissolves oneself with the supreme body leading to a state of samadhi.
6. Mantra Yoga: -Uses mantras to awaken the self and deepen the meditation aspects of yogic practice.
7. Yantra Yoga: - Yantra yoga is used to worship idols in temples.
8. Tantra Yoga: - Connecting with our energy to achieve a deep understanding of ourselves.
9. Ashtanga Yoga: - Path of self-discipline.

Yoga and International Acknowledgment

International Yoga Day was declared by the UN General Assembly on 11th December 2014. The day of 21st June was suggested by the Indian Prime Minister Narendra Modi in his address to the UN because it is the longest day of the year. The day also has special relevance in several different parts of the globe.

Indian diplomatic missions, the Ministry of External Affairs, and the Prime Minister of India himself have ramped up their social media diplomacy on yoga. Yoga is seen as one of the best examples of soft power.

Dimensions of Yoga



Figure 1

Yoga has various dimensions and strict a unidimensional stream. many streams unite to become a multidimensional form of yoga

Cultural, Health, Therapeutic, Social, Educational, and Research are such dimensions to create a holistic subject

For example, cultural forms are heritage, fine arts, literature, and daily life.

Figure 1 depicts a systemic way for lucid understanding.

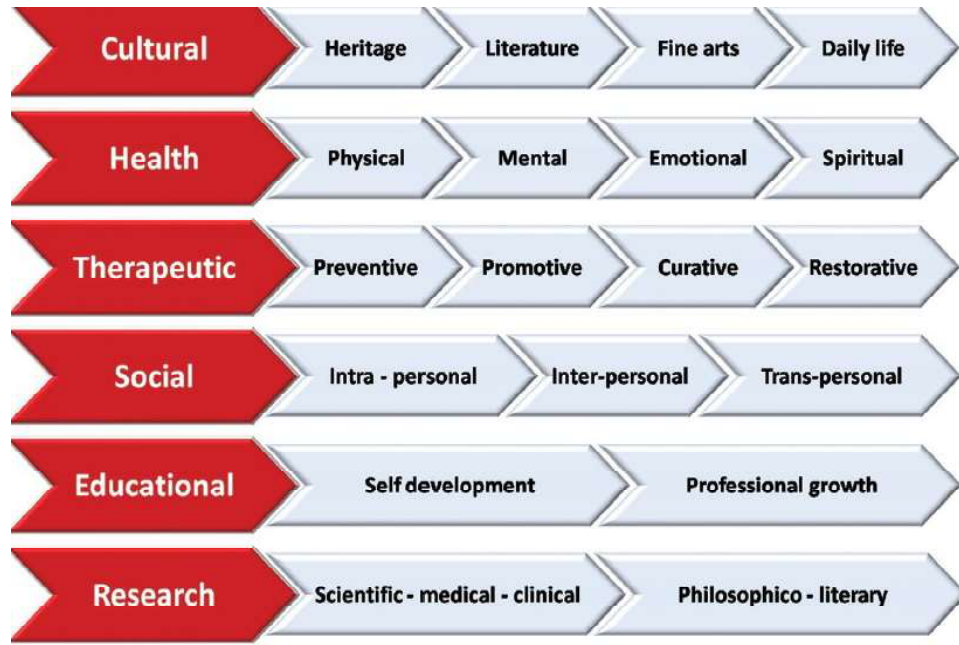


Figure 2

Cultural Dimension of Yoga

Yoga is the cultural heritage of India and the great Indian tradition is the source of Yoga. These physical and spiritual elements of yoga deliver us a kind of affection and its sue generis taste of bliss that cut across humanity and spirituality. since ancient times we have been the torch bearer of this treasure. These include vast literature of Vedas, Brahmanas', Aryankas', Upanishads, and classical texts such as the Yoga Sutras, and Hatha Yoga texts.

Health Dimension of Yoga

Yoga is not limited to spirituality but a continuum of physical and mental health experiences. yoga for health is a unidirectional movement. many studies say that even just a few minutes of yoga a week will make us physically and mentally happier than before and other physical benefits such as low blood pressure, and better sleep at night.

According to the National Institute of Health, yoga helps with musculoskeletal back, and torso pain and for a healthy cardiovascular system.

Yoga improves all aspects of our health such as physical, mental, emotional, social, and spiritual components.

Therapeutic Dimensions of Yoga

This dimension helps our body to relax and feels better for example it can be used in patients with active illness or to treat the disease itself as preventive and palliative care. It helps in a whole way such as promotive, curative, and restorative therapy for all kinds of symptoms and behaviour.

Social Dimensions of Yoga

There are numerous ways in Yoga that help us to provide the inner satisfaction that ultimately leads us to self and spiritual realization. Amid its physical and spiritual dimensions, it also creates a harmonious relationship with various social components. Yoga helps us to cultivate the prerequisite to healthy and hearty things for proper interpersonal relationships. Likewise, yoga cultivates love, compassion, empathy, harmony, peace, gratitude, and responsibility in human nature. Some of the pertinent examples of how yoga aids in the uplifting of social life include:

1. Vasudhaiva Kutumbakam: The world is one family.
2. Jiva Karunya: The act of non-killing and not taking flesh.
3. Pratipaksha Bhavanam: Being contradictory to negative attitudes.
4. Karma Yoga: Doing action expecting nothing at all.

Educational Dimensions of Yoga

The educational dimension of Yoga includes various short and long-term courses that enable the learner to self-development. The courses are run worldwide in various yoga institutes. Some of the popular courses include stress management, happiness development, the balance sheet of life, personality development, efficiency development, and increased self-efficiency. Likewise, certificates are provided as a prerequisite. The courses like PG diploma courses and Master's are offered by many prominent universities.

Research Dimensions of Yoga

Various studies have been carried out in the domain of Yoga. These studies include psycho and physiological studies and biochemical studies. The research dimensions of yoga are not limited to such things only. It also includes Clinical studies, Philosophical and Literary studies, and many other studies which are offering knowledge to humankind through various publications in national and international journals. All in all, yoga is such a powerful tool to change a person or a group of people from I-centric i.e., being a selfish person to a

The we-centric person or unselfish person.

Combined Effects of All Dimensions of Yoga to Unity in Diversity

At that level of the Divine Source, we are all one, we are all equal, and we are all, in fact, the same. Yoga is a great equalizer.

This is the main way that Yoga can promote inclusiveness, diversity, and positivity. Yoga comes out of a positive philosophy that begins with the idea that we are already whole. The true heart of yoga is about bringing unity to the whole self by connecting mind and spirit with the body.

In modern days all realms of unity and diversity such as racial, religious, linguistic, cultural and caste, etc. needed some sort of peace and kindness which can be achieved by embracing Yoga into the daily life of humans.

Various dimensions provided by Yoga can be suitable for every type of diverse world.

Conclusion

Today the world is fast and growing in nature and that kind of speed of life and hectic work environment had made life inanimate. every corner of society needs some aid in form of physical, mental, and psychological which is best fulfilled by Yoga holistically. by providing a diverse solution to the people Yoga provides the equilibrium to modern scientific lines with the traditional way of life which hails Yoga.

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