



## Digital Resources of Yoga for Healthy Life

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### Abstract

The research was conducted to explore the digital resources associated with yoga for a healthy lifestyle. The investigator has aimed to provide a brief overview of the history of yoga. Additionally, the themes of the International Day of Yoga are discussed to emphasize the global significance of yoga. The study also includes a review of literature that highlights the benefits of practicing yoga. In this 21st century, learning has become much more accessible due to the availability of digital tools, which can be easily utilized through smartphones. This research will assist readers in understanding the various digital resources outlined in the paper and enable them to incorporate yoga into their daily routines.

**Keywords:** Yoga, healthy life, digital resources.

### Introduction

Yoga is a spiritual practice aimed at achieving a harmonious balance between the mind and body. The primary objective of Yoga is Self-realization, which helps to alleviate various forms of suffering and leads to a state of liberation. In yogic tradition, Shiva is considered as the first yogi, or Adiyogi, who shared his deep wisdom with the legendary Saptarishis. These sages disseminated this profound yogic knowledge throughout the world, but it was in India where the yogic system truly flourished. Agastya, one of the Saptarishis who journeyed across the subcontinent of India, developed this culture centered around a fundamental yogic lifestyle. Although Yoga was practiced before the Vedic era, the notable Sage Maharshi Patanjali organized and codified the pre-existing Yoga practices, along with their meanings and associated knowledge, in his influential Yoga Sutras. The main and important sources are the Upanishads, Vedas, Smritis, teachings from Jainism and Buddhism, works of Panini, as well as Epics and Puranas. The Patanjali's Yoga Sutras encompass various aspects of yoga, they are predominantly recognized for outlining the eightfold path of Yoga. The most common Yoga Practices include Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

Yoga operates on the levels of the body, mind, emotions, and energy. This gives rise to four main types of Yoga which are karma yoga, bhakti yoga, gyana yoga and kriya yoga.

Acknowledging that yoga offers a comprehensive approach to health and well-being, on 11<sup>th</sup> December 2014, the United Nations General Assembly adopted a resolution to declare the International Day of Yoga on 21<sup>st</sup> June of every year. Keeping in mind the significance of yoga, themes have been

introduced for each International Day of Yoga from 2015 onwards, clearly illustrating that yoga is an essential part of life and the only solution to various forms of human suffering. The different themes for each year are listed below:

2015: Yoga for Harmony and Peace

2016: Yoga for the achievement of (SDG's) Sustainable Development Goals.

2017: Yoga for Health

2018: Yoga for Peace

2019: Yoga for Heart

2020: Yoga at Home and Yoga with Family

2021: Yoga for Wellness

2022: Yoga for Humanity

2023: Yoga for Vasudhaiva Kutumbakam

2024: Yoga for Self and Society

In today's fast-paced world, individuals encounter a multiple of stressful situations, often disrupting their balance. The challenges facing contemporary society, especially the youth, include unhealthy lifestyles, addiction to alcohol, tobacco, drugs, and substance abuse, a lack of patriotism and nationalism, a culture of divorce, workaholicism, materialism, gambling, and the prevalence of corruption, as well as gun culture manifesting in schools, colleges, and universities (B. R.). Yoga has emerged as a vital component of the healthcare system, promoting individuals' well-being by fostering a proper lifestyle, dietary habits, sleep routines, and incorporating yogic practices (Kumar and Singh). Yoga plays a beneficial role in boosting the body's immune defense, aiding individuals in maintaining their health (Kumar and Singh). Research indicates that yoga significantly benefits the management of various conditions, including hypertension,

breast cancer, migraines, joint issues, premenstrual and postmenstrual disorders, anxiety, degenerative diseases, bronchitis, depression, and asthma, among others (B. R.). The philosophy and practices of yoga are highly applicable to modern life and play a crucial role in disease prevention and health promotion through a sustainable approach. The philosophy and practices of yoga are highly applicable to modern life and play a crucial role in disease prevention and health promotion through a sustainable approach.

Yoga nurtures the brain, and within the brain are stored all our past experiences, conflicts, dualities, issues, and concerns. Additionally, the brain is filled with instinctual responses that manifest in our daily lives, leading to feelings of hatred, anger, jealousy, frustration, and other negative characteristics. Through the practice of yoga, the brain can transform into a state of peace, balance, and love. It becomes abundant with love, beauty, creativity, energy, joy, and numerous other positive qualities. Through continuous practice of yoga, we get liberated from distractions, anxiety, stress, issues, and suffering. (Kamal)

### Digital Resources

- **Swayam Courses:** SWAYAM is a program launched by the Government of India, aiming to fulfill the essential principles of the Education Policy: equity, access, and quality. Its goal is to make available high-quality teaching-learning resources to all. SWAYAM serves as a platform that enables the hosting of all courses taught in classrooms, ranging from Class 9 to postgraduate levels, allowing anyone to access them at any time and from any location. All courses are engaging, developed by leading educators in the country, and are offered free of cost to all learners. In Table 01, approximately 13 courses that are offered on the SWAYAM portal are listed.

**Table 1:** Swayam Courses on Yoga

Sr. No.	Course Name	Institute	No. of weeks
1	Physical Activity(Yoga)	AICTE	Self-Paced
2	Vocational : Yoga Teacher's Training	NIOS	24
3	Yoga Volunteers for Hypertension/Heart Disease Part 2	AICTE	16
4	Yoga Volunteers for Palliative Care- Part 2	AICTE	16
5	Yoga and Positive Psychology for Managing Career and Life	NPTEL	08
6	Yoga for Anger Management	AICTE	16
7	Yoga for Concentration	AICTE	16
8	Yoga for Ego Management	AICTE	16
9	Yoga for Eye Sight Improvement	AICTE	16
10	Yoga for IQ Development	AICTE	16
11	Yoga for Memory Development	AICTE	16
12	Yoga for Physical Stamina	AICTE	16
13	Yoga for Stress Management	AICTE	16

### • Initiatives through Mobile Apps

**Namaste-Yoga App:** "The Namaste Yoga App" is created to meet all of our Yoga requirements, making Yoga information, events, and classes easily accessible. This app offers awareness clips featuring celebrities, yoga videos, news related to yoga, and other relevant information. The short video clips of celebrities like Amitabh Bachchan, Hema

Malini, Shilpa Shetty, Anushka Sharma, Akshay Kumar, Virat Kohli, Asha Bhosle, and others are available on the app. The yoga videos include CYP Asanas, Yoga for Me, Surya Namaskar, and the Common Yoga Protocol.

**Y-Break App:** The Yoga Break (Y Break) protocol was created to assist professionals in reducing stress, rejuvenating, and regaining focus. It includes a handful of light exercises that can be performed during a brief pause from work. The protocol features several straightforward yoga practices, encompassing asana, pranayam, and meditation. Esteemed specialists have meticulously designed it, and it has been validated as an effective protocol.

**Sadhguru-Yoga & Meditation:** Sadhguru App is a digital platform designed for individuals interested in exploring Yoga and meditation practices. It provides an array of resources to help users manage stress, improve well-being, and foster a deeper understanding of spirituality. The app includes a range of Yoga and meditation practices tailored for different levels of experience. It also features daily motivational quotes from Sadhguru, providing users with insights and inspiration to start their day on a positive note. Moreover, users can stay informed through the latest articles, podcasts, and videos that cover a wide range of topics, including spirituality, relationships, health, and fitness. The Inner Engineering Online program is another significant offering within the app. The library of chants and music by Sounds of Isha is readily accessible within the app, offering a diverse range of auditory experiences. Infinity Meditation is another offering, designed to create stability and balance within one's energies. Users can choose from four distinct guided meditations focusing on love, health, peace, and success, enabling them to tailor their meditative practice to their personal aspirations.

**Art of Living: Meditation, Yoga-Guided** by Sri Sri Ravi Shankar, this app is designed to help with stress relief, anxiety reduction, and overall well-being. Mindful meditation and yoga practices let you calm down and find peace during life's challenging moments. Life can be tough, but the Art of Living App is here to guide through stress with guided meditation, breathing exercises, spiritual chants, and yoga routines. App helps for well and better sleep. The Morning Meditations boots mood at early morning. It helps to release tensions, manage anxiety and emotions during difficult times. Meditations are designed to boost mood, relieve stress, enhance focus and cope with life's challenges.

- **Common Yoga Protocol and Social Media Platform:** Videos of Common Yoga Protocol-2024, are uploaded on youtube in 21 languages like Hindi, English, Manipuri, Kannada, Sanskrit, Marathi, Malayalam, Balgaovi, Bengali, Kashmir, Tamil, Urdu, Telugu, Assamese, Panjabi, Oriya, Gujarati, Nepali, Sindhi, Santali, Konkani, Dogri, Bodo and Maithili. Common Yoga Protocol leaflet has been prepared in consultation with leading Yoga experts and heads of the eminent Yoga Institutions of India. This is a very good initiative to create general awareness among people and community to get harmony & peace through Yoga. Ministry of Ayush have taken many initiatives to popularize yoga through online platform. Yoga is promoted through its yoga portal, You Tube Channel, Face Book Pages, Twitter and Instagram. Moraji Desai National Institute of yoga have also taken initiative to promote yoga through there social media platform.

- **E-publications and YouTube:** Ayush portal have popularized yoga through publication of online Journal, research and IEC material which can help an individual to understand the importance of yoga and its effective uses to solve all types of health problems. YouTube is the best platform to get videos on all types of yoga. Video from Patanjali, Brahmakumari, Art of living and many other associations are available. Also many actresses have also shared video of yoga through proper procedure.

## Conclusion

In today's busy world, where people struggle with various health issues due to fast lifestyles and stress, yoga provides a holistic approach to maintaining balance between body and mind. Regular practice of yoga increases flexibility, boosts immunity, and helps achieve mental clarity, making it a valuable part of daily life. With technological advancements, learning yoga has become easier through digital resources such as online videos, apps, and virtual classes. These platforms provide access to different yoga techniques and allow individuals to learn at their convenience. However, while digital resources are helpful, it is crucial to first learn yoga under the guidance of a trained instructor in a physical setting. Once the basics are mastered under expert supervision, digital resources can be used to explore advanced techniques and refine skills.

In conclusion, yoga should be a part of everyone's life, and the best way to learn it is through physical instruction first. After gaining foundational knowledge, digital resources can be used effectively to deepen one's understanding and knowledge.

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