



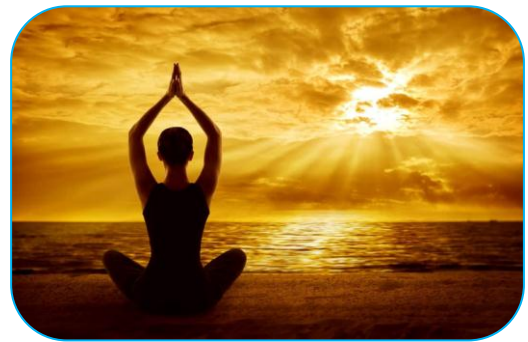
YOGA: AN INTEGRAL PART OF INDIAN CULTURAL HERITAGE

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ABSTRACT :

Yoga, which originates from India, is a comprehensive approach to human well-being that takes into account all aspects of human existence, including the physical, emotional, moral, mental, intellectual, and spiritual elements. This practice, which has its origins in the Vedic and Upanishadic traditions, promotes human progress and greater cosmic connectedness. The transcendental aspect of yoga extends beyond the realm of sensory experience and the material sciences, fostering a dual-level progression that goes beyond the conventional knowledge brought about by scientific research. It promotes self-awareness, ethical living, personal discipline, and the mastery of vital energies, with the goal of creating clarity, resiliency, and spiritual development.



KEYWORDS : *yoga, origine, human, well-being, culture, heritage.*

INTRODUCTION

A significant amount of cultural history may be found in ancient India, notably in the philosophy and technique of yoga. The practice of yoga is regarded as the first being to expose its lessons since it is seen as an external conceptual science that contributes to the process of evolution. Both the Mahabharata and the Bhagavadgita make reference to yoga as something that is external, implying that even gods would be unable to attain their divinity without having knowledge of it. There are over one hundred different definitions of yoga that are related with new schools of yoga, which makes yoga a part of the cultural life that occurs inside India (Basu; 2024).

Yoga is described in the Rigveda as a means of communication between the subject and the object, as well as between the microcosm and the macrocosm. It is also described as a means of approaching the deities. There is a widespread belief that once one gets in contact with the power of the cosmos, there is nothing that cannot be accomplished. As a result of the fact that this process is beyond the capabilities of the senses and the conscious mind, yoga is considered to be a holy and private kind of conceptual science (Srinivasan, 2015).

Some individuals have the perception that yoga is beyond the ordinary, metaphysical, magical, or mystical. On the other hand, if one were to project philosophy and technology onto the world, yoga may be utilized in a way that would be of immense value to humanity. The practice of yoga recognizes that evolution occurs on two levels, impacting both material and non-material aspects of existence. This discrepancy is not acceptable to material scientists since it is outside their conscious cognition and the instruments that they use to study phenomena (Dhankar and Sharma; 2023).

There is a lot of disagreement among people regarding spirituality; some people believe in it, while others do not believe in it. No particular solution has been accepted by all parties involved, despite the fact that various attempts have been made to meet human needs and challenges. In the end, the knowledge and skill that Yoga possesses may assist us in navigating the complexities of our environment and locating answers to the challenges that we face (Abu-Raiya and Pargament; 2016).

There is a common perception that science and technology are both creative and destructive. They are unable to reach the inner man and treat his wants and issues at the symptomatic level. This results in issues such as the creation of food but not digestion, as well as fear leading to liberation but not freedom. It is the belief of yoga, on the other hand, that the issues that man faces are man's own, and that anything that is done for him outside of himself is an example of artificial conditioning. The functions of the mind require discipline, as expressed by Pathanjali, who is considered to be the founder of both the concept and technique of yoga.

At the existential level, the demands and challenges of man are related to the body, healthy living, and the possibility of living a long life. On the other hand, these are interconnected and depending on a variety of aspects, such as one's emotional, moral, mental, intellectual, and spiritual life. An integrated approach to man, considering him as a body-mind complex, is what yoga refers to as an integrated approach (Heidenreich et.al.; 2021).

In yoga, education is achieved by gaining an understanding of one's true reasons and ideals. Yoga then employs this knowledge to strengthen one's attitudes and patterns of conduct. Moreover, it provides universal standards of behavior in both personal and societal contexts, as well as the acceptance of yoga-related attitudes. In addition to instructions on how to manage bio-energy and concentrate the mind, the recipe for good health and longevity is presented here. As soon as the foundation is laid, activities become virtuous and unselfish (Hagen and Hagen; 2024).

The conceptual science of yoga necessitates the utilization of contemporary methodologies, instructional methods, experimental procedures, and scientific assessment. The organization of yoga practitioners is the one that is accountable for the formulation of norms and criteria for the promotion and promotion of yoga (Woodyard; 2011).

CONCLUSION

One of the most important tools in today's culture for treating the physical, emotional, intellectual, and spiritual requirements of individuals is yoga, which is both an old science and philosophy (Bhide et.al.; 2023). It places an emphasis on cultivating self-awareness, inner change, and the synchronization of the mind and body. As a means of achieving personal emancipation and well-being, it encourages self-discipline, ethical conduct, and mental clarity. Yoga is a bridge between tradition and contemporary, giving answers that are both practical and effective in a society that is filled with stress, technology, and existential issues. Increasing its accessibility may be accomplished by incorporating it into educational and medical settings, as well as scientific research. In order to guarantee that it will continue to expand, there is a requirement for the establishment of systematic techniques, standards, and collaborative efforts between educators and practitioners.

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