

JSS COLLEGE OF ARTS, COMMERCE & SCIENCE

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Report on Yoga 2021-22


Numerous scientific studies support the positive impact of yoga on physical and mental health. It has been shown to reduce stress, anxiety, and depression, while improving overall well-being. Additionally, yoga has been integrated into various therapeutic interventions for conditions such as chronic pain, cardiovascular diseases, and mental health disorders.

Yoga is deeply rooted in Indian philosophy, particularly in the schools of Samkhya and Vedanta. The core principles include:

1. **Yamas and Niyamas:** Ethical guidelines that govern social and personal conduct, fostering a harmonious and balanced life.
2. **Asanas:** Physical postures that promote strength, flexibility, and balance, preparing the body for meditation.
3. **Pranayama:** Breath control techniques that enhance vitality and connect the breath with the mind.
4. **Pratyahara:** Withdrawal of the senses, allowing the practitioner to turn inward and focus on the mind.
5. **Dharana, Dhyana, and Samadhi:** Stages of meditation leading to a state of profound concentration and spiritual absorption.

Students practice yoga to reap the aforementioned benefits and enhance their concentration. Yoga transcends mere physical exercise; it is a multifaceted practice with ancient roots, profound philosophical underpinnings, and a holistic approach. Serving as a valuable tool, it facilitates the attainment of balance and harmony in contemporary life. Engaging in yoga encourages a healthy lifestyle, including mindful eating, regular exercise, and overall wellness practices.


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