

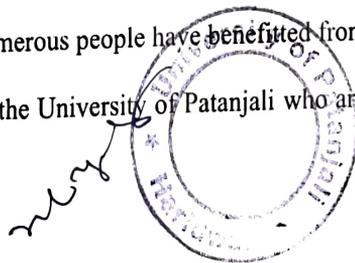
Records with measurable indicators showcasing outcomes of transformation in individuals and society brought about through such research interventions

Yoga is a set of different yoga poses and methods that help in achieving good health and treating or controlling different ailments in the body. Pranayama is a collection of breathing methods that focus on increasing the blood circulation of the body and improving the flow of blood to all the internal organs of the body so that overall health of the individual improves. There are various steps in Pranayam that will help you reap the same benefits that regular yoga will help you achieve.

Ayurved is considered as the mother system of all holistic wellness. It is a Body balancing system of human being through correction of Tridosha, Panchmahabhut, Sapta dhatu, Tri mala, Atma & Tri guna of Mana. Ayurveda is the fastest growing speciality of Indian system of Medicine due to inclusion of three basic treatment modalities like Nidan parivarjan, Shodhna (Panchakarma) and Samana which are unique one for the betterment of human being. Ayurveda has eight ways to diagnose called as Ashtavidhha Pariksha includes Nadii (Pulse), Mutra (Urine), Mala (Stool), Jhiva (Tounge), Shabd (Speech), Sparsh (Touch) , Drika (Vision), and Akruti (Appearance).

Now a days, human being are constantly expose to thousands of potentially toxic chemicals such as metals, pesticides, environmental pollutants and social poisons such as tobacco and alcohol. The human body cannot get rid of them may be due to fat solubility and limited excretory capacity. This results in the accommodation of toxins coming severe health problems.

Practicing yoga increases the capacity of lungs, so people suffering from diseases like asthma and other lung-related disorders may find relief. Numerous people have benefited from Yoga and Ayurveda. The best example is the students of the University of Patanjali who are made



to practice yoga daily, irrespective of the course. In addition, a large number of research publications validating the healthcare benefits of Yoga have boosted the popularity of Yoga among the global community. The International Yoga Day organized by the University of Patanjali witnessed participation from a large number of people from outside the university. In addition, the popularization of Yoga and Ayurveda through scientific research have increased their international acceptability.

Benefits of Yoga

- Helps in relieving emotional and nervous anxiety
- Improves immunity of the body
- Rejuvenates and refreshes both body and mind
- Releases chronic muscle tension around vital organs like heart and digestive organs
- Helps improve concentration
- Purifies blood by getting rid of toxins and also increases oxygen level in blood

