

# Yoga, a Valuable Gift of India to World

• SHIVRAJ SINGH CHAUHAN

Yoga is a complete science. It is a valuable gift of India to the world. Literally Yoga means to unite or to connect, to harmonize, to balance. Harmony and balance make life happy; its absence fills it with sorrow and grief. Harmony and balance between body, mind and action; desire, knowledge and action and the three constituents of nature (Prakariti) Satva, Rajas and Tama is key to awakening of immense latent powers within us. Yoga also helps us use these powers to attain the supreme bliss that is the ultimate aim of life.

On June 21, 2015 a golden chapter is going to be added to the world history.

On the call of our energetic Yogi Prime Minister Shri Narendra Modi the United Nations has declared it as the International Yoga Day. About 200 countries are going to observe the Yoga Day. This would go a long way in further popularizing Yoga across the globe.

Yogic discipline is the only way to provide solace and true joy to the humanity afflicted by the ills of materialism. Today man is growing more and more knowledgeable, but getting oblivious of his true self. He is seeking pleasure and happiness in material things but to no avail. The disappointment caused by this failure is making him frustrated and desperate. This is also a major cause of in-



creasing drug addiction. Even drugs and alcohol have failed to quench his thirst for everlasting joy. The deep frustration has turned him home to a number of dreaded diseases including depression, stress, nervous breakdown and heart ailments.

This tragic condition of

man has been likened by Shashtras to the deer who wanders about the forests in search of the fragrance of musk which, in fact, exists within it. There is another parable of a beggar who keeps begging around unaware of the immense wealth lying buried in his own house.

Yoga activates every organ and part of human body, regulates the blood circulation and helps control the Prana or vital force. This leads to inner transformation.

In the modern times, a number of great Yogis including Shri Ramkrishna Paramhansa, Swami Vivekananda, Shri Arvind, Swami Kuvalayananda, T Krishnamacharya, Swami Vishnudevananda, Shivanad Swaraswati, Chidanand Saraswati,

Satyanand Saraswati, Swami Rama, BKS Iyengar, Pat-tabhi Jois, Maharshi Mahesh Yogi, Shyamacharan Lahidi, Swami Yukteshwar Giri, Swami Yogananda, Swami Akhandananda, Bhagwan Nityananda, Swa-

mi Muktanada, Swami Vishnutirth, Baba Ramdev, Sri Sri Ravishankar, Gurudev Jaggi Vasudev have furthered the Yoga tradition.

Along with the world, Madhya Pradesh will also be observing International Yoga Day on June 21. Yoga programmes would be organised from state to panchayat level. Efforts are being made to associate eminent persons from every field including literature, journalism, medical science, engineering, law, IT etc with these programmes so that maximum people may be inspired to learn Yoga and make it a way of life.

■ (Writer is Chief Minister of Madhya Pradesh)