

Traditional Yoga Styles on The International Day of Yoga

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Abstract

The present paper highlights the importance of various traditional yoga styles for living healthy life. The word **Yoga** is derived from the Sanskrit root “**Yuj**” meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It is the true union of our will with the will of God. This paper also highlights the importance of celebrating the International Day of Yoga. 21st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. The IDY Resolution moved by India secured unanimous consent and since 2015, IDY has been an occasion that is observed around the world with great enthusiasm and fervour. The observance of IDY underscores the profound potential of yoga to enhance physical, mental, and emotional well-being. Beyond celebrating this ancient practice, IDY seeks to educate and inspire people worldwide to embrace its transformative benefits.

INTRODUCTION:

Traditional Yoga Styles with Their Importance

Many different types of yoga exist and it can be difficult to figure out which particular style is right for you and your yoga practice. Most styles of yoga are based on the same basic yoga poses (called asanas), however, the experience of one style can be radically different than another.

No matter what style of yoga you choose to practice, you will likely see improvements in many areas of your health. By practicing regularly you can:

- increase your flexibility and energy level

- improve your circulatory and cardio health
- improve athletic performance and your posture
- detoxify your organs
- release endorphins that improve your mood
- And much more...
- Now we got some ideas about the benefits of doing yoga, we begin our list of yoga styles below with classical hatha yoga.

As you move down the list it goes from vigorous, flow-style classes to the more relaxing passive classes, finishing with restorative yoga.

Hatha Yoga

Hatha is a general category that includes most yoga styles. It is one of the oldest and most traditional forms of yoga that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which helps to bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

हठविद्या परं गोप्या योगिना सिद्धिमिच्छता ।

भवेद्वीर्यवती गुप्ता निर्वीर्या तु प्रकाशिता ॥ ११ ।

Hatha yoga is the greatest secret of the yogis who wish to attain perfection (siddhi). Indeed, to be fruitful, it must be kept secret; revealed it becomes powerless.

Sivananda Yoga

Sivananda is a form of hatha founded by Swami Sivananda and brought to the west by Swami Vishnu-devananda. Vishnu-devananda later founded the International Sivananda Yoga Vedanta Centers, summarizing Sivananda's system into five main principles: proper exercise (asanas); proper breathing (pranayama); proper relaxation (savasana); proper diet (vegetarian); and positive thinking (vedanta) and meditation (dhyana).

Iyengar Yoga

Iyengar Yoga aims to develop physical and mental well-being through precise alignment, specific sequencing, and mindful breathing, with the ultimate goal of achieving a harmonious balance of body, mind, and spirit. It includes the use of props such as blocks, ropes, straps, and bolsters to help achieve asanas.

Restorative Yoga

Restorative yoga is a gentle, passive yoga style that focuses on deep relaxation and stress reduction through long-held, supported poses, aiming to promote physical, mental, and emotional well-being. It is used to restore health without straining the mind and body.

What Is IDY And How Is It Observed?

Recognizing the universal appeal of Yoga, owing to its demonstrated benefits for health and towards stress- relief, the United Nations General Assembly (UNGA) proclaimed 21st June as the International Day of Yoga (IDY) on 11th December 2014, by resolution 69/131. The draft resolution establishing IDY was proposed by India and endorsed by a record 175 Member States.

The proposal was first introduced by the Hon'ble Prime Minister of India, in his address during the opening of the 69th session of the General Assembly, in which he said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action- a holistic

approach that is valuable to our health and our well-being. It's not just about exercise; yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Theme of International Day Of Yoga

International Day of Yoga is celebrated with special theme every year as given mentioned below,



2015: Yoga for Harmony and Peace.	2020: Yoga for Health - Yoga at Home
2016: Yoga for the achievement of the Sustainable Development Goals.	2021: Yoga for Wellness.
2017: Yoga for Health.	2022: Yoga for Humanity.
2018: Yoga for Peace.	2023: Yoga for Vasudhaiva Kutumbakam.
2019: Yoga for Heart.	2024: Yoga for self and society.

About The IDY Logo

Folding of both hands in the logo Symbolize Yoga, the union, Which Reflects the union of individual Consciousness with That of universal Consciousness, a perfect harmony Between mind & body, man & nature; a holistic approach to health & well-being. The brown leaves symbolise the Earth element, the green leaves symbolise Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolises the source of energy and inspiration.

Conclusion:

Traditional yoga practice takes a holistic, 360-degree approach to health and wellness, focusing on physical, mental, emotional, and spiritual aspects. The importance of yoga in our lives is vast and multifaceted. It is a holistic practice that benefits individuals of all ages and can be integrated into various aspects of life.

HATHA YOGA PRADIPIKA – SWAMI MUKTIBODHANANDA
ASANA PRANAYAM MUDRA BANDHA – SWAMI SATYANANDA SARASWATI
LIGHT ON YOGA – B.K.S. IYENGAR

International Yoga Day, celebrated annually on June 21st, serves as a global reminder of the transformative power of yoga, promoting physical and mental well-being, and fostering unity and harmony worldwide. The logo reflects harmony and peace for humanity, which is the essence of Yoga

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