

PREFACE

In this modern world of 21st century our environment is struggling for endurance and survival and we human beings suffer from more and more physical and psychological stress and strains. We cannot always control them, but can find out the ways to face them and to this end Yoga is a good creation. It is an art of controlling your mind, body and breath and unlocking the hidden potential energies. Yoga can be in meditation form and it could also be a form of physical exercise. Many human beings are so busy with their personal lives that they have even forgotten the correct way to breathe. Yoga is a way of life for good living and for the benefit of the body. Yoga is the only technique through which the body of any human being can be healthy without any trainer, equipment and medicine.

Yoga is a multidimensional aspect and its scope has increased in the modern era. It is obvious that yoga is a boon for the 'modern' man of twenty first century, which has become a victim of everyday stress. Modern research has recognized the scientific roots of yogic practices and yoga has now achieved international recognition and acclaim. As we all know, 21st June has declared as Yoga Day in all over the world and it has celebrated in all over the world. Today, yoga is a painstakingly worldwide phenomenon, it has taken the world by tempest and is gaining reputation day by day. It is enviable that yoga must be made an integral part of our educational as well as health care systems. If our masses practice yoga, they will be physically, mentally and spiritually healthy. The rush and burden of our hospitals will be greatly reduced. Hence, there is an urgent need to popularize yoga among the human beings. Yoga is reliable with our ethnicity and harmonizing to science, so, it is our primary duty to endorse it further.

The aim of National Seminar on Yoga in Modern Era (YME-2022) is achievement of physical, mental and spiritual harmony. Yoga is an internal expedition that creates an awareness and understanding of yourself and leads you to self transformation. It is a primordial science of self-development that filters your mind and body and sustains perfect balance and harmony between them.

Another aims to bringing together the yoga experts, academicians, physical educationists, Sports Scientists, Nutritionists, Psychologists, Coaches, policy makers, research scholars and students at a common platform where they share their rich experiences, promoting yoga, creating

awareness of healthy and physically active lifestyle through yogic exercises.

Various delegates from different states of India and abroad shared their research insights at Directorate of Higher Education sponsored one day Online National Seminar on “Yoga in Modern Era (YME-22). The main objective of this seminar yoga expert is to bring physical educationists and academicians, research scholars under one roof together to discuss and analyze the yoga in modern era.

I express my deep sense of gratitude to **Dr. Rajinder Singh, Principal**, Sanatan Dharma College (Lahore) Ambala Cantt., for his guidance, support and motivation in organizing the one day National Seminar on “Yoga in Modern Era” (YME-22). I am also indebted to him for his encouragement to publish this volume. I also acknowledge my gratitude to the Management of the college for his kind support for organizing the seminar.

Further I owe my thanks to the Director General Higher Education (**DGHE**), Panchkula for their support which has made it possible for us to organize this event and to publish this book.

I owe my sincere thanks to **Prof. Rajendra Singh**, Department of Physical Education, Aligarh Muslim University, Aligarh and **Prof. Anurodh Singh Sisodia** Department of Physical Education & incharge Director UGC-HRDC, LNIPE, Gwalior, **Dr. Ashutosh Angiras** Associate Professor, Department of Sanskrit S.D. College Ambala Cantt and **Dr. Jyoti Joshi** Business Coach & Trainer, Diakonie Hasenberg, Munich, Germany for his/her contribution to the seminar and being a constant source of inspiration and assistance.

I am also thankful to the participants and the paper presenters who made this event a success.

I am highly grateful to **Dr. Nitin Sehgal** (HOD) Department of Physical Education of the college and Organizing Secretary seminar for their support and guidance right from the planning, through its execution to the conclusion of the seminar and publishing of this volume. They were a great source of strength for me.

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Dr. Rajesh Kumar Phor

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