

Course Name : Bachelor of Physical Education

Year : IInd(Part-1)

Paper Name : Yoga

Topic no. : Section D 1(b)

Paper No. V

Lecture No. 24

Lecture Title : Educational Values of Yoga

Summary

Yoga is a means of joining one thing to another, or of yoking two things together. Yoga is referred to erroneously as a religion. If we profess a particular religion, then our beliefs, our code of behavior, our morals and ethics, are bounded by the canons of that particular religion to the exclusion of all others, which are generally looked upon as being incorrect or in disagreement with our own to some extent. But yoga, on the other hand, welcomes people of all races, religions and creeds. Its teachings being so basic and fundamental, there is practically no religion or creed to which its aims and objects are contradictory or antagonistic, and indeed, adherents to any religions, or even those who have no religious beliefs at all, can find benefit and profit by yoga.