

YOGA AND HEALTH



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Foreword

It is with immense pride and satisfaction that I present Yoga and Health: A Collection of Scholarly and Interdisciplinary Exploration, a special edition of the Yoga Health Magazine curated by the distinguished faculty of Babu Banarasi Das University. This volume is a significant contribution to academic and wellness communities, offering thoughtful perspectives on the relevance and application of yoga in today's dynamic world. As India is the birthplace of yoga, it is our responsibility to uphold and advance its legacy. The global recognition of 21st June as International Yoga Day reaffirms the universal value of yoga in promoting health, harmony, and holistic living.

This edition features 28 scholarly articles spanning a wide range of disciplines. From physical and mental health topics such as diabetes, pregnancy wellness, periodontal care, and metabolic balance to its application in education, hospitality, and urban planning, the contributions explore yoga's multifaceted benefits with academic rigor. Several articles also delve into the intersection of yoga with modern innovation, such as artificial intelligence in posture detection and the representation of yoga in digital and media platforms.

In addition to physical wellness, the magazine thoughtfully addresses yoga's role in organizational well-being, stress reduction, and emotional resilience. Articles like "Chair Yoga for the Modern Office Lifestyle" and "Workplace 'Shanti' Through Yoga" demonstrate how ancient practices can enhance modern work environments. The inclusion of creative work such as the poem "योग का महत्व" beautifully anchors this scholarly compilation in the spiritual and cultural roots of Indian tradition.

Together, these articles reflect a meaningful convergence of tradition and technology, science and spirituality. I extend my heartfelt congratulations to all the contributing authors for their academic dedication, and to the editorial team for their vision and hard work. May this magazine inspire students, educators, practitioners, and researchers to embrace yoga not just as a practice, but as a holistic philosophy for personal and societal transformation.

Mrs. Alka Das

M.B.A., LL.B

Chancellor

Babu Banarasi Das University, Lucknow

Editorial

We are pleased to present this compilation, *Yoga & Health*, a scholarly endeavor that seeks to bridge ancient wisdom of Traditional Indian Knowledge treatise of Yoga with its relevance and need in contemporary modern day lifestyle. The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". Practice of Yoga truly underlines the above mentioned definition of Health as Yoga is a practice that integrates the physical body, breath, and mind. It is a holistic discipline that encompasses physical postures, breathing exercises, meditation, and mindfulness to improve physical and mental well-being.

This book features a diverse range of chapters exploring the multifaceted impact of Yoga on health, education, hospitality, technology, and societal well-being.

The editorial board has meticulously curated contributions from various domains to ensure academic rigor and interdisciplinary insight. Our contributors include scholars, educators, healthcare professionals, yogic practitioners, and technologists, reflecting the global and integrative nature of Yoga studies today.

The editorial board has meticulously curated contributions from various domains and fields to ensure academic rigor and interdisciplinary insight. Our contributors include scholars, educators, healthcare professionals, poets, yogic practitioners, and technologists, reflecting the global and integrative nature of Yoga studies and its practices today.

This compilation highlights both traditional and modern dimensions of Yoga from ancient philosophies and meditative practices to emerging areas like AI-based pose estimation, workplace wellness, and digital media narratives. Several chapters delve into Yoga's therapeutic role in addressing physical and mental ailments, while others reflect on its utility in modern sectors such as hospitality, food production, and urban health management.

Particularly noteworthy are the chapters addressing Yoga's integration into pedagogy, legal perspectives, and stress reduction in professional environments all underscoring its versatility and universal appeal. The editorial board remains committed to fostering holistic scholarship that respects Yoga's roots while embracing innovation. We hope this work contributes meaningfully to the academic discourse on Yoga, inspiring further research, practice, and policy integration across disciplines.

We extend our heartfelt gratitude to all authors, reviewers, and collaborators whose commitment and intellectual contributions have shaped this compilation, which may serve as ready reference on Yoga and its resurgence in present days of living a lifestyle with an approach of maintaining a dynamic balance between deeds and fate.

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About the Authors



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Dr. Sharma has more than 32 years of experience in the field of teaching, administration and consulting. Currently he is working as Pro Vice Chancellor BBD-Babu Banarasi Das University Lucknow Uttar Pradesh and also officiating VC office. He worked as a Director (Approvals & Recognition) and has been Director IQAC with a tag of NAAC A+ Grade as Health University manual and UGC 12-B Status credited to my office during my tenure for SGT University Gurugram NCR Delhi. He feels proud to be a Professor of OB & HR in the field of management part of my academic journey. He has done his Masters in the field of applied Industrial Psychology and M.Phil in Organizational Behavior from Delhi University. Then he pursued MBA (HR) and completed doctoral degree Ph.D in the field of Business Administration. He had worked as Faculty, Dean and Director with many academic institutions like IMS- Ghaziabad, IMR -Ghaziabad, IMT-CDL Ghaziabad, SASIIT, Mohali- Punjab Technical University, MCM, Udaipur- Rajasthan Technical University, BMU- Baba Mastnath University Rohtak. He has passion for teaching and learning new skills. He had published 12 books, 10 chapters, 5 Patents and more than 60+ research articles in Scopus, Web of Science and reputed national and international journals and magazines. He has been delivered many invited talks & lectures as a keynote speaker at national and international level events. He is associated as a member with many reputed organizations like AOM- USA, ISTD, HRD Network and as editor with many journals and magazines. He has been awarded many times in the field of education as higher education leader.



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ABOUT THE BOOK

Yoga and Health explores the deep connection between yoga and holistic well-being. Blending ancient wisdom with modern insights, this book highlights how yoga enhances physical, mental, and emotional health. It covers essential postures, breathing techniques, meditation, and therapeutic applications to address lifestyle-related ailments. Designed for all levels—from beginners to experienced practitioners—it offers practical guidance for daily life. Whether you seek stress relief, improved flexibility, or inner peace, this book is a valuable companion on your wellness journey. Yoga and Health encourages readers to embrace yoga as a transformative path to balance, vitality, and long-term health.



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