

HEALTHY YOUTH, HEALTHY INDIA

OR

HEALTHY YOUTH MAKES A HEALTHY NATION

In today's fast paced, digital age with its numerous distractions and intense competition, the youth of our country have started feeling the pressure of increased stress, hypertension and anxiety issues. Many of them have been known to harbor suicidal tendencies. This is because we live in an age where everyone wants instant gratification, while tolerance levels are low and patience is almost non-existent among the young.

The new age with its myriad problems has thrown up a new challenge to society.

So, how does one guide these lost souls to live a life of fulfillment, inner peace and calm while pursuing their worldly ambitions?

The answer is Yoga

Yoga offers a unique, system of complete well being – of body and mind.

Although Yoga is ancient India's gift to humanity since a thousand years, its time seems to have truly come now! Its relevance acquires greater significance today than ever before because of its role as Saviour of a society besotted with various ills.

What makes Yoga unique?

Yoga is a holistic way of life. It is a discipline that unites body, mind and soul.

It is the only system that does not just promise but delivers on its promise of well being if one practises the prescribed postures or *asanas* with due diligence and devotion. Through a series of *asanas* we learn to take charge of our lives!

Not many are aware that some of the physiotherapy exercises recommended by therapists for various maladies are in fact, modified versions of various *asanas*. Even a host of *mudras* from Indian dance forms like *Bharata Natyam* and *Kucchipudi* have their roots in a variety of Yoga *asanas*.

Just Pranayam can work wonders

Something as simple as conscious breathing can relax, rejuvenate and calm our frayed nerves and mind helping us in getting rid of our worries, fears, anxieties, frustrations and anger – if that’s not amazing – what is ! No wonder Yoga has been accepted by even the medical fraternity in India and the world over.

Practitioners of Yoga have derived immense benefits from its practice – even being relieved of chronic medical problems and life threatening diseases.

Then there are those who have had psychosomatic issues and have been healed by the almost magical, curative powers of Yoga!

No wonder then, today, Yoga is receiving its due accolades all over the world.

A great deal of credit for propagating the virtues of Yoga goes to *Kaivalyadham* – an holistic institute which has been relentlessly spreading the message of well being through Yoga since 1926.

Priyadarshni Academy's tryst with Yoga

Priyadarshni Academy has always been in the forefront of promoting social causes – be it recognizing talented achievers in various fields and honoring them; giving financial assistance to deserving students; promoting Indian culture and values through ancient epics and a host of other socially relevant activities.

The Academy was among those who felicitated and honored Dr BKS Iyengar, the well known Yoga exponent for his immense contribution to Yoga. It also gave a scholarship to a Yoga expert for further research in this field.

Priyadarshni Academy was the first to promote *Hasya Yoga* through its laughter therapy programmes which became immensely popular not only in India but abroad as well. No wonder then, that BBC and CNN interviewed the Academy’s representatives on its broadcasting services!

The Academy’s book on laughter therapy has sold huge quantities - having undergone multiple versions and editions. The Academy has also been associated with various seminars on Yoga and the one held in Sri Lanka some years ago was attended by over 7000 delegates!

Sri Nanik Rupani, Chairman Emeritus of Priyadarshni Academy has himself been a practitioner of Yoga for 25 years and attributes his admirable success in life to this ancient science of well being.

He is a vociferous spokesperson for Yoga and believes strongly that Yoga can cure many ills amongst the Youth of the country and adds that it is only the healthy youth that will make a healthy nation!
