

Yoga is a five thousands year old style of Indian wisdom and is the science of living. Maharishi Patanjali originated Yogasutra from the Sanskrit word YUJ, means to combine or unify each other. He described the yoga as Rajyoga or Ashtangayoga. Yoga consists of eight organs: (i) Yama, (ii) Niyam, (iii) Asana, (iv) Pranayamas, (v) Pratyahara, (vi) Dharana, (vii) Dhyana and (viii) Samadhi. Many people consider illusionism yoga to be only a physical exercise, and adopt a complex way of stretching and breathing exercises of the body, but with performing yogasanas, panayamas and meditation, the body remains perfectly healthy. Patanjali's Yogasutra focussed on finding simple but profound yoga principles (Yama and Niyam), which can become the essence of a happy and healthy life for us. The 'contentment' principle (Niyam) helps in being satisfied in life and 'imperfection' theory in relieving anxiety, distraction and stress due to greed and attachment. The 'defection' principle describes mental and physical purification. These rules especially help us when we are worried and adopting the scientific methods, to make life more meaningful for serving the public at large.



Dr. Bharat Raj Singh, Director General, School of Management Sciences, Lucknow, was born in 1947 at Raibigo in Sultanpur district. He did his schooling from Sultanpur and Jaunpur and received his B.Sc. Degree in 1967 from Allahabad University. BE - Mechanical Engg, from Sardar Vallabhbhai Regional Engg, College, Surat, Gujarat in 1972; ME- from Motilal Nehru Regional Engg, College, Allahabad, and PhD in 2011 from Uttar Pradesh Technical University, Lucknow. He received many national / international awards in researches on environmental science. He is promoting yoga within country & abroad and also inspiring to stay healthy and live long life by adopting spirituality under the umbrella of "Vedic Science Center, SMS, Lucknow".



Satish Kumar Singh, founder and Chairman, SMS Group, was born in 1954 in the district Basti. He received his B.A. and M.A. degree from Allahabad University in 1972 and 1974 respectively. Subsequently, he was selected from Public Service Commission, Allahabad in 1975 and placed as District Supply Officer in Food and Civil Supply department. He retired as Joint Commissioner (Food and Logistics) on 31 December 2013. It is because of his interest in spirituality, Vedic Science Center was established in SMS, Lucknow, which is inspiring scientific researches to stay healthy and the pursuit of life from spiritual aspect.



Mukesh Kumar Singh was born in 1973 at Raibigo in Sultanpur district. He did his schooling from Sultanpur and Allahabad and received his B.A. Degree in 1996 from Awadh University. He is working in the Accounts Department of Doordarshan at Lucknow since February 1996. He completed the Post Graduate Diploma in Yoga in 2019 and conducting regular yoga training in Janeshwar Park and also creating awareness about the health amongst people. He also received many national accolades for yoga training. In the book, his pictures and his daughter Riya Singh's pictures of various Asanas and Pranayam are depicted.

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Soul, Mind, Body
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