

# Yoga Learning: Fresh Views on Yoga Culture and Well-Being

Anurag Jain<sup>1</sup> and Dr. Chandan Kumar Mohapatra<sup>2</sup>

Ph.D Scholar, Department of Yoga<sup>1</sup>

Professor, Department of Yoga<sup>2</sup>

OPJS University, Churu, Rajasthan, India

**Abstract:** *Yoga is an ancient practice that promotes balance and health across physical, mental, emotional, and spiritual aspects. Yoga is a form of yoga. Many people think of Yoga as a tree. Yoga comprises eight branches: asanas (physical postures), pranayama (breath control), pratyahara (sense control), dharana (concentration), dyana (meditation), and samadhi (holy silence) (bliss). Yoga is gaining popularity in the West, following its long history in India. Yoga promotes both mental and physical well-being. Yoga promotes both personal well-being and a safe society. Good health begins with a healthy mind. creates good citizens. This suggests that yoga is vital for both individuals and countries. As a whole. Yoga enhances our understanding of the mind, human nature, and emotional experiences. This article discusses the impact of yoga on the mind, body, and soul. The utilitarian point of view. Secondary data obtained from many publications, journals, papers, and government reports.*

**Keywords:** Mind, body, soul, academic performance, moral values, physical fitness.

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