

2nd International Day of Yoga

Message to the Cadets

Yoga is not a cardiovascular exercise. It is not about any religion. It is not sun worshipping. It is not acrobatics. Yoga originated, may be 5,000 years back in this part of the planet. It allowed societies to flourish with abundance of things & happiness. In today's world, specially in India, it seems the marks in examination, the number of degrees one holds is supposed to run the life and future. But real doors of life open with what you *are*. Today, the people of rich nations that forms the Europe are facing difficulty, mind difficulty. 39% of this population do see psychiatrists sometimes or the other. They need help. Mind help. The economic development needs to be holistic. Holistic with well being of all. Human mechanism is most sophisticated piece of technology, a super computer. It is made of trillions of atoms, doing billions of jobs simultaneously. One can not fix it with wrenches & screw drivers. Fixing outside world and your outside "is possible" to some extent, but can give you only some convenience for living but not necessarily the well being.

Yoga is a union. Union of body and mind. It makes you have inner situations exactly the way you want it. The inner of us, at inside, we all are equal, having same energy and same potential. And you are the Architect of you. You are the master of your desires and your well being. With Yoga, you would go deep into your inside and let you see things yourself & see well being come in your way by just being with you. It also develops your body, tones your muscles and brings magnetism in your personality. But these are just a few additional advantages. The main part of Yoga is that with Yoga, with the inner engineering of you, you find in you the most saniest, most exclusive path for your wellness, for your wholeness and for your joy. World of calmness and bliss is within you.

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