

# Yoga @ MRCET

06/01/2018



Yoga is one of the prominent activities in our lives. It helps to calm the mind through reinstate mental liveliness.

**Dr. V S K Reddy Sir, Principal,** MRCET addressed the audience on the importance of Yoga and its benefits.

**Prof. P. Sanjeeva Reddy Sir, Director of ECE,** MRCET introduced Yoga Practitioners - Shri Raja Rao Garu, Shri Sudarshan Garu, and Dr.Ballaiyya Garu as the disciples of Avadhoota Datta Peethadhipati Jagadguru Parama Pujya Sri Sri Sri Ganapathy Sachchidananda Swamiji and invited them on to the dias to occupy their seats.

The word “yoga”, derived from *Sanskrit* word “yuj” which means “union”. It is the *jeevatma* (individual soul) uniting with he *Sachchidananda Swaroopam Paramatma* (Universal Soul).

“*Samadhi bhavanarthah klesha tanu karanarthascha*” is the *sutra* (teaching) of sage Patanjali. This quote implies that *Kriya Yoga* reduces the *kleshas* (afflictions of dualities), such as pleasure/pain, happiness/sorrow, gain/loss, victory/defeat, achievement/failure, etc. *Kriya Yoga* also helps to attain the state of bliss.

“Kriya” means “action” (physical and/or mental) and “yoga” is union of the individual self with the Universal Self. Thus, *Kriya Yoga* is the mental process of channelling the *Praana* (life force) energy to attain this union. The entire course of actions—beginning at the point of material action and ending with spiritual absorption—is *Kriya Yoga*.

The *Kriya Yoga* practice starts with *pranayama* (*Praana* + *Aayama*). *Praana* means “the energy that constantly moves.” *Prana* is the vital energy force—the essence of life—that permeates the entire creation (both macrocosmic and microcosmic). “*Aayaama*” is the Length/ Unit. In result, it is the willful control of one’s breath. Controlling one’s inhalation and exhalation enables one to control this *Praana* energy and also one’s mind.

*Kriya Yoga* involves a series of techniques that expand the dimensions of *Praana* (vital energy force). For example, with every action in thought or deed, the breath pattern changes. Without this change in breath, the action cannot be fulfilled. This change starts the instant the thought of the activity enters the mind. While swimming, running, walking or sleeping, the rhythm of the breath and rate of airflow varies in every person. Thus, it can be understood that there is a direct correlation between thought, breath and action. With proper control of one’s breath, one can control vital energy (*Praana*), thought energy (the mind) and physical energy (the body).

The purpose of *Kriya Yoga* is to minimize bodily and mental afflictions and to improve single-pointed concentration. It is a science of meditation and an art of successful living.

The entire “YOGABHYAS” lasted for an hour and ended by taking a vow from all the participants that they would continue to practice Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition.

