

# Relevance of Yama in Modern Times

**Prof. S. P. Rayal and Purva Jain**

Department of Yogic Science, MA Yogic Science  
Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

**Abstract:** *General perception of yoga is practice of Asana, Pranayama or meditation technique for therapeutic purposes. The foundational ethical principles of yoga are not considered in the modern time practices. Yama and niyama are not widely known and are not even taught in the yoga classes. This paper discusses the concept of ethical principles of yoga and its importance in modern times. Increasing crimes, family disputes for money, unethical behavior in public places and not to forget fight for the religions, whose aim is to bring peace and harmony in the society. So Purpose of this study is to understand how world can be a better place, if in every school ethical principles are taught, kids are molded in such a way and every individual follows it. Through hermeneutics and intertextual approaches it is seen that the impact of yama (social discipline) helps to move beyond one's natural tendencies of anger, frustration and disappointment. By bringing change in each self, their emotions will bring change in the energy in the body and change in behavior and thoughts. Society will be crime free and more peaceful.*

**Keywords:** Yama, Change, World, Human

## REFERENCES

- [1]. Pg 3, Deven S.B. - Significance Of Yoga in Enhancing Academic Performance in the Adolescent Kavikulaguru Kalidas Sanskrit University
- [2]. Pg. 2, Laura Biagi – Yamas and Niyamas Reports. Ananda Ashram, November 2009
- [3]. Pg.229, Dr. Karambelkar P.V., Patanjala Yoga Sutra, Kaivalyadham S.M.Y.M. Samitis publication 2011, 2012
- [4]. Pg. 1, Dr.Swami karmananda ,Yoga publication trust, 2005
- [5]. Pg. 13, Taimini I.K., THE SCIENCE OF YOGA , THE THEOSOPHICAL PUBLISHING HOUSE Adyar, Chennai, India, 1996
- [6]. www.who.int, world health organisation, 1948
- [7]. Pg. 177 Dr. Karambelkar P.V., Patanjala Yoga Sutra, Kaivalyadham S.M.Y.M. Samitis publication 2011, 2012
- [8]. Pg. 185, Dr. Karambelkar P.V., Patanjala Yoga Sutra, Kaivalyadham S.M.Y.M. Samitis publication 2011, 2012
- [9]. Pg. 241, Dr. Karambelkar P.V., Patanjala Yoga Sutra, Kaivalyadham S.M.Y.M. Samitis publication 2011, 2012
- [10]. Pg. 188, Taimini I.K., THE SCIENCE OF YOGA , THE THEOSOPHICAL PUBLISHING HOUSE Adyar, Chennai, India, 1996
- [11]. Pg. 66, Jain Ruchi - Jain parmpara me yog vigyan (2021) Centre for Jain Studies, Teerthanker Mahaveer University.
- [12]. Pg. 197, Taimini I.K., THE SCIENCE OF YOGA , THE THEOSOPHICAL PUBLISHING HOUSE Adyar, Chennai, India, 1996
- [13]. Pg. 282, Dr. Karambelkar P.V., Patanjala Yoga Sutra, Kaivalyadham S.M.Y.M. Samitis publication 2011, 2012
- [14]. Pg. 9 (ch 3), Kumar Sumit - A phenomenological exploration of Patanjala Yog (2020), Department of philosophy, Punjab University
- [15]. Pg. 21 (ch 1), Kumar Sumit - A phenomenological exploration of Patanjala Yog (2020), Department of philosophy, Punjab University
- [16]. Pg. 1, Xu Wen - Impact of yama and niyama on physiological and psychospiritual factors in young adults (2021), Department of Yoga and Physical Science, Swami Vivekananda Yoga Anusandhana Sansthana.
- [17]. Pg. 4, Xu W, Itagi R K, Thaiyar M S. Impact of yama and niyama on psychospiritual factors in young adults: A randomized controlled trial. Int J Yoga - Philosop Psychol Parapsychol 2021
- [18]. Pg. 5 Xu W, Kumar IR, Srinivasan TM, Effects of Yama and Niyama on body energy systems: Evidence from Electro Photonic Imaging – A randomised controlled trial. Indian Journal of Science and Technology 2021.

