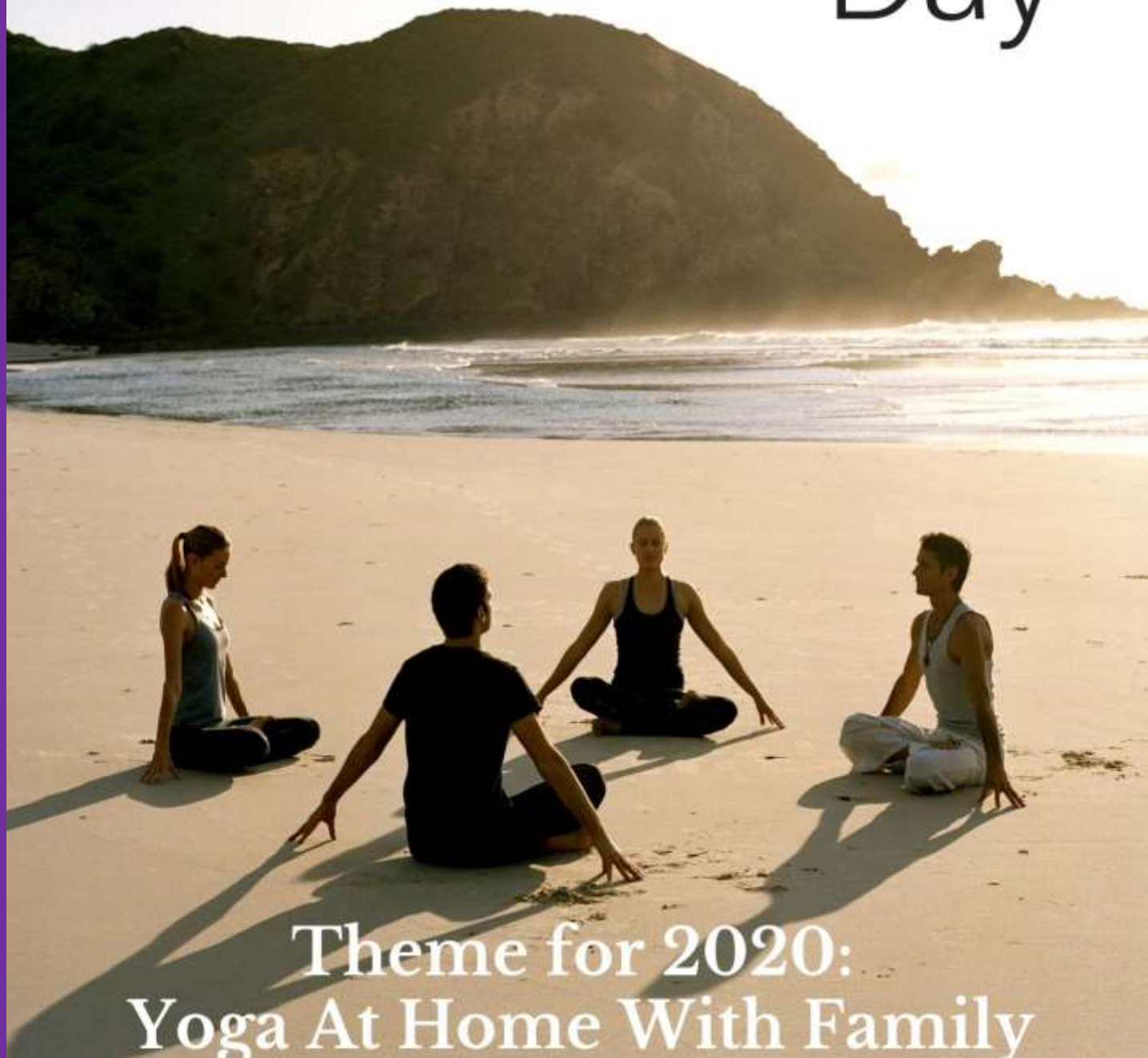


World

Yoga

Day



Theme for 2020:
Yoga At Home With Family

While the social distancing measures adopted by countries to fight the COVID-19 pandemic have shut down yoga studios and other communal spaces, yoga practitioners have turned to home practice and online yoga resources. Yoga is a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being. The United Nations offers yoga resources to its personnel and others on the [Coronavirus portal's section on Wellness](#). The World Health Organization mentions yoga as a means to improve health in its [Global action plan on physical activity 2018–2030: more active people for a healthier world](#). The sixth edition of the International Yoga Day will focus on yoga at home with family members. Know more about yoga from [Ministry of Ayush](#).

Books on Yoga

(Available in the Library)

1. Aurobindo, Sri (2003). *Complete works of Sri Aurobindo: record of Yoga-II, vol.11*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024506
2. Aurobindo, Sri (1998). *Complete works of Sri Aurobindo: essay in philosophy and Yoga shorter works 1910-1950, vol.13*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024508
3. Aurobindo, Sri (1999). *Complete works of Sri Aurobindo: the synthesis of Yoga-I, vol.23*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024517
4. Aurobindo, Sri (1999). *Complete works of Sri Aurobindo: the syntheses of Yoga-II, vol.24*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024518
5. Aurobindo, Sri (2012). *Complete works of Sri Aurobindo: letters on Yoga -I foundations of the integral Yoga*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024522
6. Aurobindo, Sri (2013). *Complete works of Sri Aurobindo: letters on Yoga -II practice of the integral Yoga, vol.29*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024523
7. Aurobindo, Sri (2014). *Complete works of Sri Aurobindo: letters on Yoga-III experiences and realisations in the integral Yoga, vol.30*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024524

8. Aurobindo, Sri (2014). *Complete works of Sri Aurobindo: letters on Yoga-IV transformation of human nature in the integral Yoga, vol.31*. Pondicherry: Sai Aurobindo Ashram Press.
181.4 AUR 024525
9. Bryant, Edwin F. (2009). *Yoga Sutras of Patanjali: a new edition, translation, and commentary*.
New York: North Point Press.
181.452 BRY 018418
10. Dahake, V.A. (1992). *Yogabhrashtra: terrorist of the spirit*. New Delhi: Indus Source. 973.931 DAH 015998
11. Dasgupta, Surendranath (2014). *History of Indian philosophy, vol. 2* .: Delhi: Motilal Banarsidass Publishers.
181.4 DAS 021364
12. Khalsa, Sat Bir Singh, ed. [et. al.] (2017). *Principles and practice of Yoga in health care*. New Delhi: Sage.
613.7046 KHA 025065
13. Khalsa, S. B. S. (2017). *Principles and practice of yoga in health care*. New Delhi: Sage.
613.7046 KHA 025065
14. Larson, Gerald James (2008). *Encyclopedia of Indian Philosophies: Yoga; Indias philosophy of meditations, vol. 12*. Delhi: Motilal Banarsidass Publishers.
181.40321 LAR 001834
15. Phillips Stephen (2009). *Yoga, karma and rebirth: a brief history and philosophy*. New York: Columbia University Press.
181.45 PHI 003096
16. Srinivasan, N. (2019). *Progress in brain research: meditation*. Cambridge: Elsevier.
158.128 SRI 028528
17. Tiwari, P. G. (2015). *Body goddess*. Gurgaon: Random House Publishers.
613.7046 TIW 028259
18. Rele, Vasant G. (1929). *Mysterious Kundalini: the physical basis of the "Kundali (Hatha) Yoga" in terms of western anatomy and physiology*. Delhi: Bharatiya Kala Prakashan.
181.452 REL 021998

19. White, David Gordon (2014). *Yoga sutra of Patanjali: a biography*. Princeton: Princeton University Press.
181.452 WHI 018597

Articles about Yoga

- Bahçecioğlu Turan, G., & Tan, M. (2020). The effect of yoga on respiratory functions, symptom control and life quality of asthma patients: A randomized controlled study. *Complementary Therapies in Clinical Practice*, 38, 101070. <https://doi.org/10.1016/j.ctcp.2019.101070>
- Nauphal, M., Mischoulon, D., Uebelacker, L., Streeter, C., & Nyer, M. (2019). Yoga for the treatment of depression: Five questions to move the evidence-base forward. *Complementary Therapies in Medicine*, 46, 153–157. <https://doi.org/10.1016/j.ctim.2019.08.012>
- Ross, A., Friedmann, E., Bevans, M., & Thomas, S. (2013). National survey of yoga practitioners: Mental and physical health benefits. *Complementary Therapies in Medicine*, 21(4), 313–323. <https://doi.org/10.1016/j.ctim.2013.04.001>
- Streeter, C. C., Gerbarg, P. L., Saper, R. B., Ciraulo, D. A., & Brown, R. P. (2012). Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. *Medical Hypotheses*, 78(5), 571–579. <https://doi.org/10.1016/j.mehy.2012.01.021>

Web resources about Yoga

- [Ministry of AYUSH](#)
- [Ministry of AYUSH-Instagram](#)
- [Ministry of AYUSH-Youtube](#)
- [United Nations – International Yoga Day](#)