



# Philosophy, Yoga and Human Destiny

Editor in Chief:  
**Prof. Basavaraj Shiddhashrama**

Editor :  
**Dr. Nandini Mishra**

Associate Editor:  
**Dr. P. Raghavendra**





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**USA**

6834 Cantrell Road #2096, Little Rock, AR 72207, USA

**India**

#625, Esplanade One, Rasulgarh, Bhubaneswar - 751010, India

#55 S/F, Panchkuian Marg, Connaught Place, New Delhi - 110001, India

**UK**

International House, 12 Constance Street, London E16 2DQ, United Kingdom



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# Relevance of Yoga in bringing Global Peace and Harmony

**Dr. Priyanka Mahajan**

Assistant Professor

P.G. Department of Economics

Hindu College

Amritsar

## Abstract

Yoga is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga is all about universal balance, harmony of body, mind and soul and unity of individual consciousness with the cosmic consciousness. The practice of Yoga helps to develop qualities like positive thinking, peace, compassion, skill for non-violent conflict resolution which is regarded as components of peace behavior. Thus, considering the Universal application of Yoga, this paper studies the relevance of Yoga activities in bringing world peace and harmony. As today's world is full of various antisocial activities, Yoga is the only activity which will bring harmony and peace in the society through individual transformation. Yoga and spirituality have the potential for global transformation which plays a pivotal role in making the individual, family, society, nation and the world more civilized and enlightened.

"Yoga is the art work of awareness on the canvas of body, mind and soul." - Am Ray

Yoga is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga means balance, harmony and unity. Yoga is all about universal balance, harmony of body, mind and soul and unity of individual consciousness with the cosmic consciousness. The ancient science of Yoga, trains the human being to achieve a new level of world peace, environmental sustainability as well as harmony between individual