

Introduction: "Close your eyes and open your mind". Yoga is the way of life. Its origin has been speculated to date back to pre-vedic Indian traditions; possibly in the Indus valley civilization around 3000 BCE. It is mentioned in the *Rigveda*, in ancient India's ascetic and *sramana* movements.

The *Yoga Sutras of Patanjali* date from the 2nd century BCE, and gained prominence in the west in the 20th century after being first introduced yoga by Swami Vivekananda. *Hatha yoga* texts emerged sometimes between the 9th and 11th century with origins in tantra. Other yoga gurus from India later introduced yoga to the West with adaptation of yoga tradition, excluding *asanas*.

Outside India, it has developed into a posture-based physical fitness, stress-relief and relaxation techniques. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core.

- Sanskrit words are italicized.

Guidance: Pallavi Mishra; Dheeraj Reddy;

Plan of Exhibit:

- Basics of Yoga
 - Padmasan Pose
 - Nataraj Pose
 - Surya Namaskar
 - Prominent Asanas
- Pioneers of Yoga
- Introduction to Western World
- Yoga in Buddhism
- Yoga in Jainism
- UN Declares International Yoga Day
- Conclusion

Depiction: *Bhujangasana* (Cobra Pose), *Trikonasana* (Triangle Pose)
Issue: World Environment Day,
Date: 05-06-2018

Definition: Yoga a group of physical mental and spiritual practices or disciplines. It is one of the six (*Samkhya, Yoga, Nyaya, Vaisheshika, Mimamsa, Vedanta*) practice of Astika (orthodox) Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term in the West world often denotes a modern form of hatha yoga and yoga as exercise, consisting largely of the postures called *asanas*.

References: en.wikipedia.org | www.researchgate.net | Ministry of AYUSH

1. Basics of Yoga

a. Padmasan Pose
 Lotus position or *Padmasana* is a cross-legged sitting asana originating in meditative practices of ancient India, in which each foot is placed on the opposite thigh. In Chinese and Tibetan Buddhism, it is also known as *Vajra* position (not *Vajrasana*).

Yoga
 Type: Definitive (11th Series)
 Issue Year: 2016
 Denomination: 25p
 Depicting: *Padmasan*
 Stamp Colour: Bright purple & yellow
 Printing Process: Photogravure

Maharishi Patanjali
 Credited with authoring *YogaSutra*
 This is based on eight-limbed system (*astanga*). They are:
 1. *Yama*: Ethics, restraint, ahimsa
 2. *Niyama*: cleanliness, asceticism
 3. *Asana*: Posture
 4. *Pranayama*: breath control
 5. *Pratyahara*: sense control
 6. *Dharana*: concentration
 7. *Dhyana*: meditation
 8. *Samadhi*: oneness with the *Pravan of the Ishwar*.

Great Indian Sages in Padmasan pose

b. Nataraj Pose
 Shiva is regarded as the first yogi (*Adi Yogi*) and said to have begun the knowledge of yoga to the rest of mankind on *Dakshinayana*. It is also considered a time when there is natural support for those pursuing spiritual practices.

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 Issue Date: 15-08-1949

Yoga
 Type: Commemorative
 Denomination: 500p
 Issue Date: 26-08-2016

Pg.1 Famous *Nataraja* pose of Shiva *tandavam/nadanta* is depicted. **Nataraj pose cancellation**

c. Surya Namaskar

In strict translation, *Surya* means sun and *Namaskar* means salutation. In Hinduism, the sun is considered the source of all energy. It is "Pranic" channel which drives the vital living force. *Surya Namaskar* consists of twelve position which are repeated twice (minor)

Position 01 : Pranamasan (Prayer Pose)
Position 02 : Hatautanasan (Raised Arm Pose)
Position 03 : Padaahastasan (Hand to Foot Pose)
Position 04 : Parvatasan (Mountain Pose)
Position 05 : Asvasanchalanasan (Equestrian Pose)
Position 06 : Ashtang Namaskar (Salute with eight parts/points)
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Position 12 : Pranamasan (Prayer Pose)

Devotees saluting the sun during royal bath at Sangam (meeting of R. Ganga, R. Yamuna & R. Saraswati) at Prayagraj.

FDC: Depicting entire *Surya Namaskar* cycle in sequence. **Pg.2**

The ideal time for practicing is the sunrise which is the most peaceful time of the day, facing the rising sun in open air and it is recommended to be done with empty stomach. It is a complete *sadhana* (spiritual practice), in itself it includes *Asana, Pranayam, Mantra* and meditation techniques.

d. Prominent Asana

a. Vrikhasan
b. Uthita Arha Dhanurasan
c. Parvatasan
d. Hanumanasan
e. Trikonasana
f. Dhanurasan
g. Eka Pada Urdhava Dhanurasan
h. Bhujangasana
i. Urdhava Ashva Sanchalasan

Asan: *Bhujangasana*—Cobra Pose
Strengths: Vertebral col-
Stretches: Abdomen, Thorax, Lung, Shoulder

Dhanurasana—Bow pose
Strengthens: Human back
Stretches: Thorax, Abdomen, Thigh, Inguinal region, Ankle, Throat, Psoas major muscle, Front of the body

Ustrasana—Camel Pose
Strengthens: Human back
Stretches: Quadriceps femoris muscle, Thorax, Abdomen, Thigh.

Uthita Parsakonasana—Extended Side Angle Pose
Strengthens: Knee, Ankle, Leg
Stretches: Lung, Thorax, Abdomen, Vertebral column, Inguinal region, Knee, Ankle, Shoulder, Leg

Yoga Gurn Akshar Nath practicing Kapalabhati. The technique involves forceful breathing which strengthens lungs and increases its capacity. Also helps in removing blockages in the heart and lungs and increases blood supply to various parts of the body. **Pg.3**

2. Pioneers of Yoga

Maharishi Patanjali: "The Father of Yoga" compiled 195 sutras, which serve as framework for integrating Yoga into daily routine and leading ethical life. These *Yoga Sutras* are considered to serve as the basis of the yoga techniques. The yoga sutras were believed to written somewhere around 200 BC.

Yoga Yajnavalkya is a classical Hindu yoga text in the Sanskrit language. The text is written in the form of a male-female dialogue between sage Yajnavalkya and Gargi and consists of 12 chapters and 504 verses. Like *Patanjali's Yogasutra*, *Yoga Yajnavalkya* describes the eight components of yoga; however, it has different goals. The text contains additional material that is not found in *Yogasutras*, such as the concept of *kaundalin*. It contains one of the most comprehensive discussions of yoga components such as the *Pranayam, Pratyahara, Dhyana* and *Dharana*. *Yoga Yajnavalkya* describes meditation as an essential part of yoga.

Yoga Yajnavalkya by Yogishwar Yajnavalkya was influential in the development and practice of the yoga traditions of India before the 12th century.

Swami Ekasanand Saraswati established Daivi Sampad Mandal in 1914, on the principles of "Sarv Bhoot Hite Ratah" based on *Daivi Sampatti* described in the Sixteenth Chapter of *Srimad Bhagavad Gita*. This organization has been involved in propagating the continuous practice of meditation and Yoga for spiritual knowledge. **Pg.4**

Swami Kavalaynanda started scientific research on yoga in 1920, and published the first scientific journal specifically devoted to studying yoga, *Yoga Mimamsa*, in 1924. Most of his research took place at the Kanvalyadhama Health and Yoga Research Center at Lonavla which he founded in 1924. His influence on the development of yoga as exercise was profound.

Maharishi Mahesh Yogi was an Indian guru, known for developing the **Transcendental Meditation technique** and for being the leader and guru of a worldwide organization that has been characterized in multiple ways. Founder of Maharishi International University. **Pg.5**

3. Introduction to Western World

Parliament of Religions
Ramakrishna Mission / Behar Math
RK Ashram Swami Vivekananda Museum
Swami as Sage

Swami Vivekananda represented India and Hinduism at the Parliament of World Religions (1893), held in Chicago from 11th to 27th September 1893. Delegates from all over the world joined the Parliament. He began his speech with salutation, "Sisters and brothers of America." To these words he got a standing ovation from a crowd of seven thousand, which lasted for two minutes. He introduced Yoga to the West.

Swami Vivekananda: Printing Error stamp

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4. Yoga in Buddhism

Buddhism as well as yoga recognizes that there is suffering, and that freedom from suffering is possible through yoga.

B.R Ambedkar, (father of Indian Constitution) was a follower of Buddhism. He also introduced **Neo-Buddhism** in 1956.

Acharya Shri Vidyaasagarji Maharaj is one of the best-known modern *Digambar Jain Acharya*. He is recognized both for his scholarship and *tapasya* (austerity). He is known for his long hours in meditation and yoga.

5. Yoga in Jainism

In contemplating the relationship of yoga and Buddhism, **Buddha was Indian**, was well-versed in Vedantic philosophy, was a practitioner of yoga, and sought an experiential understanding of the philosophy. Buddha was such a devoted and serious practitioner of the yogic arts that he attained the fruits of the practice: enlightenment. Buddhism as well as yoga recognizes that there is suffering, and that freedom from suffering is possible.

Meditation is a yogic practice used by Buddhists and yogis alike to go beyond the fluctuations of the mind (the dualistic thought process), to realize the Oneness of Being. Buddhists may call it emptiness. Yogis may call it the absolute self.

There are various common postures for Jain meditation, including *Padmasana, Arha-Padmasana, Vajrasana, Sikkhasana*, standing, and lying down. The 24 *Tirthankaras* are always seen in one of these two postures in the *Kayotsarga* (standing) or *Padmasana/Paryankasana* (Lotus).

The 8th century Jain philosopher Haribhadra also contributed to the development of Jain yoga through his *Yogahrisamsamuccaya*, which compares and analyzes various systems of yoga, including Hindu, Buddhist and Jain systems.

Kayotsarga (standing) pose of Maharaj.

Acharya Shri Shantisagar Maharaj the first *Digambaracharya* of 20th Century.

6. Yoga in Hinduism

Chidananda Saraswati was President of the Divine Life Society, Rishikesh is well known in India as a yogi, *dhyan* and spiritual leader. He practiced a non-denominational, universal form of yoga. He often led *satsang* (group chanting) that named and elevated all of the prophets and sages of all of the world religions equally.

In addition to his multifarious activities and intense *Sadhana*, he founded, under the guidance of Sivananda, the *Yoga Museum* in 1947, in which the entire philosophy of Vedanta and all the processes of *Yoga Sadhana* are depicted in the form of pictures and illustrations.

Swami Shradhdhanand established a *Gurukul* (A residential school system prevalent in ancient Bharat, where teaching on all areas of life, including spiritual yoga practice was done by Sages) at Kangari region near Haridwar in 1902. Gurukul Kangari is now a University.

Sai Baba followed the three main Hindu spiritual paths: *Bhakti Yoga, Jnana Yoga* and *Karma Yoga* that influenced his teachings too.

Vemana popularly, *Yogi Vemana* was an Indian philosopher who discussed *yoga, wisdom and morality through his poems*.

Yoga as an essential part of living with COVID-19

Art of Living with Covid-19

Special Charity Cover

Proposed logo of International Day of Yoga with official slogan.

Additional Gandhiji's Clean India Slogan

7. UN Declares International Yoga Day

The **International Day of Yoga** has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014.

The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere (shortest in the southern hemisphere) and shares a special significance in many parts of the world.

From the perspective of yoga, the summer solstice marks the transition to *Dakshinayana*. The second full moon after summer solstice is known as *Guru Purnima*. Shiva, the first yogi (*Adi Yogi*), is said to have begun imparting the knowledge of yoga to the rest of mankind on this day, and became the first guru (*Adi Guru*).

International Day of Yoga 2019

Yoga for Harmony & Peace

अंतरराष्ट्रीय योग दिवस 2019

International Day of Yoga 2019

Yoga for Harmony & Peace

अंतरराष्ट्रीय योग दिवस

8. Conclusion

Yoga is a physical, mental and spiritual practice which originated in India. It is yet another intangible cultural heritage India proudly shares with the rest of the world.

Yoga is truly the way of life. Not only it helps in keeping one fit and fine, but also helps beat depression and anxiety along with connecting the mind to the soul. Yoga should play an important role in daily life, if one desires longevity.

Also, yoga is most essential during this COVID-19 pandemic for biological well being. IndiaPost through this special cover conveys it to the entire world.

YOGA—The Art of Living

1. Basics of Yoga

a. Padmasan Pose

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Great Indian Sages in Padmasan pose

b. Nataraj Pose

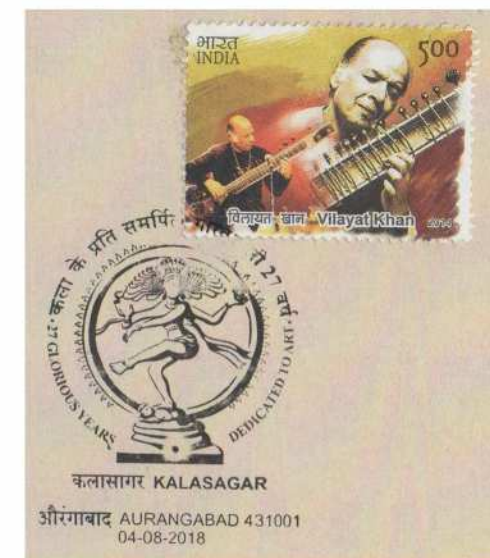
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Nataraj pose cancellation

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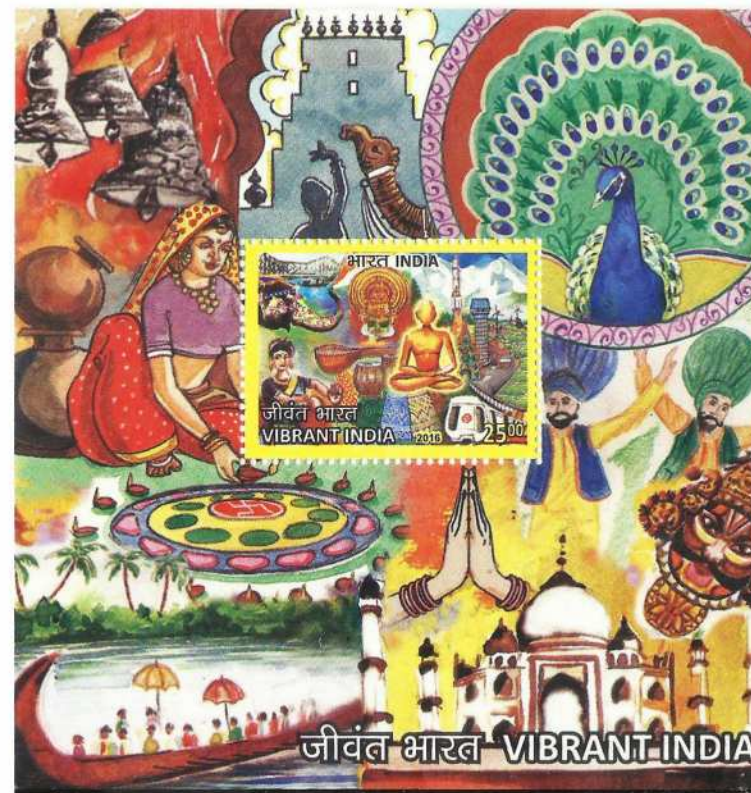
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Plan of Exhibit:

1. Basics of Yoga (Pg. 1)
 - a. Padmasan Pose
 - b. Nataraj Pose
 - c. Surya Namaskar
 - d. Prominent Aasans
2. Pioneers of Yoga (Pg. 4)
3. Introduction to Western World (Pg. 5)
4. Yoga in Buddhism (Pg. 6)
5. Yoga in Jainism (Pg. 6)
6. Yoga in Hinduism (Pg. 7)
7. UN Declares International Yoga Day (Pg. 8)
8. Conclusion (Pg. 8)



Depiction: *Padmasana* (Lotus Pose)

(Souvenir sheet designed using winning entries from nation-wide competition).



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Position 03 : *Padahastasan* (Hand to Foot Pose) → Position 04 : *Parvatasan* (Mountain Pose) → Position 05 : *Asvasanchalanasan* (Equestrian Pose) → Position 06 : *Ashtang Namaskar* (Salute with eight parts/points)

Position 02 : *Hatauttanasan* (Raised Arm Pose)

Position 01 : *Pranamasan* (Prayer Pose)

The ideal time for practicing is the sunrise which is the most peaceful time of the day, facing the rising sun in open air and is recommended to be done with empty stomach. It is a complete 'sadhana' (spiritual practice), in itself for it includes *Asana*, *Pranayam*, *Mantra* and meditation techniques.



Position 07 : *Bhujangasan* (Cobra Pose)

Position 08 : *Padahastasan* (Hand to Foot Pose)

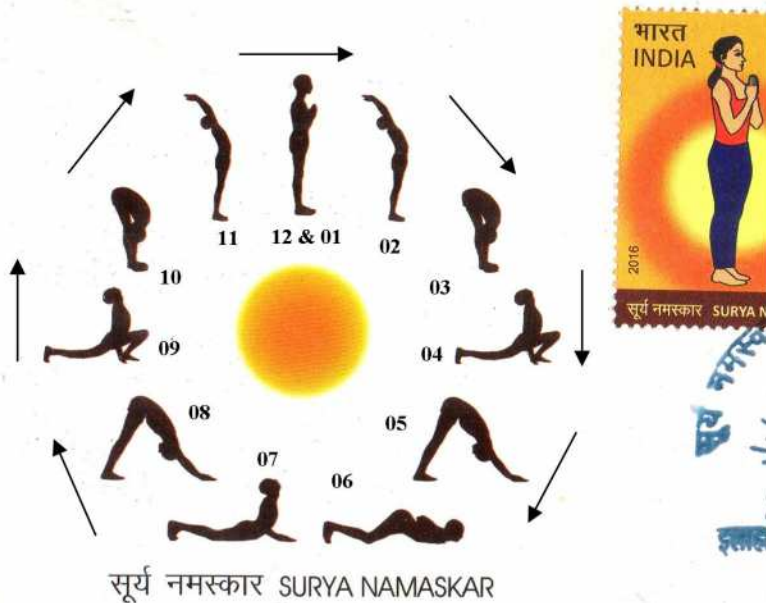
Position 09 : *Asvasanchalanasan* (Equestrian Pose)

Position 10 : *Padahastasan* (Hand to Foot Pose)

Position 11 : *Hatauttanasan* (Raised Arm Pose)

Position 12 : *Pranamasan* (Prayer Pose)

प्रथम दिवस आवरण FIRST DAY COVER



Devotees saluting the sun during royal bath at Sangam (meeting of R. Ganga, R. Yamuna & R. Saraswati) at Prayagraj.

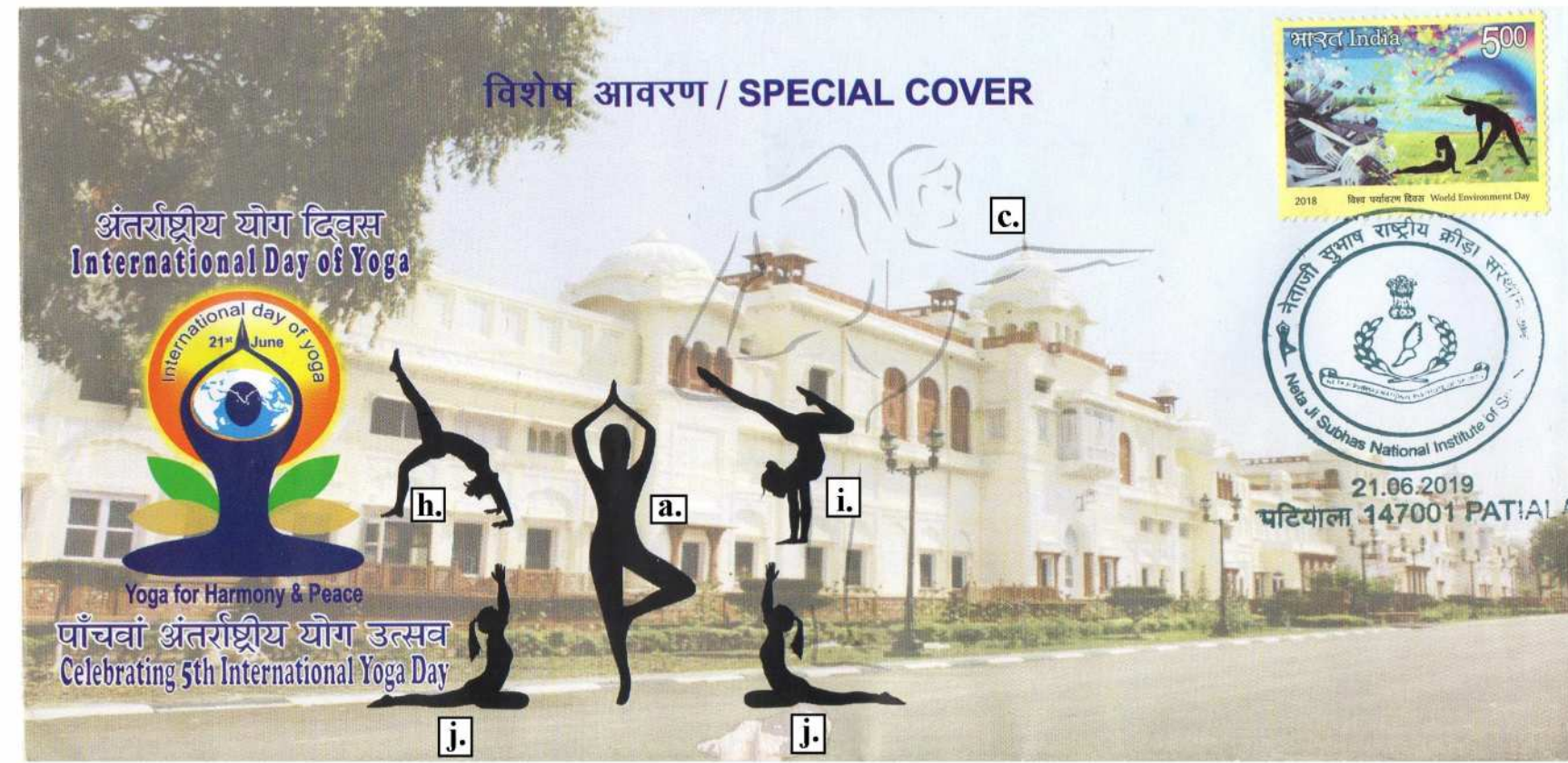
d. Prominent Asana



- a. Vrikshasan
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- h. Eka Pada Urdhava Dhanurasan
- i. Bhujja Vrischikasan
- j. Urdhava Ashva Sanchalasan



Pallava Hast Mudra: With grasping doctors “+” symbol in the vignette, over stamp of All India Institute of Medical Institute (AIIMS). Employed while meditating.



Aasan:

Stamp:

Benefits:

Bhujangasana—
Cobra Pose



Strengthens: Vertebral col-

Stretches: Abdomen, Thorax, Lung, Shoulder

Dhanurasana—
Bow pose



Strengthens: Human back

Stretches: Thorax, Abdomen, Thigh, Inguinal region, Ankle, Throat, Psoas major muscle, Front of the body

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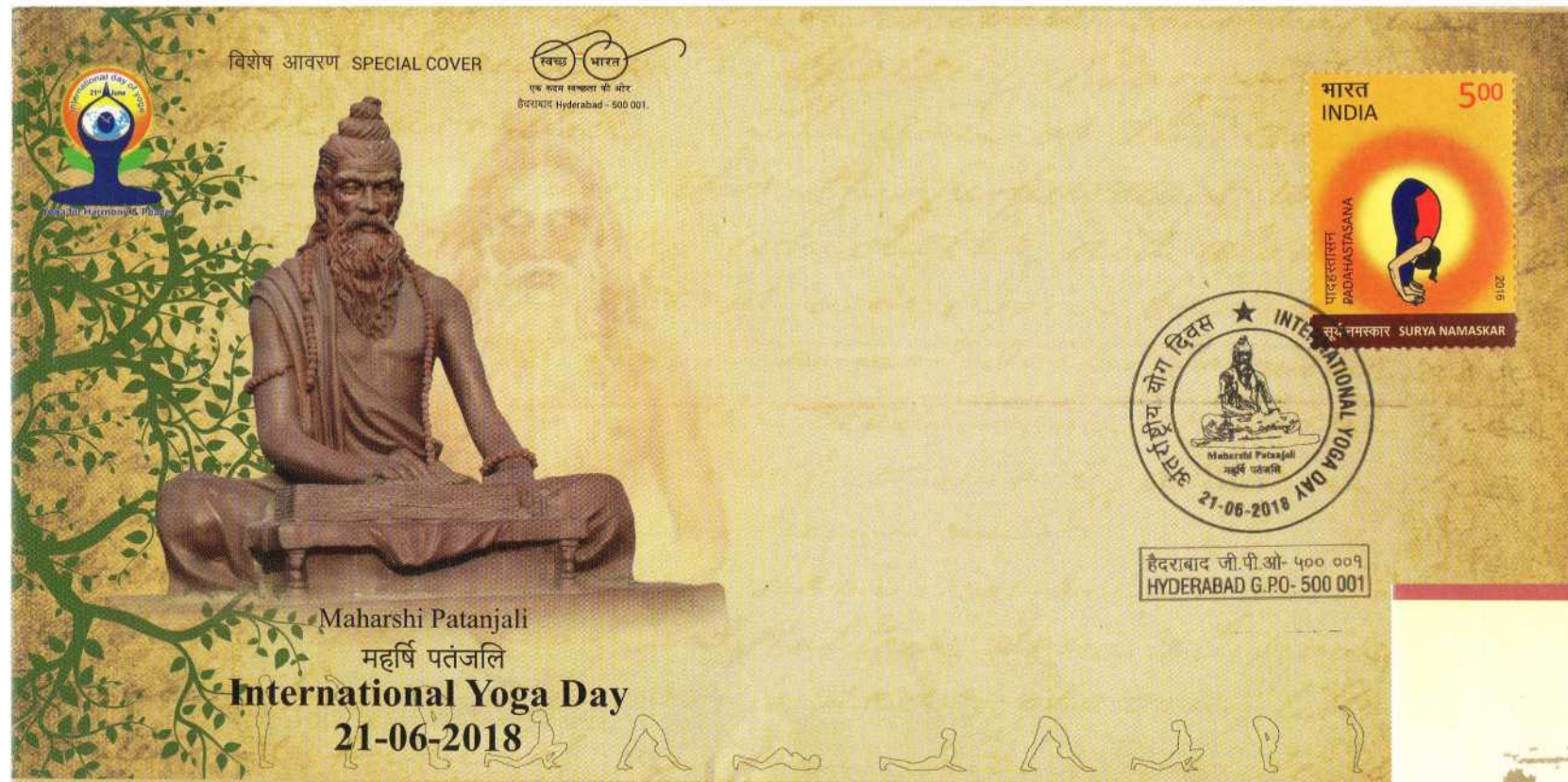
Yog Guru Akshar Nath practicing **Kapaalbhati**. The technique involves forceful breathing which strengthens lungs and increases its capacity. Also helps in removing blockages in the heart and lungs and increases blood supply to various parts of the body.

2. Pioneers of Yoga

Maharishi Patanjali: "The Father of Yoga" compiled 195 sutras, which serve as framework for integrating Yoga into daily routine and leading ethical life.

These *Yoga Sutras* are considered to serve as the basis of the yoga techniques. The yoga sutras were believed to written somewhere around 200 BC.

FDC: Maharishi Valmiki a yogic sage and writer of *Ramayana*.



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Yoga Yajnavalkya by Yogishwar Yajnavalkya was influential in the development and practice of the yoga traditions of India before the 12th century.

संस्कृत संकेत विशेष आवरण Special Cover 11-04-2018



याज्ञवल्क्य यज्ञवल्क्य Yājñavalkya
 प्राचीन भारत में न्यायशास्त्र और कानून का अग्रणी
 Pioneer of Jurisprudence and Law in Ancient India



स्वामी एकरसानन्द सरस्वती
 SWAMI EKCRASANAND SARASWATI

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3. Introduction to Western World



Parliament of Religions



Ramakrishna Mission / Belur Math



RK Ashram Swami Vivekananda Museum



Swami as Sage

Pg.5 Children practicing Yoga in daily assembly. Special Cover with Vivekananda cancelation.



Special Cover

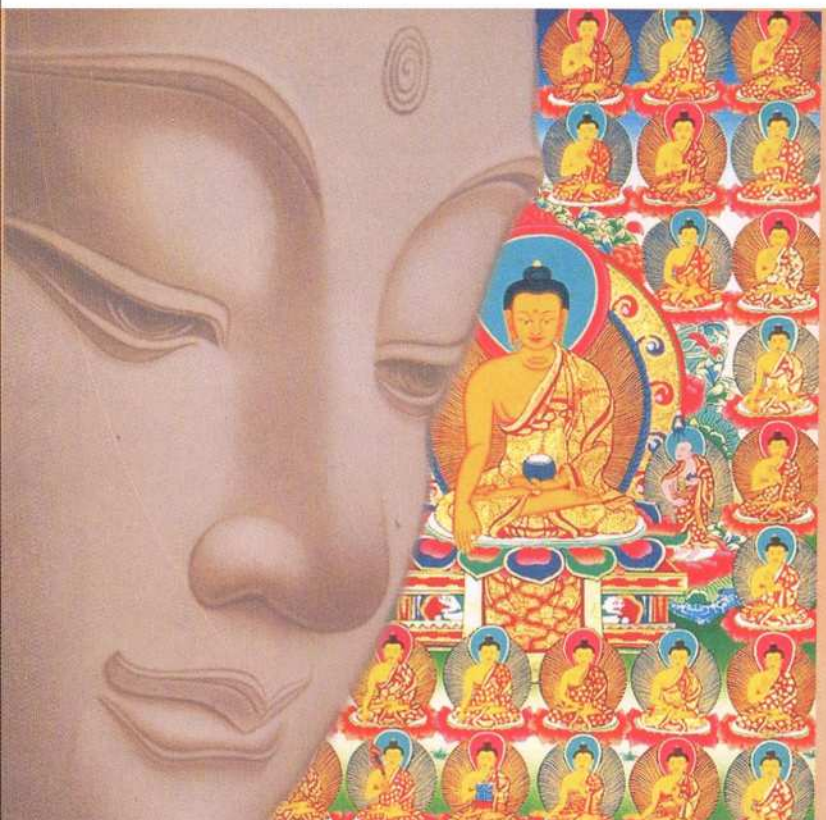
विशेष आवरण SPECIAL COVER



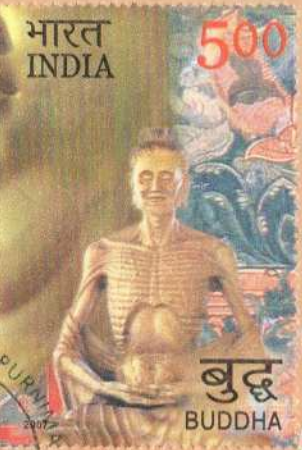
शिकागो भाषण 1893 का 125 वां वर्ष
125th YEAR OF CHICAGO SPEECH 1893
 तिरुचिरापल्ली-620 002 TIRUCHIRAPPALLI
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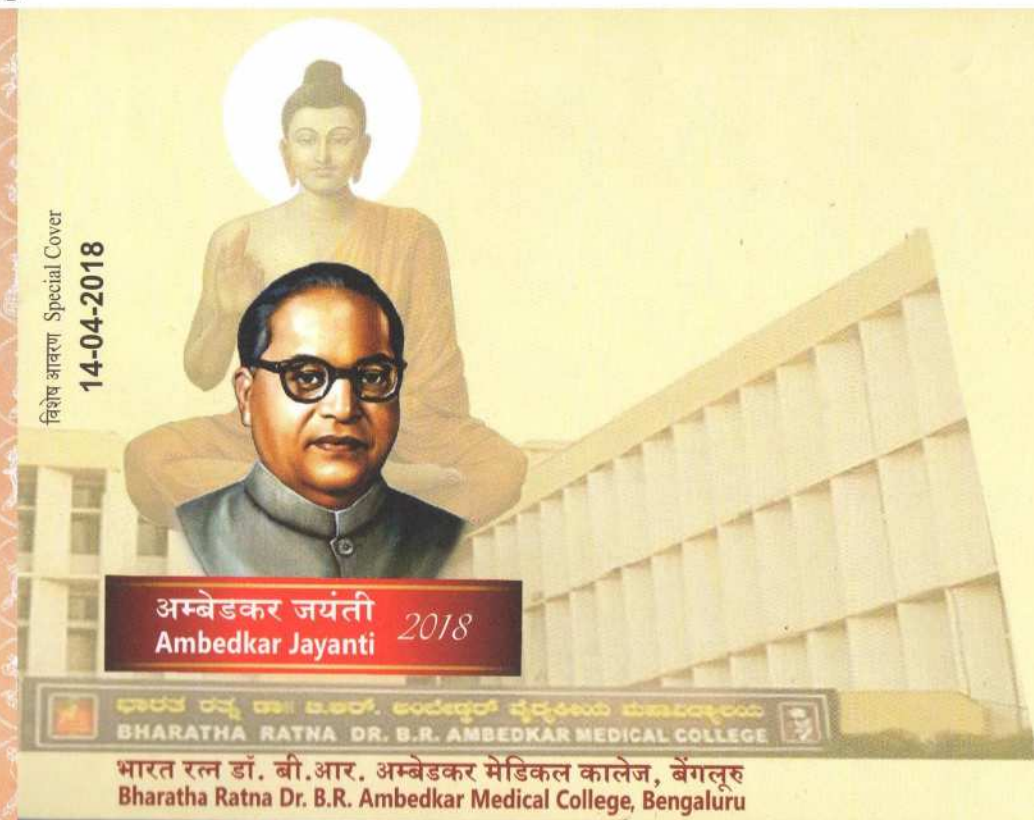
4. Yoga in Buddhism



विशेष आवरण SPECIAL COVER
 स्वच्छ भारत
 एक कदम स्वच्छता की ओर



बुद्ध पूर्णिमा
 BUDDHA PURNIMA



विशेष आवरण Special Cover
 14-04-2018

अम्बेडकर जयंती
 Ambedkar Jayanti 2018

भारत रत्न डॉ. बी.आर. अम्बेडकर मेडिकल कालेज, बेंगलूरु
 Bharatha Ratna Dr. B.R. Ambedkar Medical College, Bengaluru

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Sri Lanka celebrates 150th Birth Anniversary of Swami Vivekananda

Swami Vivekananda: Printing Error stamp

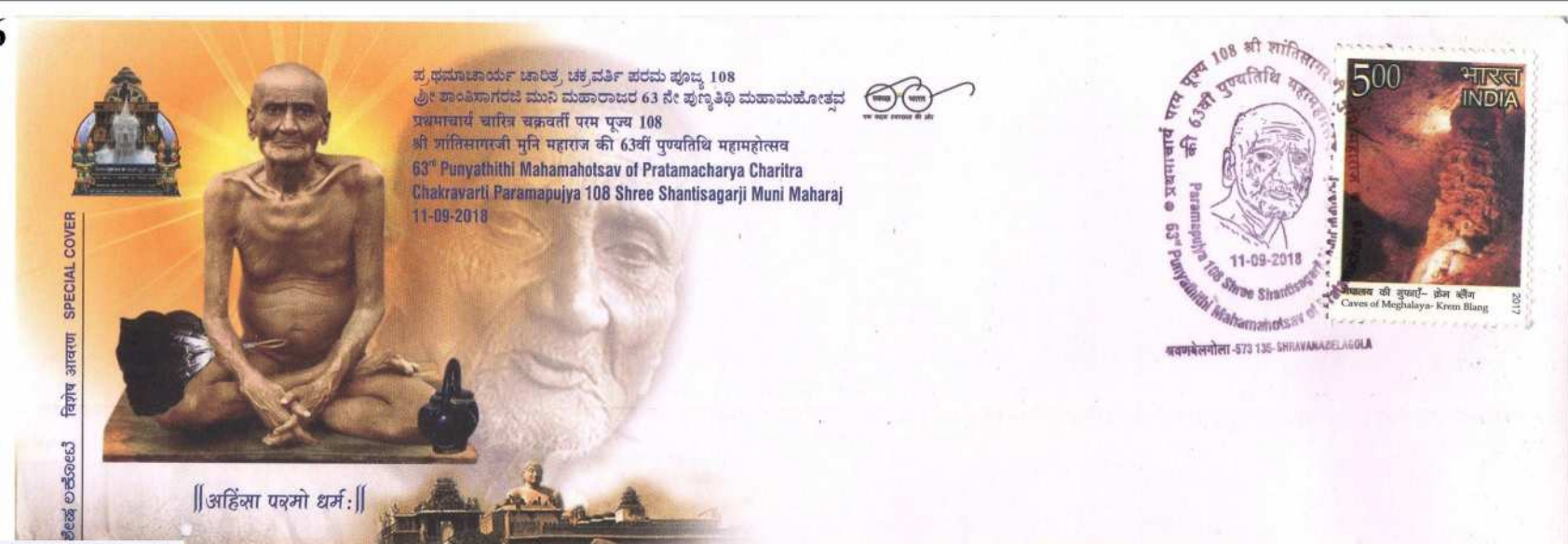


अरेबिक कालेज
 560 045
 ARABIC COLLEGE
 14-04-2018

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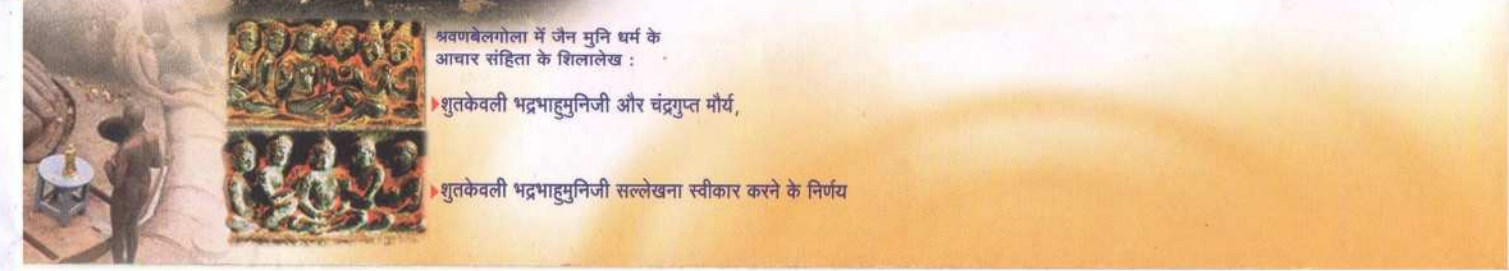


Fig.6



Meditation is a yogic practice used by Buddhists and yogis alike to go beyond the fluctuations of the mind (the dualistic thought process), to realize the Oneness of Being. Buddhists may call it emptiness. Yogis may call it the absolute self.

5. Yoga in Jainism

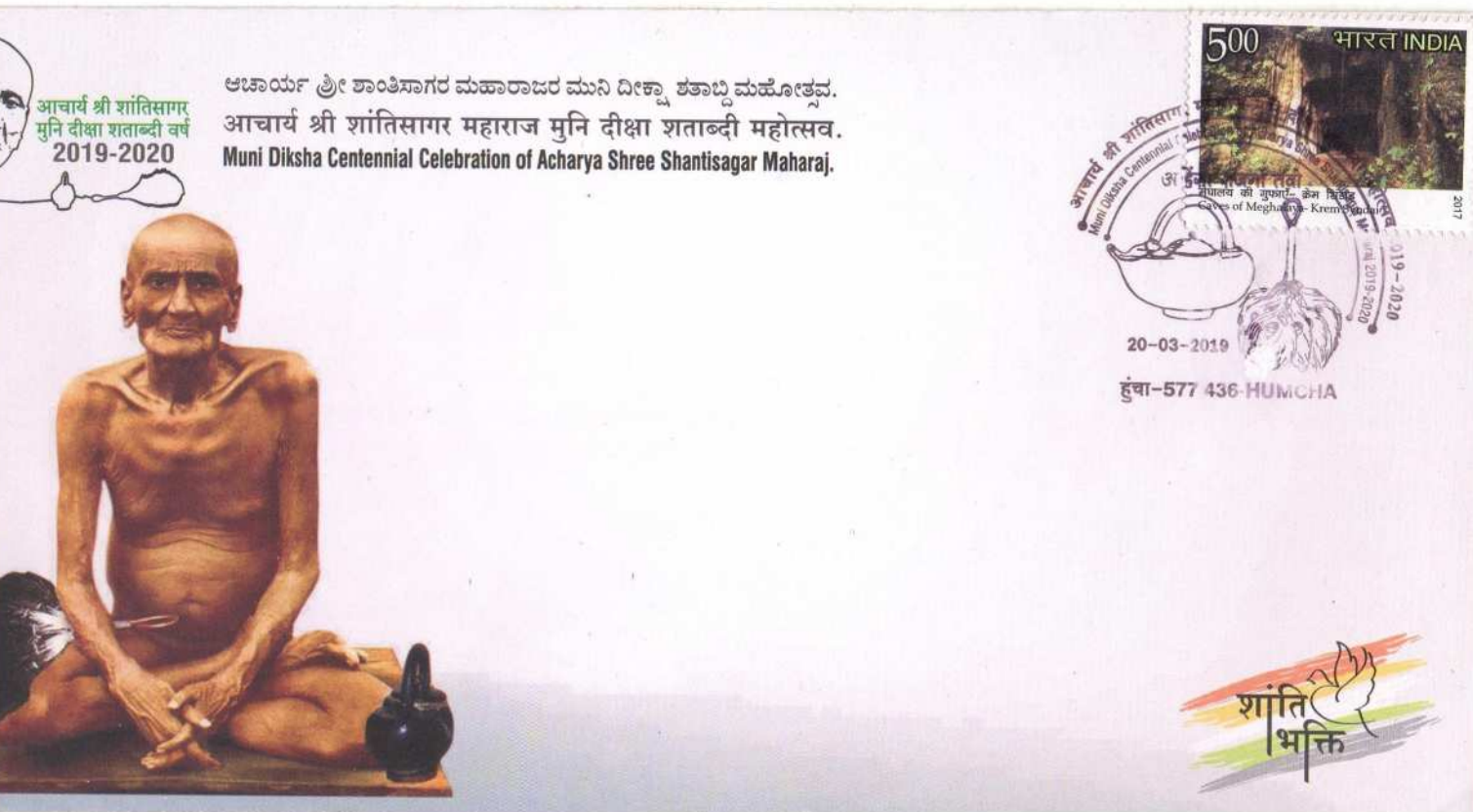
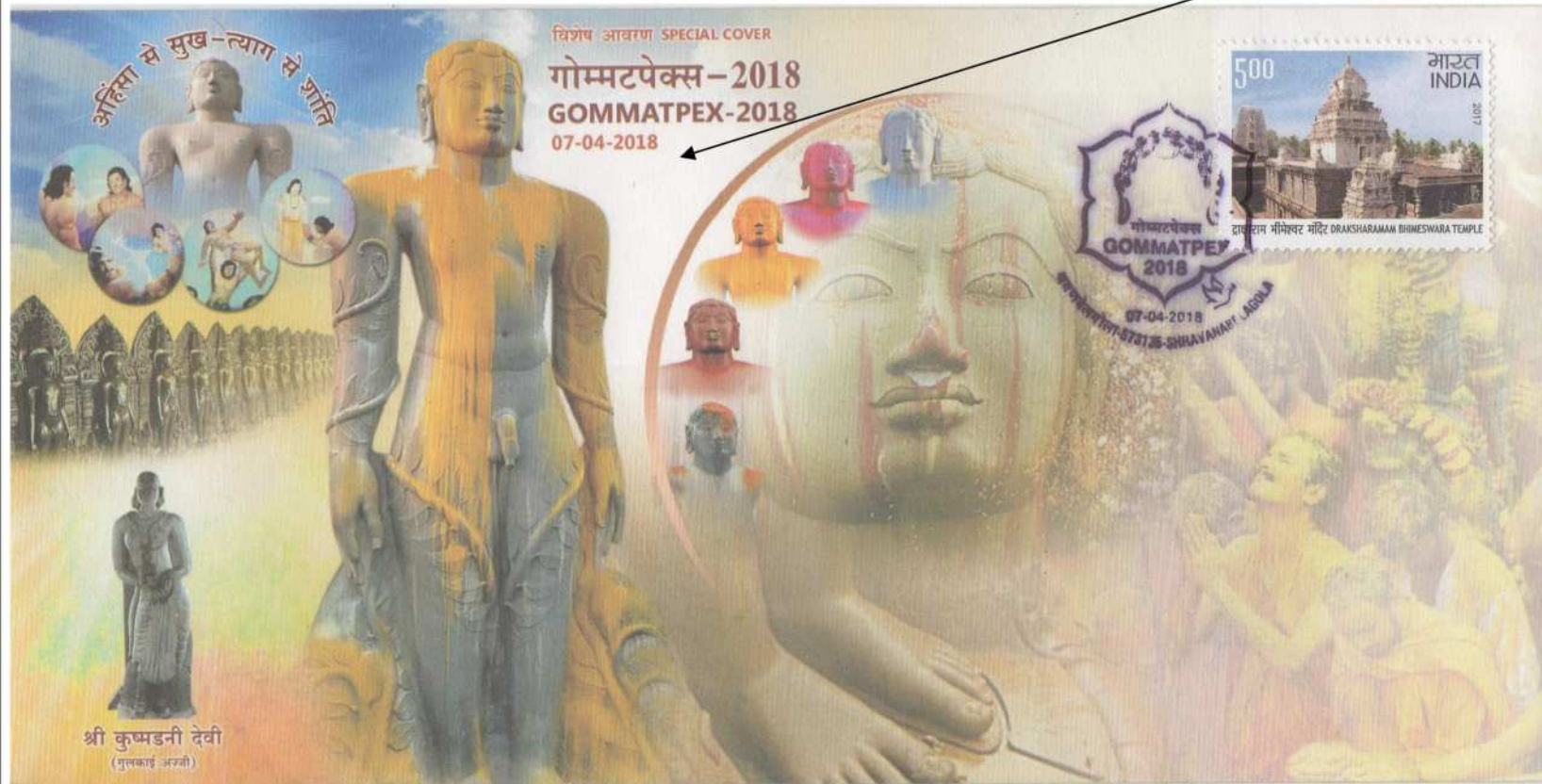


There are various common postures for Jain meditation, including *Padmasana*, *Ardh-Padmasana*, *Vajrasana*, *Sukhasana*, standing, and lying down. The 24 *Tirthankaras* are always seen in one of these two postures in the *Kayotsarga* (standing) or *Padmasana/Paryankasana* (Lotus).

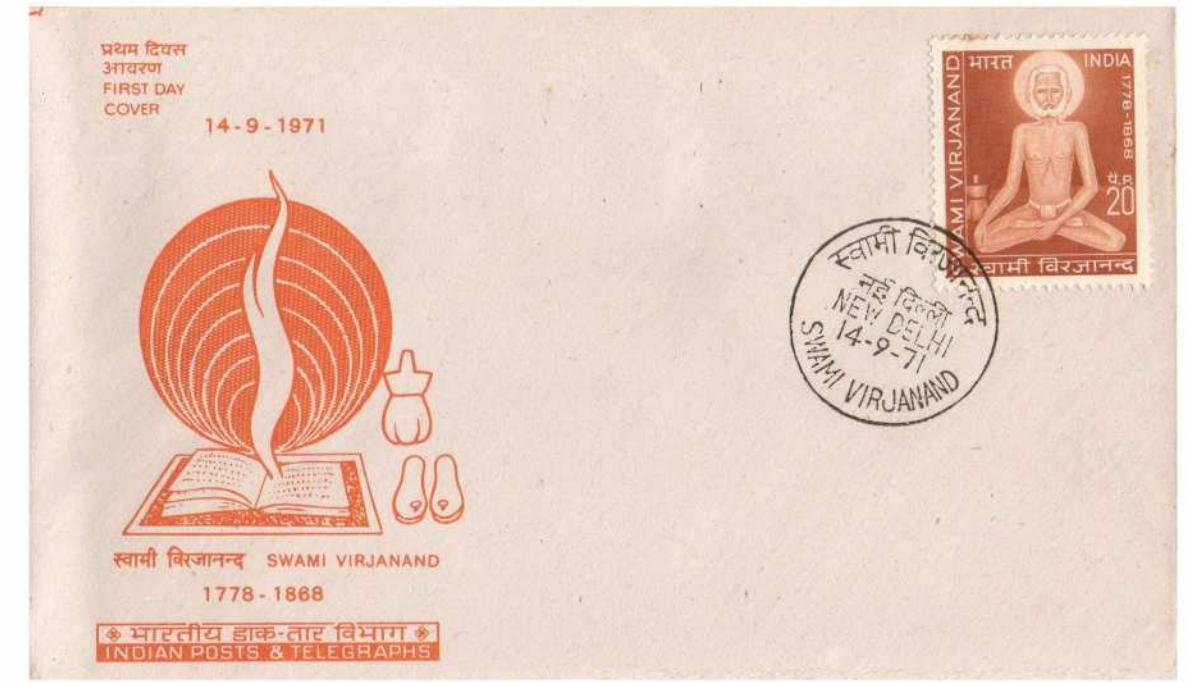
The 8th century Jain philosopher Haribhadra also contributed to the development of Jain yoga through his *Yogadrstisamuccaya*, which compares and analyzes various systems of yoga, including Hindu, Buddhist and Jain systems

Kayotsarga (standing) pose of Mahavir.

Acharya Shri Shantisagar Maharaj the first Digambaracharya of 20th Century.



Acharya Shri Vidyasagarji Maharaj is one of the best-known modern *Diganbar Jain Acharya*. He is recognized both for his scholarship and *tapasya* (austerity). He is known for his long hours in meditation and yoga.



Meditation is an essential part of Yoga in Hinduism. Swami Virjanand, a blind Hindu sage of Mathura depicted in mediating state. He was the celebrated teacher of Arya Samaj founder Dayanand Saraswati.

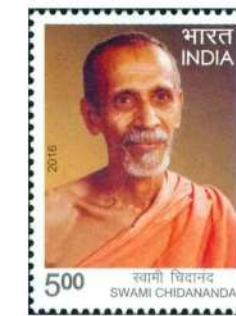
Acharya Gyansagar (on pg.01), the guru of Acharya Vidyasagar, was initiated by Acharya Shivasagar. Special Cover with Yoga stamp cancellation.

6. Yoga in Hinduism



Dedicated to carry on the spiritual and humanitarian work of Paramahansa Yogananda, YSS/Self-Realization Fellowship has focused on teaching an uncomplicated system of specific yoga techniques intended to make the highest achievements of divine realizations available to all individuals.

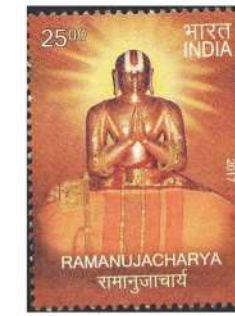
Thus YSS has distinguished itself as a leading force in the renaissance of the ancient universal spirituality that has been India's special pride and glory for millennia.



Chidananda Saraswati was President of the Divine Life Society, Rishikesh is well known in India as a yogi, *dnyani* and spiritual leader.

He practiced a non-denominational, universal form of yoga. He often led *satsang* (group chanting) that named and elevated all of the prophets and sages of all of the world religions equally.

In addition to his multifarious activities and intense *Sadhana*, he founded, under the guidance of Sivananda, the **Yoga Museum in 1947**, in which the entire philosophy of Vedanta and all the processes of *Yoga Sadhana* are depicted in the form of pictures and illustrations.



According to Ramanuja, **Yoga is the way to attain moksha** (Vadakethala 36).



Swami Sharaddhanand established a *Gurukul* (A residential school system prevalent in ancient Bharat, where teaching on all areas of life, including **spiritual yoga practice** was done by Sages) at Kangari region near Haridwar in 1902. Gurukul Kangari is now a University.



Sai Baba followed the three main Hindu spiritual paths: **Bhakti Yoga, Jnana Yoga and Karma Yoga** that influenced his teachings too.



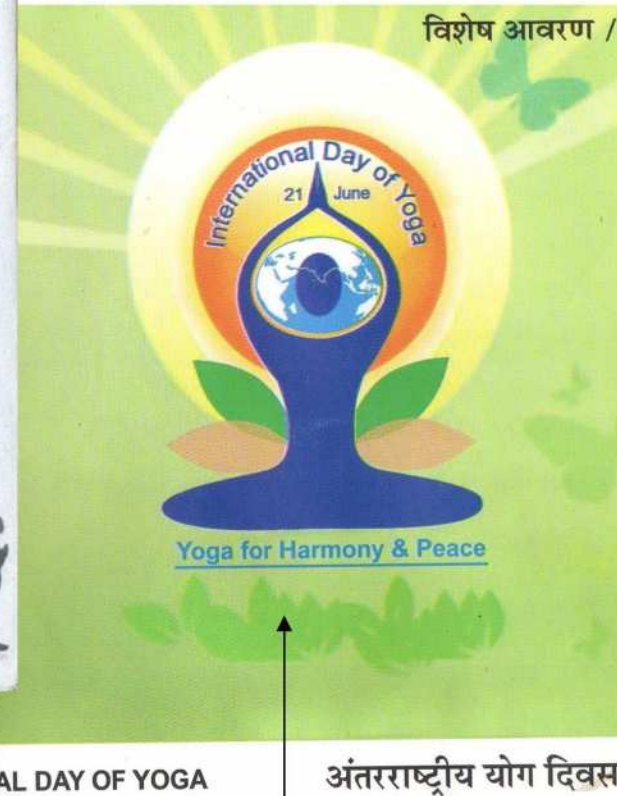
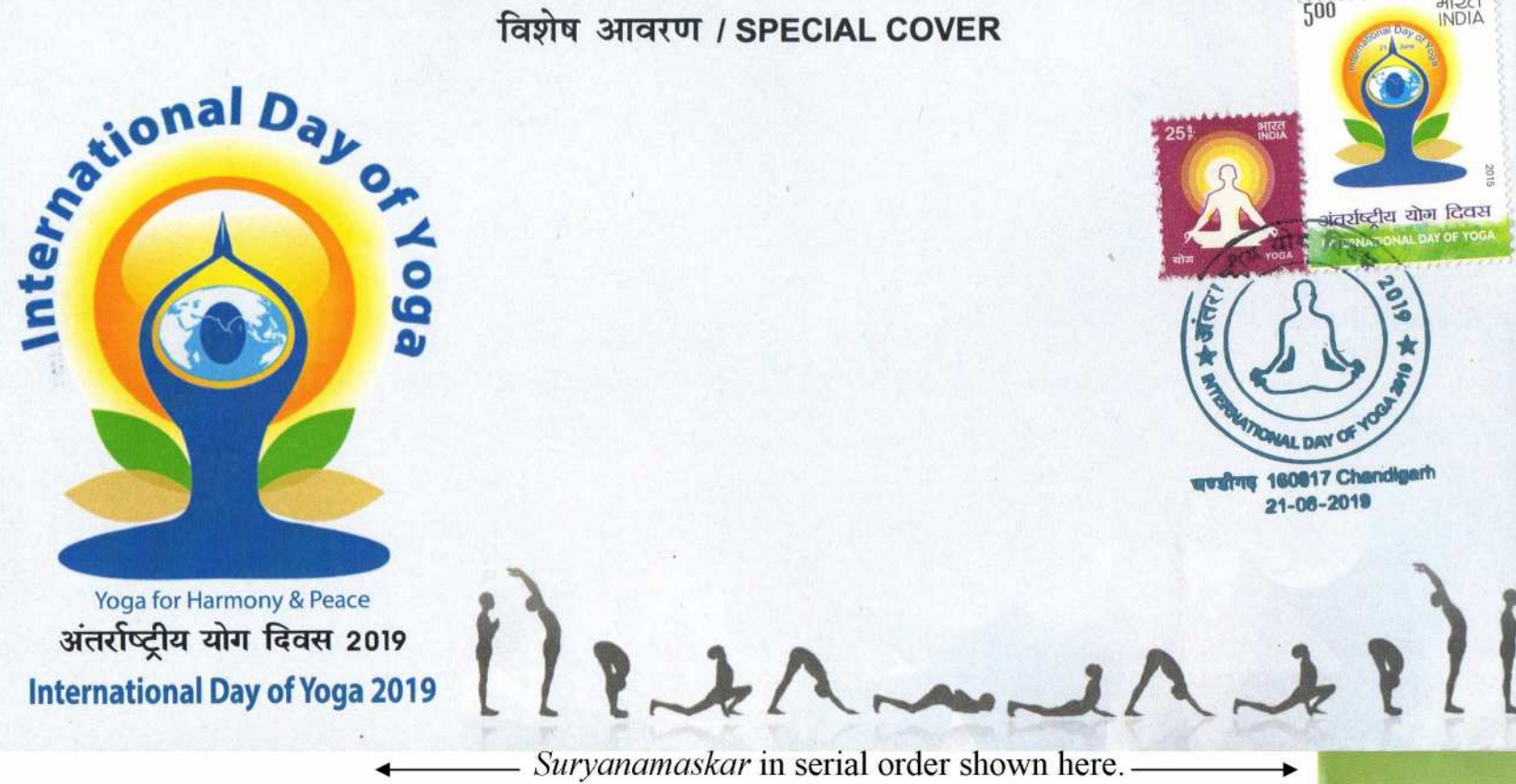
Vemana popularly, Yogi Vemana) was an Indian philosopher who **discussed yoga, wisdom and morality through his poems**.

7. UN Declares International Yoga Day

The **International Day of Yoga** has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014.

The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere (shortest in the southern hemisphere) and shares a special significance in many parts of the world.

From the perspective of yoga, the summer solstice marks the transition to *Dakshinayana*. The second full moon after summer solstice is known as *Guru Poornima*. Shiva, the first yogi (*Adi Yogi*), is said to have begun imparting the knowledge of yoga to the rest of mankind on this day, and became the first guru (*Adi Guru*).



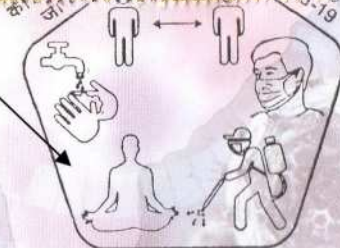
स्वच्छ भारत
एक कदम स्वच्छता की ओर



Yoga as an essential part of living with COVID-19

कोविड-19 के साथ जीने की कला
Art of Living with Covid-19

विशेष भेंट आवरण
Special Charity Cover



कोविड-19 एक वैश्विक महामारी है। सावधानी ही सर्वोत्तम बचाव है। एक दिन हम इसे पराजित कर देंगे।
Covid-19 is a world wide pandemic. Precaution is the best prevention. We will eliminate it, one day.



Proposed logo of International Day of Yoga with official slogan.

Additional Gandhiji's Clean India Slogan

8. Conclusion

Yoga is a physical, mental and spiritual practice which originated in India. It is yet another intangible cultural heritage India proudly shares with the rest of the world.

Yoga is truly the way of life. Not only it helps in keeping one fit and fine, but also helps beat depression and anxiety along with connecting the mind to the soul. Yoga should play an important role in daily life, if one desires longevity.

Also, **yoga is most essential during this COVID-19 pandemic** for biological well being. IndiaPost through this special cover conveys it to the entire world.